



First Aid

EMERGENCY NUMBERS

EMERGENCY RESCUE - 911

or _____

DOCTOR _____

POISON CONTROL _____

POLICE _____

FIRE _____

HOW TO CALL FOR HELP

Stay calm. Getting hysterical often panics the victim, hinders communication with emergency medical personnel and causes even more harm and delay.

When calling for help, give:

- Precise location, address and telephone number from where you are calling; if the address is unknown, look around for *landmarks, businesses or cross streets*
- The nature of the emergency or injury
- The number of people involved
- Your name
- Ages and gender of victims involved

BROKEN/DISLOCATED BONES AND FRACTURES

Treatment:

- Seek medical attention
- If victim must be moved, immobilize the injured area first
- If an arm or leg is involved, splint the part in the position in which it was found before moving the victim; do not attempt to straighten the limb
- Use folded blankets or towels around the area to aid immobilization
- If it is an open fracture (one where the bone breaks through the skin), control bleeding (see "Bleeding Wounds," page 2)

COMMON AILMENTS

Foreign Matter in Eye

Symptoms:

- Irritation, redness, pain
- Unable to open eye
- Visual problems

Treatment:

- Flush eye with water or use eye wash kit
- Examine eye to see if matter is removable
- CAREFULLY remove with corner of a folded tissue; if unable to remove, seek medical advice
- If irritation persists or eye is encrusted with yellow drainage, seek medical advice
- If severe pain, inability to open eye, or visual problems exist, go to E.R.

Black Eye

- Apply a cold compress to reduce swelling and pain
- If pain persists, or visual problems develop, go to E.R.

Nosebleeds

- Sit upright, leaning slightly forward
- Pinch nostrils for 5 to 10 minutes
- Do NOT blow your nose
- If bleeding continues, apply ice pack to bridge of nose or back of neck, or apply pressure to upper lip

Earache

- Hold a hot water bottle or heating pad on ear
- Control pain with over-the-counter medication
- Consult physician if pain persists, is severe or accompanied by fever

Toothache

- Rinse mouth with warm salt water to remove any food debris
- Take over-the-counter medication for pain
- Apply ice pack to face
- Do not place aspirin directly on the tooth
- A topical anesthetic may be applied for temporary relief
- See the dentist as soon as possible

Loss of Permanent Tooth

- Rinse tooth gently, do NOT hold by root end
- Try to reinsert the tooth into socket
- If you cannot reinsert the tooth, place in a container of milk
- See dentist or E.R. WITHIN ONE HOUR.

LYME DISEASE

Symptoms (caused by the bite from a deer tick):

- Red, bull's-eye shaped rash that increases in diameter daily around bite
- Chills
- Dizziness
- Fatigue



- Fever
- Muscle and joint pain
- Nausea
- Severe headache
- Stiff neck



Treatment:

- If suspected, seek medical attention
- There is no effective home remedy

QUICK TIPS

- Substitute a bag of frozen vegetables for an ice pack
- Put ice in a resealable bag and wrap in paper towel or cloth
- Do not use cotton on an open wound
- Always have hydrogen peroxide on

- hand for minor cuts and scrapes
- If wound is really dirty, pour or dab on hydrogen peroxide; avoid squirting directly into wound
- Keep ipecac syrup to induce vomiting if recommended by poison control

First Aid Study Guide

O García



First Aid Study Guide:

Parenting First Aid Marty Machowski,2020-04-20 In this uplifting and faith strengthening small group resource best selling children s author Marty Machowski encourages parents in the midst of parenting trials Full of Scripture and insightful meditations Parenting First Aid Study Guide encourages parents to pray for one another and seek gospel truth together remembering they are not alone

First Aid Guide (Reference & Study Guide) (Speedy Study Guide) Speedy Publishing,2014-12-07 No one ever wants to think of being in a situation where you have to have a first aid kit but more than likely there is going to be a time when you or someone you are with is going to be in need of one A good first aid kit has bandages that can stop bleeding until you can seek medical care It also has a variety of other products in case of a minor burn scrap or even a bite It is always good to have as you never know when an emergency will arise

First Aid for the USMLE Step 1 Vikas Bhushan,2005 The ultimate resource for USMLE Step 1 preparation Published annually this is the only student to student review book that provides facts and strategies from medical students who had previously taken the exam The book contains over 900 frequently tested facts and mnemonics 24 pages of high yield color images similar to those on the exam more than 100 clinical vignettes and a completely revised rating of over 300 basic science review products

CPR And First Aid Care (Speedy Study Guides) MDK Publishing,2015-04-28 Who says you need videos to learn CPR This powerful guide will give you a step by step instruction to CPR and first aid care This guide should be given to all first aid rescuers even to moms and dads caring for little children With this guide you will hold the power to save someone else s life Buy a copy today

First Aid Justin Hatfield,2015-06-12 From handling allergy attacks to administering CPR FIRST AID is designed to be a study guide and reference tool on how be of critical assistance in common emergency situations Read it then place a copy in every glove box and with every first aid kit you own

Self-study Guide for Military Police Supervisor (MOS 1677) ,1950

First Aid for the USMLE Step 1 : 2007 Vikas Bhushan,Tao Le,2006-12-19 The 1 Review for the USMLE Step 1 written by students who aced the boards 900 must know facts and mnemonics organized by organ systems and general principles 24 pages of color photos like those on the exam 100 clinical vignettes Brand new Pathology chapter and totally revised Behavioral Science chapter The famous First Aid Ratings 300 medical test prep resources rated by students Updated exam preparation guide with advice from Step 1 veterans Strategies that maximize your study time and deliver the results you want

Workman's Safety Guide ,1915

Reader's Index and Guide ,1927

The Teachers' Guide ,1930

CPR and First Aid Care (Speedy Study Guides) Speedy Publishing LLC,2015-04-25 Who says you need videos to learn CPR This powerful guide will give you a step by step instruction to CPR and first aid care This guide should be given to all first aid rescuers even to moms and dads caring for little children With this guide you will hold the power to save someone else s life Buy a copy today

Study Guide and Review of Pracial Nursing Helen Fredericka Hansen,1958

Course of Study in Safety Education ... Automobile Club of Southern California. Public Safety Dept,1928

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the USMLE Step 1 Vikas Bhushan,Chirag Amin,1996-12 Catalogue of Title-entries of Books and Other Articles Entered in the Office of the Librarian of Congress, at Washington, Under the Copyright Law ... Wherein the Copyright Has Been Completed by the Deposit of Two Copies in the Office Library of Congress. Copyright Office,1943 **Industrial Safety Survey** ,1925 The United States Catalog Mary Burnham,Carol Hurd,1928 *Pearson's Magazine* ,1910 **Carpenter** Peter James McGuire,Frank Duffy,1925 **Subject Guide to Books in Print** ,1991

The book delves into First Aid Study Guide. First Aid Study Guide is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into First Aid Study Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to First Aid Study Guide
 - Chapter 2: Essential Elements of First Aid Study Guide
 - Chapter 3: First Aid Study Guide in Everyday Life
 - Chapter 4: First Aid Study Guide in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of First Aid Study Guide. The first chapter will explore what First Aid Study Guide is, why First Aid Study Guide is vital, and how to effectively learn about First Aid Study Guide.
3. In chapter 2, this book will delve into the foundational concepts of First Aid Study Guide. This chapter will elucidate the essential principles that need to be understood to grasp First Aid Study Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of First Aid Study Guide in daily life. The third chapter will showcase real-world examples of how First Aid Study Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of First Aid Study Guide in specific contexts. This chapter will explore how First Aid Study Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about First Aid Study Guide. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of First Aid Study Guide.

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