

F I R S T A I D



What To Do Before Professional Medical Help Arrives

CALL 9-1-1 WHERE AVAILABLE

WHEN CALLING FOR HELP, tell WHERE the emergency is, the PHONE NUMBER you're calling from, WHAT happened, HOW MANY persons need-help, and WHAT is being done for the victims. Let the person you called hang up first. YOU HANG UP LAST.

TRAFFIC ACCIDENTS WHAT TO DO

As the first person on the scene of a traffic accident, you may be required to render assistance. Here are some things you could do while waiting for trained emergency personnel to arrive:

APPROACHING THE SCENE

- Examine the scene, and consider any dangers to you or others.
- If possible, flag down someone to assist you and/or go for help.
- Check for signs of vehicle stability or spilled fuel.

CONTROL THE SCENE

- If bystanders begin to gather, ask them to stand back. Ask someone to slow down or redirect any oncoming traffic.
- Do not allow anyone to smoke near a damaged vehicle.

ASSESS THE SCENE

Ask yourself these questions:

- How many accident casualties are involved?
- Are they conscious? (If not, check for pulse and open airway.)
- Can they talk?
- Is their mobility impaired, or are they trapped?

CONTACT THE AMBULANCE SERVICE

Provide information on location, number of casualties, estimated seriousness of injuries, and obstacles affecting traffic or victim mobility.

KEEP THE VICTIM(S) CALM

- Do not move a casualty if there is danger of neck or back injury.
- Stabilize the neck and back.
- Apply direct pressure to open wounds. (Wear gloves if at all possible.)
- Treat for shock. (Cover victim and elevate legs slightly.)
- Administer CPR and/or artificial breathing, if necessary.
- Wait for emergency help to arrive.

QUICK TIPS FOR POSSIBLE INJURIES

Heart Attacks Try to keep the person comfortable and calm until help arrives. If the patient has medications he or she is taking, have them available when help arrives.

Serious Injuries Do not move a seriously injured victim. Cover him or her with a blanket to keep the body temperature from declining.

Shock Have the person lie down, preferably not on the bare ground. Do not give the victim anything to eat or drink. Elevate the legs slightly if there are no head or back injuries. Keep the victim warm.

Bleeding Stop bleeding by placing a hand over the wound and applying direct pressure, if possible, using a clean sterile cloth. Elevate the injured part above the heart.



Minor Burns Treat with cool water over the burn, and then cover with a sterile dressing. Add fresh dressings as healing occurs, but do not attempt to remove old ones without the assistance of a physician or trained medical professional.

BASIC TIPS FOR ADMINISTERING FIRST AID

When someone is injured or suddenly becomes ill, there is a critical period before you can get medical treatment when first aid knowledge will benefit you and the victim. Here are some tips to help you handle just such a situation:

- Create a household first aid kit, and tailor the supplies to your particular needs; mark items clearly.
- Keep your first aid kit and all medications, including non-prescription drugs, out of children's reach.
- Before assisting a victim, protect yourself. Assess the scene to determine potential hazards. If possible, wear gloves to protect yourself from blood and bodily fluids.
- Have someone call for medical assistance while you apply first aid. The person who summons help should explain the nature of the emergency and ask for first aid advice pending the arrival of the ambulance.
- Look for an emergency medical identification card or an emblematic device the victim may be wearing to alert you to any health problems, allergies or diseases.
- Make sure the victim's tongue or other objects do not block the airway. Administer artificial respiration promptly if the victim is not breathing.
- Check for a pulse and for signs of bleeding. Act fast if the victim is bleeding severely, has swallowed poison or has no pulse.
- Do not attempt to move a person with serious neck or back injuries unless there is immediate, imminent danger. If he or she has vomited and there is no danger of the neck being broken, turn the victim on his or her side to prevent choking. Keep the victim warm with blankets or coats.
- Reassure the victim, and try to stay calm. Your calmness can relieve the fear and panic of the victim.
- Don't give fluids to an unconscious or semiconscious person.