

FIRST AID QUICK GUIDE

BLEEDING AND OPEN WOUNDS

1. Cover the injured area with a clean, folded cloth. *Flamely* apply pressure to the wounded area. If blood saturates the cloth, **DO NOT REMOVE**. Place another cloth on top of the first one and continue to exert firm pressure for 3-10 minutes.
2. Raise the wounded area above the level of the heart, if possible, while applying pressure.
3. Locate the pressure point closest to the wound and apply pressure so that your finger is pressing between the wound and the bone behind the artery. If the pressure point is located on the leg, use the heel of your hand rather than your finger.
4. If the bleeding does not stop in 10 minutes, call 911.
5. Use a tourniquet only as a last resort if steps 1 and 2 have failed to stop the bleeding. Keep a record of when the tourniquet was applied so you can alert medical personnel as to how long it has been in place. Be prepared to treat the victim for shock.

SHOCK

Symptoms can include the following:

- Looking pale
- Acting confused
- Skin is pale or flushed
- Breathing is irregular or weak
- Shivering
- Loss of consciousness

To treat shock, carry out the following steps:

1. Call 911.
2. Place victim on his/her back with the head level or slightly above the rest of the body. The victim should be on his back if feeling nauseous.
3. Loosen clothing so the victim can breathe more easily.
4. Keep victim warm with a blanket if skin is pale and cool.
5. If skin is hot and flushed, use cool, damp towels until skin returns to normal temperature. Place a blanket on victim to keep him warm.
6. Never give a shock victim any food or liquids.

BURNS

Chemical or Compressed Gas/Burns:

- Flush the burned area with cold water and remove the victim's affected clothing.
- Apply burn ointment to the burn (or use home petroleum jelly or a mixture of baking soda and water).
- Cover loosely with a bandage.
- Treat for shock.
- Call 911.

Heat/Thermal Burns:

- Submerge affected area in cool (not cold) water, or wrap loosely with a wet cloth.
- Gently pat dry and cover with a bandage.
- Do not use sprays or ointments for second and third degree burns.
- Call 911.

HEART ATTACK/STROKE

Symptoms of a **HEART ATTACK** include the following:

- Chest pain below the breastbone which radiates to the chest, arms, shoulder, neck, teeth, jaw and back.
- Victim may experience sweating, nausea, abdominal pain, vomiting, discomfort described as indigestion, shortness of breath and extreme anxiety.
- Skin and nails may be bluish in color.

Symptoms of a **STROKE** include:

- Slurring of words.
- Mental confusion.
- Loss of balance.
- Paralysis or weakness of a specific part of the body, and/or
- Loss of consciousness.

To treat **HEART ATTACK** or **STROKE** victims, you should:

1. call 911 immediately.
2. Have victim sit or lie down, rest, and keep warm and calm.
3. Assist victim in taking his/her medication (if victim has a heart condition), and
4. perform CPR if victim is unconscious and unresponsive.

EYE INJURIES

If splashed by a **chemical**, saturate the eye with running lukewarm water while spreading the lids apart until medical help arrives. Be sure that run-off, contaminated water does not enter the other eye.

If a **foreign object** is in the eye, do the following:

- Remove the object with the corner of a clean cloth or cotton swab, if the object is visible.
- If the object is not visible, pull upper lid out and over the lower lid. Tears should wash the foreign object from the eye.
- Saturate the eye with clean, cool water.
- Put gauze or a cotton pad on the eye and loosely attach with a bandage.
- See an eye specialist or go to the emergency room if the eye continues to cause discomfort.

POISONING

- If victim is unconscious or having convulsions, call 911. Perform CPR if necessary. Loosen clothing if victim is having convulsions.
- Call Poison Control or 911 and provide information about the poison, if known, and the victim's current condition.
- If the poison is a corrosive substance, a petroleum product, or unknown, do not induce vomiting.
- If the poison is known and is not a corrosive substance or petroleum product, induce vomiting. To do so, administer one ounce of special syrup (1/2 ounce for a child), accompanied by four or five glasses of water. Repeat procedure in 20 minutes until victim vomits. After vomiting, provide one ounce of powdered, activated charcoal in water.
- Take the poison and the victim to the hospital.



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First Aid Printable Quick Guide

Sean Goh

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First Aid Printable Quick Guide:

Comprehensive First Aid Guide Adil Hussain, Mamta Bhandari, 2025-06-25 Provides comprehensive and in depth coverage of all essential first aid topics from minor injuries to major emergencies Content is thoroughly based on updated medical guidelines and evidence based practices for safe and effective care Written in clear simple language to ensure easy understanding by students teachers and the general public Includes informative illustrations and diagrams to visually support learning and practical application Organized in a quick reference format to help readers access vital information rapidly during emergencies Each chapter concludes with concise summaries and key points to reinforce learning and aid in revision Real life case studies and practical examples are integrated to demonstrate real world application of first aid skills

Easy Guide to Health and Safety Phil Hughes, Liz Hughes, 2008-06-20 Do you need to get to grips with health and safety principles but don't have time to wade through reams of legislation and guidance Do you need practical step by step guidance on health and safety issues for your small business Then this is the book for you The jargon free Easy Guide to Health and Safety introduces the health and safety issues which the self employed and managers directors and staff with health and safety responsibilities in small businesses face every day Words and legislation are kept to a minimum and the text is supported by numerous relevant illustrations The book is packed with practical guidance and solutions as well as handy checklists and forms for your basic health and safety needs especially useful when setting up a new business The book is also suitable for students on IOSH Working Safely and NVQ level 1 and 2 courses from City Guilds and other NVQ awarding bodies Phil Hughes is a well known UK safety professional with over thirty years world wide experience He was Chairman of NEBOSH from 1995 2001 and President of IOSH in 1990 91 Phil received the RoSPA Distinguished service award in May 2001 and became a Director and Trustee of RoSPA in 2003 He received an MBE in the New Year Honours List 2005 for services to Health and Safety Liz Hughes taught psychology in further and higher education She went on to qualify as a social worker specializing in mental health and later moved into the voluntary sector where she managed development for a number of years Liz has achieved NVQ training modules D32 33 and 34 and has tutored students completing NVQ awards Her psychology and education background means that she is skilled in preparing readable easily accessible information

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World Cruising Routes Jimmy Cornell, 2008-03-30 A one stop reference containing all necessary information for planning a cruise anywhere in the world **FIDIC User's Guide** Brian W. Totterdill, 2001 Guides to the FIDIC contract traditionally have been geared towards highlighting the legal aspects of claims arising from the contract This text focuses on the practical administration of the contract recognizing the growing tendency for projects to be administered by local employers consultants and contractors rather than by international organizations **Best Hikes with Dogs**

Arizona Renee Guillory, 2005-01-25 [CLICK HERE](#) to download a free hike along Little Spring from *Best Hikes with Dogs* Arizona Guidebook to 75 dog suitable trails throughout the Arizona many accessible from urban areas How to keep your dog safe healthy and hydrated in Arizona's arid climate What to pack for your dog the Ten Canine Essentials and the doggy first aid kit Renee Guillory and her canine companion Artemis have hiked more than 700 miles together in Arizona Now they share their favorite trails presented through dog centric eyes On most trails you'll encounter few people to dodge Most hikes offer shade if not water to help keep your dog cool in extreme Arizona conditions The trails in *Best Hikes with Dogs* Arizona emphasize terrain that's easy on the paws and give advance warning trail by trail on canine hazards to watch for There are also tips on dealing with dog emergencies and for hiking with minimum dog impact on the environment Ranging from short day hikes to extended backpacking trips many trails included are clustered around urban areas including Phoenix Tucson Flagstaff Sedona Prescott and other communities in Mogollon Rim country There are hikes as far flung as the Mexican border and in the White Mountains of eastern Arizona **Nuclear War Survival Guide** Dorian Welles, 2025-09-09 Are you truly prepared to protect your loved ones if a nuclear emergency strikes Do you know exactly what to do during the first 10

minutes when every decision matters This comprehensive handbook delivers a clear practical and reassuring approach to surviving a nuclear disaster Designed for families urban residents and anyone seeking step by step guidance it transforms anxiety into action with proven strategies expert approved recommendations and essential checklists you can apply immediately You ll learn how to respond in the critical first minutes how to set up a safe room protect yourself from radiation exposure and keep your family secure all without panic confusion or misinformation Every chapter focuses on actionable steps aligned with FEMA and CDC guidance to help you make the right decisions fast *Tour Leading (Edition 1)* Sean Goh,2023-12-05 This tour leading book is suitable for people who wish to step into the tourism industry This book covers the job tasks that need to be performed by a tour leader or tour manager in detail The content structure is 100% based on the job occupation standard requirements in certain countries This book will cover the following topics Introduction Perform pre tour functions Perform a health safety and security briefing Perform on tour functions Perform tour contingency measures Perform post tour functions Perform job enrichment activities This book is also suitable for colleges and universities to use as a reference to teach related tourism subjects This book includes certain exercise questions and discussions to be used in the tutorial lesson of the tourism course *Easy Guide to Meditation* Rekha Kale,2005-12 **Over 350 Barbara O'Neill**

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A Simple Guide To Bird Watching Zahid Ameer, 2020-03-14. Unleash your inner birder with this beginner-friendly guide. Learn bird identification tips, essential birding gear, and top locations for birdwatching. *A Simple Guide To Bird Watching*. Everything you need to start birding today.

User's Guide to the National Electrical Code® 2005 H. Brooke Stauffer, 2005. Build a firm foundation in NEC basics with the 2005 Edition of *User's Guide to the National Electrical Code*. NFPA's full-color illustrated guide walks you through the 2005 Code, explaining key principles such as the difference between GFPE and GFCI equipment. With this text, you'll understand the intent behind the most critical NEC requirements, the way NEC chapters and articles work together, and how the NEC is related to other electrical standards and building codes. The *User's Guide* is the key to getting the right answers faster and more efficiently. Written by H. Brooke Stauffer of the National Electrical Contractors Association (NECA), this primer shows you how to find answers in today's NEC. It's significantly improving your productivity and effectiveness on the job. *User's Guide to the National Electrical Code* is the ideal starting point for electrical apprentices and a useful reference for experienced professionals. Use it alongside your 2005 Code.

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User's Guide to Propolis, Royal Jelly, Honey, and Bee Pollen C. Leigh Broadhurst, Ph.D., 2005-07-15 The food products of bees have long been attributed with many health benefits They can lead to greater stamina increased resistance to disease and counter intuitively often help reduce pollen allergies Scientific studies have revealed that bee propolis royal jelly honey and bee pollen are rich sources of antioxidant phytochemicals vitamin like substances similar to those found in common vegetables In this User s Guide Dr Broadhurst explains the scientific rationale behind bee foods and describes how they can improve health

Fodor's Walt Disney World With Kids 2008 Kim Wright Wiley, 2008 Discusses the attractions accommodations and eating places at Walt Disney World from the point of view of families with children

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Nova Martian, 2025-05-10 Unlock the transformative potential of the brain with Direct Neural Stimulation for Learning A Simple Guide to Big Ideas This comprehensive yet accessible guide expertly navigates readers through the core concepts historical milestones and scientific principles behind direct neural stimulation a cutting edge method for enhancing cognitive performance and accelerating learning Grounded in clear neuroscience fundamentals the book demystifies how neural circuits and synaptic plasticity underpin learning processes and elucidates the technologies both invasive and non invasive that are making neural stimulation increasingly accessible With a balanced evidence based approach the book examines the diverse applications of neural stimulation from boosting attention and memory to supporting cognitive rehabilitation Real world experiments and case studies bring theoretical insights to life while the discussion of limitations and contradictory findings ensures a realistic perspective on what neural stimulation can and cannot achieve Readers are guided in evaluating the safety ethical and social implications inherent to this rapidly evolving field empowering them with the knowledge to engage critically and responsibly For those eager to explore hands on experiences practical chapters outline safe approaches for DIY home experiments highlight essential best practices and provide resources for continued learning Whether you are an educator lifelong learner student or curious citizen scientist this guide is an invaluable resource that bridges current scientific research with practical advice illuminating both the great promise and the important responsibilities that come with the future of learning through brain stimulation

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