FIRST AID

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FIRST AID

- What is First Aid?
- The first help you give someone that becomes or is suddenly injured.
- In a serious accident, can mean the difference in LIFE OR DEATH.
- Doesn’t take the place of medical care, is only until further help arrives



Infection Control

Techniques to prevent disease transmission:

a. Hand-washing/personal hygiene

b. Equipment replacement or disposal.

Remember gloves and first aid supplies are available in the clinic.



First Aid Assessment



- Remember, the A B C’s - Airway, Breathing, Circulation.



- Always calm, comfort & reassure the victim



- Manage any external bleeding.



- Keep the person calm and in position of comfort.



- Keep the person warm.



- Treat for shock.

Bleeding



The First Aider must be aware of the risk of infectious disease from contact with blood or body fluids - (HBV and HIV).



The body's normal response to bleeding is blood vessel contractions and clotting. A serious injury may prevent effective clotting from occurring. Uncontrolled bleeding (internal or external) or significant blood loss leads to shock and possibly death.



Types of Bleeding

- 1. Arterial

– The blood spurts from the wound.

– Bright, red, oxygen rich blood.

– Arterial bleeding is the most difficult to control because of the pressure at which arteries bleed.

- 2. Venous

– The blood flows as a steady stream.

– Dark, oxygen poor blood.

– Bleeding from a vein can be profuse; however, in most cases it is easier to control.

- 3. Capillary

– The blood oozes from a capillary and is dark red in color.

– The bleeding often clots spontaneously.

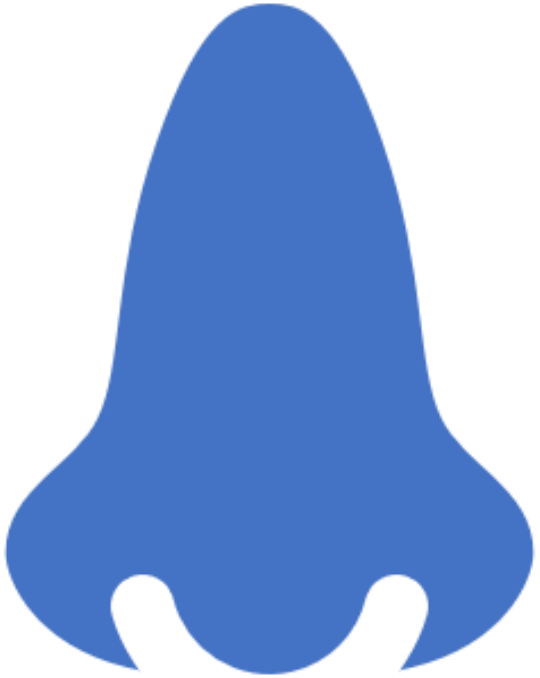
Amputations

1. Involves the extremities and oth dy parts
2. Massive or minimal bleeding m e present.
3. Locate and preserve the ampu l part- rinse it with clean water, cover with a n dressing. Place the part in a watertight pla ag. Place that bag in another container wit bel with the victim's name, date, and t



Nosebleeds

- Use gloves
- Press both sides of the nostrils while the victim sits ar **iorward** - use constant pressure for a few minutes.
- If continues, press harder and hold pressure.
- **Do not** use an icepack on the nose or forehead.
- Call help if bleeding doesn't stop in about 15 minute m has trouble breathing





Allergic Response

Common Allergies-

-Many foods, such as eggs, peanuts, chocolate Insect stings or bites,

especially bee stings Pollen, Animal dander

Allergic Response



Mild allergic reaction:



- stuffy nose, sneezing, itching of eyes and skin, hives



Allergic Response

Bad allergic reaction:

Trouble breathing Swelling of tongue, face
Shock



Bee stings

- Help with medication if history or signs of allergic reaction
- Scrape away stinger, do not use tweezers or squeeze area
- Clean area with soap and water
- Use insulated ice to area
- Watch for signs of allergic reaction - at least 30 minutes.
- Call help- if symptoms worse

Bees are the only insects that leave their stingers behind