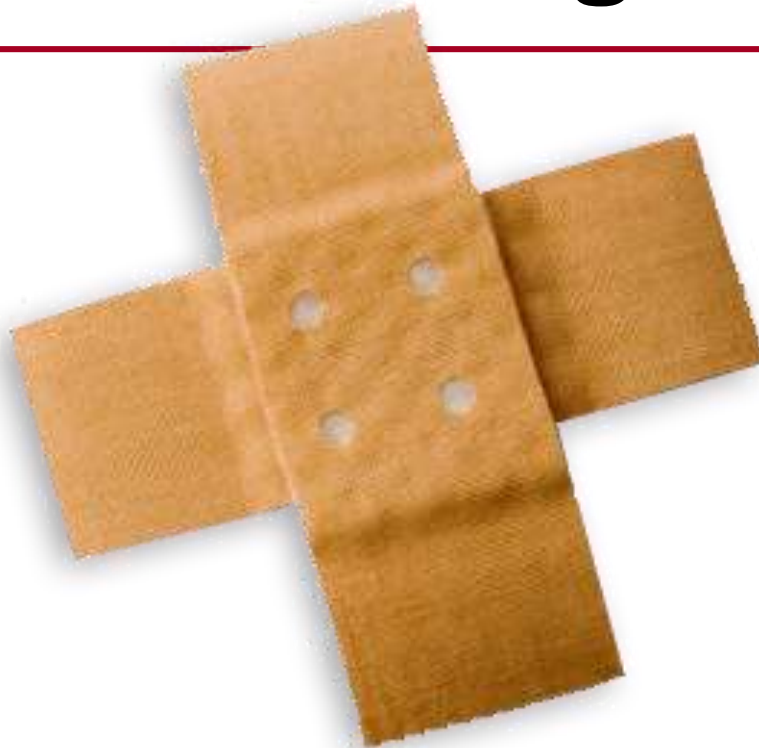


Basic First Aid for Medical Emergencies







Session Objectives

- ☒ Recognize the benefits of obtaining first-aid and CPR certification
- ☒ Identify proper procedures for a variety of medical emergencies
- ☒ Assist in administering first aid when a co-worker is injured
- ☒ Do no further harm

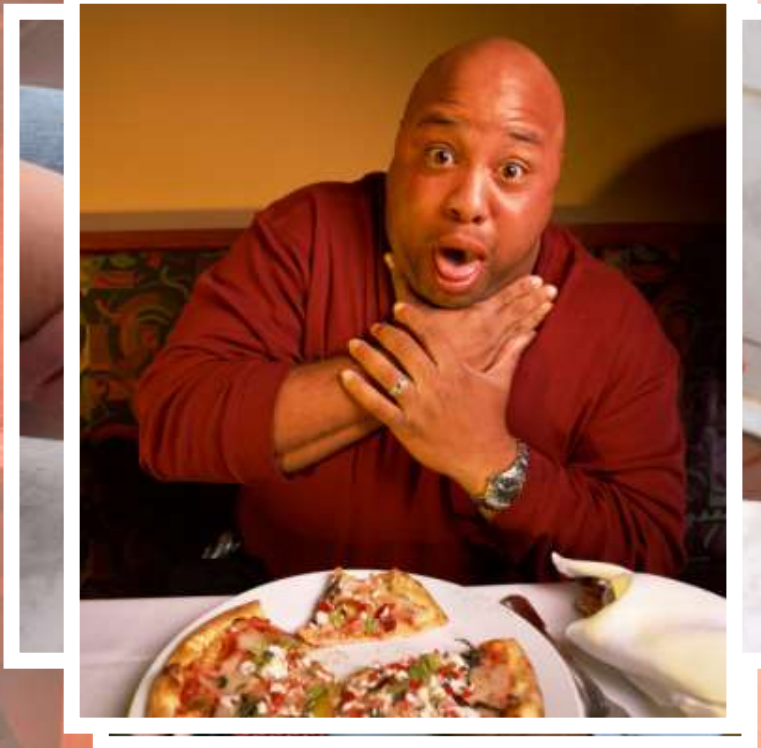
Prequiz:

True or False?

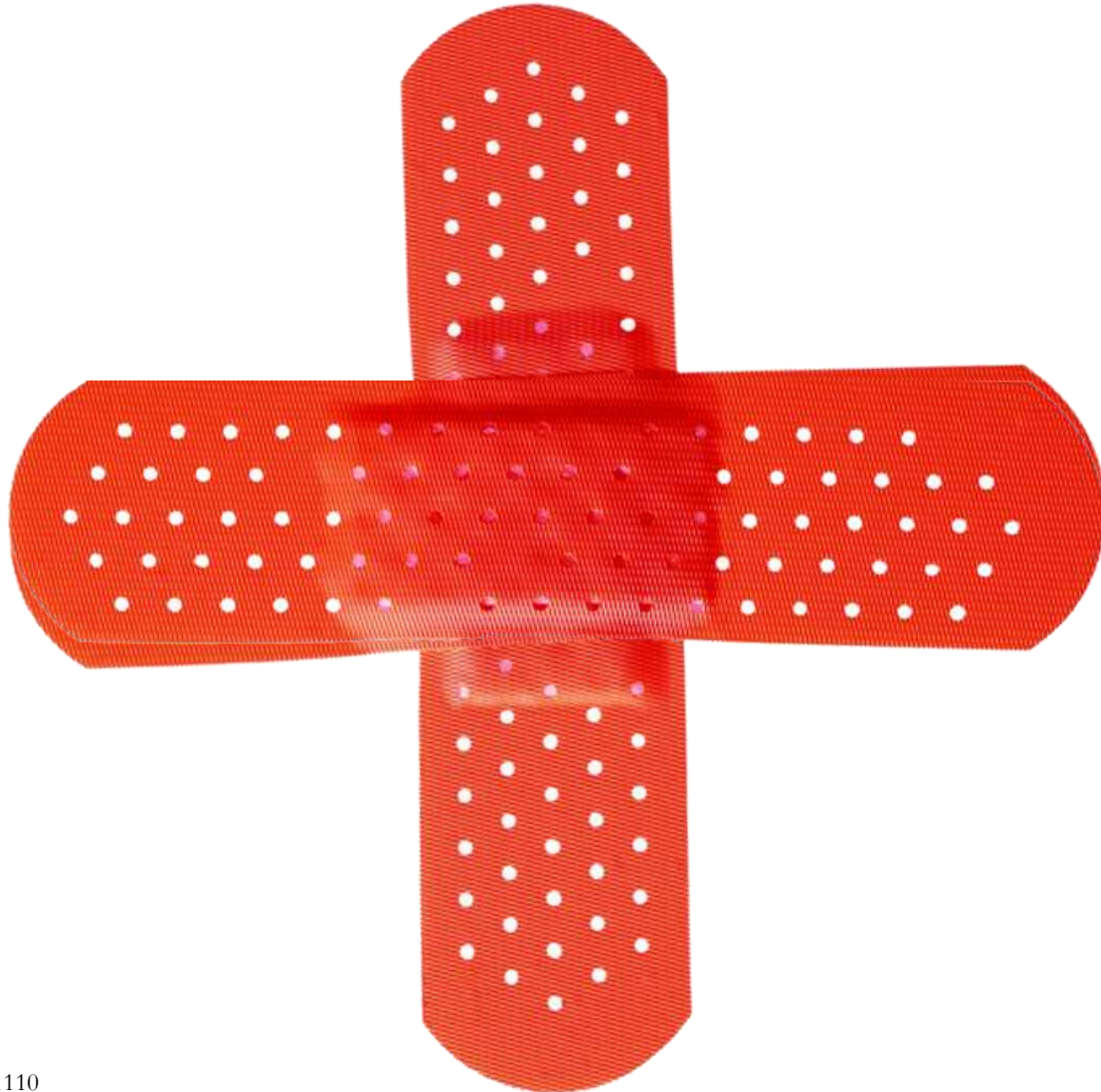
-  After an accident, immediately move the victim to a comfortable position.
-  If a person is bleeding, use a tourniquet.
-  Signs of a heart attack include shortness of breath, anxiety, and perspiration.
-  All burns can be treated with first aid alone; no emergency medical attention is necessary.

Help! Emergency!

**Minutes could
make a difference**



Four Basic Rules



Assess the Scene

- ✓ Evaluate the scene
- ✓ Assess safety
- ✓ Prioritize care
- ✓ Check for medical alert tags
- ✓ Do head-to-toe check
- ✓ Move only if necessary

No Breathing

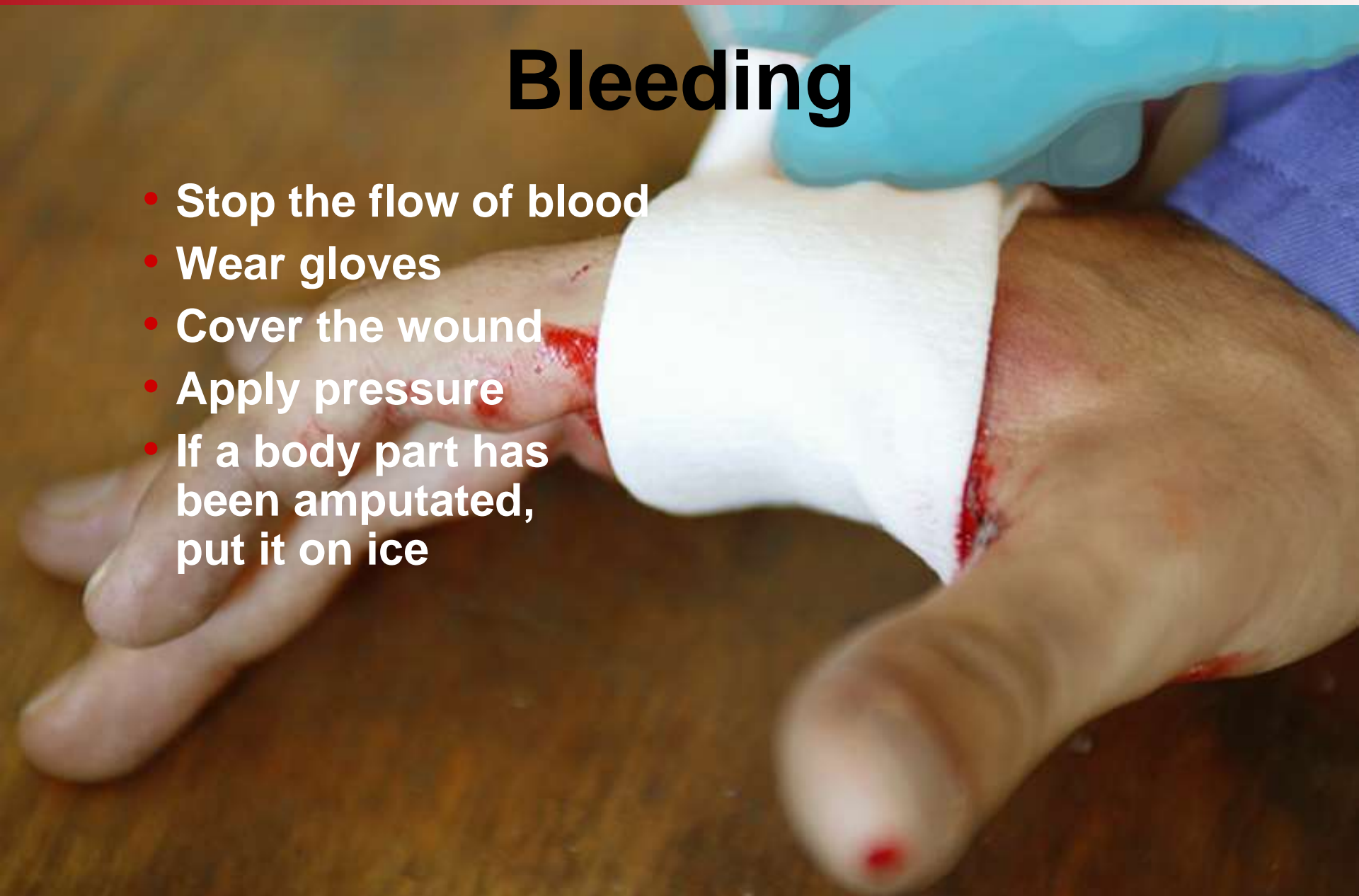
Administer CPR:

- Lay the person on his or her back
- Give chest compressions
- Tilt head slightly
- Breathe into the person's mouth
- Continue until EMS personnel arrive



Bleeding

- Stop the flow of blood
- Wear gloves
- Cover the wound
- Apply pressure
- If a body part has been amputated, put it on ice



Shock

- Lay the victim down
- Cover
- Raise feet



Anaphylactic Shock

- Give the victim medication
- Call for help ASAP
- Start CPR if necessary

911

Heart Attack

- Call 911
- Make victim comfortable
- Loosen tight clothing
- Check for medication
- Keep victim still
- Don't give stimulants



Choking

- Ask a person to speak or cough
- Deliver 5 back blows
- Perform abdominal thrusts
- Repeat sequence of back blows and abdominal thrusts



If Abdominal Thrusts Don't Work

- Call 911
- Finger sweep
- Abdominal thrusts
- Check ABCs
- Perform CPR if not breathing



Electrical Shock

- 1.** Don't touch!
- 2.** Turn power off
- 3.** Call 911
- 4.** Remove person from live wire
- 5.** Check for breathing



Exercise

Match the problem with the correct first-aid procedure.

Bleeding	CPR
Choking	Elevate feet
No breathing	Keep victim still
Heart attack	Direct pressure
Shock	Abdominal thrusts

Review

Do you understand first-aid procedures for:

- No breathing?
- Bleeding?
- Shock?
- Heart attack?
- Choking?
- Electrical shock?



Eye Injuries

- **Splashes**
- **Particles in eye**
- **Blow to eye**
- **Cuts near eye**
- **Penetrating objects**



Burns

- First-degree burns—Reddened, painful skin
- Second-degree burns—Blistering
- Third-degree burns—Charring, deep tissue damage

third

Exposure to Hazardous Materials

- Eyes
- Skin
- Inhalation
- Ingestion



Broken Bones

- Look
- Ask
- Treat for shock



Heat Exhaustion

- Move to cool place
- Lay victim down
- Elevate feet
- Loosen clothing
- Give fluids
- Apply cool compresses



Heatstroke

- Immediately call 911
- Cool the person down
- Monitor

Fainting

- Check for breathing
- Administer CPR if necessary
- Call 911 if more than a few minutes
- If conscious, lay the victim down with feet elevated



Epileptic Seizures



- Remove victim from hazards
- Check for breathing
- Nothing in the mouth
- Keep comfortable
- Call 911 if medical assistance is needed

Exercise

Multiple choice

Which is the worst kind of burn?

- a. First degree
- b. Third degree

For a particle in the eye:

- a. Flush with water
- b. Rub eye

For inhalation of vapors or gases:

- a. Induce vomiting
- b. Move to fresh air

For heatstroke:

- a. Call 911
- b. Don't call 911

Review

Do you understand first-aid procedures for:

- Eye injuries?
- Burns?
- Exposure to hazardous materials?
- Broken bones?
- Heat exhaustion and heatstroke?
- Fainting?
- Epileptic seizures?



KEY POINTS To Remember!

- ☒ Medical emergencies can happen anytime.
- ☒ Act quickly, calmly, and correctly.
- ☒ Consider being certified in first aid and CPR.