

Printable First Aid Quick Guide

Basic First Aid

Quick Guide



<p style="text-align: center;">Hands Only CPR</p> <ul style="list-style-type: none"> ✓ Call 911 ✓ Push hard and fast at the center of the chest ✓ REMINDER: Hands-Only CPR is most effective if used after you call 911 or after an automated external defibrillator (AED) is available. If you are alone and witness a collapse, you should use it if available. If you are with someone else, someone else should use it if available. Do not hesitate to use it if you are alone. <p style="text-align: center;">Major Bleeding</p> <ul style="list-style-type: none"> ✓ Call 911 and put on gloves (or a plastic bag) ✓ Have person lie down with head lower than body. ✓ Remove obvious objects from wound, but don't open it. ✓ If fingers have been displaced, do not push them back in. Simply cover the wound. ✓ Apply direct pressure with gloves if possible until bleeding stops (don't "soak" for at least 10 min), and apply pressure around deeply embedded objects, not over them. ✓ Do not remove gauze / bandage. Simply keep adding more as needed. ✓ Unless arm / leg is bleeding, elevate it. <p style="text-align: center;">Major (not minor) Burns:</p> <ul style="list-style-type: none"> ✓ Call 911. ✓ Do not remove clothing. ✓ Do not immerse in cold water. ✓ Begin CPR if needed. ✓ Elevate burned parts of body above heart if possible. ✓ Cover burn with a cool, moist, sterile bandage or cloth or towel. <p style="text-align: center;">Hypothermia</p> <ul style="list-style-type: none"> ✓ Call 911. ✓ Begin CPR if necessary. ✓ Protect from wind & cover head. ✓ Remove wet clothing, but do not massage / rub. ✓ Do not use hot water / heating pad and do not apply anything hot or warm to limbs. ✓ Apply warmth to center of body only. 	<p style="text-align: center;">Conventional CPR</p> <ul style="list-style-type: none"> ✓ Call 911. ✓ Release Head: 2-5 fingers below nipple line. 30 (2/2 - 1/4) ✓ compressions: 2 gentle breaths until chest rises. 100 compressions ✓ Children: Use 2-5 hands in center of chest. 30 (2-4 2/3) ✓ compressions: 2 breaths until chest rises. 100 compressions ✓ Adults: Use 2 hands. 30 (2-4 1/4) compressions in center of chest. 2 long breaths until chest rises. 100 compressions ✓ REMINDER: This first aid is a reminder for those certified in CPR. It is not meant to teach how to properly perform CPR. <p style="text-align: center;">Shock</p> <ul style="list-style-type: none"> ✓ Call 911. ✓ Have person lie down (on their side if vomiting) with head lower than body unless it causes pain, then have them lie flat. ✓ Treat any obvious injuries and give CPR if needed. ✓ Keep person warm... give blankets. ✓ Keep person as still as possible and encourage them. ✓ Do not let the person eat / drink. <p style="text-align: center;">Choking</p> <ul style="list-style-type: none"> ✓ Give 5 back blows between shoulder blades w/ heel of hand ✓ Give 5 thrusts (Heimlich) ✓ Repeat until item is dislodged. ✓ Call 911 once item is dislodged or after 5-10 minutes. ✓ Heimlich on conscious victim: wrap arms around person's waist, position your fist above their navel and grab it with other hand. Push hard w/ quick, upward thrust. ✓ Heimlich on pregnant / obese: Place hands higher at base of breastbone. ✓ Heimlich on unconscious: Do not perform. Lie on back and dislodge item if possible. Then, do CPR instead. ✓ Heimlich on infant: Give 5 back blows with thumb lying <u>outside</u> on your forearm, over thigh. Flip over onto back and use 2 fingers at center of breastbone. Give 5 compressions. <p style="text-align: center;">Heart Stroke</p> <ul style="list-style-type: none"> ✓ Move into shady / air conditioned space and call 911. ✓ Do not immerse in cold water. ✓ Cover with damp sheets, spray with water and fan. ✓ Have person drink anything without alcohol or caffeine.
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First Aid Manual Printable Girl Guides

K.S. King



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A History of Girl Guides & Girl Scouts Julie Cook, 2022-11-17 A History of Girl Guides and Girl Scouts Brownies Rainbows and WAGGGS charts the evolution of the Girl Guides and Girl Scouts from its early days as a movement started before WW1 right through to the modern day With real life interviews with Girl Guides and Girl Scouts from their 90s down to young children this book looks at what being a Girl Guide has meant through the ages up to the present day With dramatic and often emotional stories of what it was like to be an evacuated Brownie in the Second World War a disabled Girl Guide and with tales of girls heroism throughout the two great wars both in the UK and the United States this book extols the Guiding and Scouting movement as one that has evolved with women and girls rights and its hopes for the future *Girl Scout Collectors' Guide* Mary Degenhardt, Judith Kirsch, 2005 In more than nine decades of Girl Scouting a vast popular and material culture has given rise to a wealth of Girl Scout history collections More than an identification guide to uniforms insignia and other Girl Scout objects this work also documents when changes occurred and why new items were introduced Placing these objects in context this essential guide provides a discerning look at the history and development of the Girl Scout Movement in the United States Scholars and aficionados of Girl Scout history costume history women s studies popular culture and dress will welcome this indispensable and definitive resource This new expanded edition with hundreds of illustrations photographs and tables is indisputably the go to source for information on all Girl Scout uniforms insignia awards and handbooks as well as dolls postcards posters calendars and more from the founding of the Girl Scouts in 1912 through the present day An invaluable resource to Girl Scout councils managing a history collection And beyond that an informative and intriguing glimpse into the evolution of a Movement that today is the world s preeminent organization dedicated solely to girls Cynthia B Thompson chair National Board of Directors and Kathy Cloninger national chief executive officer GSUSA An indispensable reference for collectors a fascinating resource for anyone interested in Girl Scouting this comprehensive guide to Girl Scout memorabilia is firmly grounded in the history of the Girl Scouts of the United States Mary Degenhardt and Judith Kirsch show us what Girl Scouts wore and read and explain how changes in uniforms insignia and publications reflect the evolution of Girl Scout programs and the expansion of opportunities for American girls Reading this book is like walking through a fine museum where material culture brings the past to life Anastatia Sims author of *Negotiating Boundaries of Southern Womanhood* *Juliette Gordon Low* Stacy A. Cordery, 2012-02-16 Experience the captivating journey of a trailblazing woman who defied conventions and created a lasting legacy Born at the start of the Civil War Juliette Daisy Gordon Low struggled to reconcile being a good Southern belle with being true to her adventurous spirit Accidentally deafened she married a dashing British patrician and moved to England where she quickly became dissatisfied with the aimlessness of privileged life Her search for greater purpose ended when she met Robert Baden Powell founder of the Boy Scouts and was inspired to recreate his program for girls The Girl Scouts of the USA which can now count more than

fifty nine million American girls and women among its past members aims to instill useful skills and moral values in its young members with an emphasis on fun In this lively and accessible biography of its intrepid founder Stacy A Cordery paints a dynamic portrait of an intriguing woman and a true pioneer whose work touched the lives of millions of girls and women around the world **Muscular Christianity** Clifford Putney, Assistant Professor of History Clifford Putney, 2009-06-01 Dissatisfied with a Victorian culture focused on domesticity and threatened by physical decline in sedentary office jobs American men in the late nineteenth century sought masculine company in fraternal lodges and engaged in exercise to invigorate their bodies One form of this new manly culture developed out of the Protestant churches was known as muscular Christianity In this fascinating study Clifford Putney details how Protestant leaders promoted competitive sports and physical education to create an ideal of Christian manliness *The Pocket Book for Schoolgirls 1958* Carlton Wallace, 2007 Have you ever wondered how to cross stitch Or how to politely decline an invitation Or how to set a broken bone Packed with useful information and helpful factoids from around the world this is a girl s guide to adventurous and successful living both at school and in the real world It offers lists of statistics and facts on schoolwork etiquette cookery needlework camping and much more First published in 1958 and reprinted here in facsimile this pocket guide promises a nostalgic and amusing trip back in time for women young and old **Robertson's Book of Firsts** Patrick Robertson, 2011-11-11 Completely unlike any encyclopedia before it The Book of Firsts is the product of decades of archiving and research from the incredible Patrick Robertson For many years the proprietor of a stock photo archive and collector of all forms of ephemera Robertson boasts a library that includes ads clippings and archival materials going back well over 100 years In this amazing work Robertson indexes and describes the things he considers socially relevant such as the first black head of a white government it s not who you think the first baby carriage and the first department store He writes about all this with an unparalleled knowledge and impossible to fake fluency with a staggering number of subjects What s more Robertson renders this massive reference with subtle but distinctive humor and an eye for fascinating detail Every entry in this book includes a first time in America and many also have firsts from elsewhere in the world With a handsome design and an oversized trim this will be both a groundbreaking work of reference and a beautiful gift for trivia heads **Report on Public Instruction in Burma** Burma. Paññā re" Thāna, 1923 **The United States Catalog** Mary Burnham, Carol Hurd, 1928 **A Necessary Fantasy?** Dudley Jones, Tony Watkins, 2000 Contributors address from an array of critical perspectives the central issues of what constitutes heroism and the nature of the heroic figure in American Australian and British juvenile popular culture Eighteen scholars address topics like African American folk heroes good girls Robin Hood Biggles Action Man toys Dan Dare Peter Pan and Spider Man in essays referring to a wide range of cultural forms including film television comics periodicals books and toys Each reading is followed by a bibliography Jones s and Watkins s introduction to theories of the hero in kiddie lit should be fascinating reading for anyone once a kid Annotation copyrighted by Book News Inc Portland OR **Making Imperial**

Mentalities J. Mangan, 2012-05-04 This book discusses the way in which those born into the British empire were persuaded to accept it often with enthusiasm The study compares the perceptions of people at home in the dominions and in the colonies Across the diversity of imperial territories it explores themes such as the diverse nature of political socialisation the various agents and agencies of persuasion reaction to the experience of dominance by dominant and dominated the paradoxical impact of the missionary and the subversive role of some women It also considers the significant issues of colonial adaptation resistance and rejection and the post imperial consequences of imperialism *The Girls' Guide to the SAT* Alexandra Freer, Princeton Review (Firm), 2003 It's scary enough that the SAT can make or break one's college admission chances but the fact that girls consistently score lower than boys makes it an even bigger hurdle The Girls Guide to the SAT helps young women understand and overcome the gender gap with specially focused tips and techniques for scoring higher

Imperialism and Juvenile Literature Jeffrey Richards, 1989 Many experts recognize that juvenile literature acts as an excellent reflector of the dominant ideas of an age the values and fantasies of adult authors are often dressed up in fictional garb for youthful consumption This collection examines a portion of the mass produced juvenile literature from the mid 19th century until the 1950s focusing on the cluster of ideas connected with Britain's role in the maintenance of order and the spread of civilization Annotation copyrighted by Book News Inc Portland OR *Daisy and the Girl Scouts* Fern Brown, 1996-01-01 In this fascinating biography of Juliette Gordon Low who loved to be called Daisy readers will learn about her Civil War childhood her almost complete hearing loss and her unhappy married life

The Recovering Sorority Girls' Guide to a Year's Worth of Perfect Parties Kristina Rose, Deandra Brooks, 2005 Remember the last good party you attended No not the office mixer where the chips were served from the bag you had to mix your own drink and the conversational topic was the latest child rearing theory No the last good party you attended the one where there was a theme with real food and yummy drinks and decorations to match and people actually talked to you That's the kind of party we are talking about And sadly that's the kind of party that is harder and harder to find until now Now sorority sisters Kristina Morgan Rose and Deandra Brooksie Brooks are here with step by step party plans including themes and concepts decoration designs menus and recipes signature cocktails and tips to make your event the party that everyone's talking about With A Word About specific issues such as how much alcohol to buy per guest and humorous quizzes rants and Top Ten lists the only thing more fun than this book is the party you'll be inspired to throw because of it

The Girls' Guide to Building a Million-Dollar Business Susan Wilson Solovic, 2011-11-18 Solovic offers frank advice and hard won lessons including taking emotions out of the workplace make business decisions based on what is best for the company not on your personal feelings thinking big and bold believe that you can be successful and be willing to announce your intentions to the world managing for growth hire the right people and discover the best ways to keep them and never being afraid to take a chance boost profits by taking financial risks

Scouting for girls, adapted from girl guiding Robert Stephenson Smyth

Baden-Powell,2020-12-08 In *Scouting for girls* adapted from girl guiding Robert Stephenson Smyth Baden Powell delves into the world of scouting for girls and guides readers through the principles and practices of this movement With a focus on outdoor activities life skills and personal development the book promotes independence and leadership in young women Written in a straightforward and practical style the text reflects the author s belief in empowering girls through education and experience Baden Powell s work serves as a testament to the changing societal norms regarding gender roles and the importance of self reliance in youth This adaptation from girl guiding showcases the author s dedication to promoting inclusivity and equal opportunities for all individuals regardless of gender Scouting for girls is a timeless classic that continues to inspire girls and young women to explore their potential and make a positive impact on the world **The Handbook of Jamaica for ...** ,1931 *A Guys' Guide to Stress* Travis Clark,Annie Belfield,2008 Providing a look at the different triggers for emotional stress in young lives this book explores ways young people of both sexes can learn to cope with the dramas and dilemmas they face in their busy day to day lives *A Sisterhood of Suffering and Service* Sarah Glassford,Amy J. Shaw,2012-04-15 As the body of First World War literature continues to grow women s experiences of this period remain largely obscure particularly those of Canadian and Newfoundland women *A Sisterhood of Suffering and Service* explores this obscurity and begins to redress it This innovative collection discusses women s activities in the workforce overseas within the domestic realm and in literary representations to show that women were not bystanders who were quietly knitting for the duration rather they actively participated in wartime society served their country in a variety of ways made sacrifices and were deeply affected by the vagaries of war Incorporating the experiences of Newfoundland with those of Canada and looking at girls as well as women the volume enriches our knowledge of an important era in Canadian nation building and takes a step towards writing women into the historical narratives of the First World War *Educational Management - Reference Book* Prin. Dr. Kalpana S. Pawar,2019-02-01 *Effective Educational Leadership* by James W Guthrie provides insights into educational management addressing key principles challenges and strategies for successful leadership in educational institutions

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