

FIRST AID QUICK GUIDE

BLEEDING AND OPEN WOUNDS

1. Cover the injured area with a clean, folded cloth. **Firmly** 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/her back if no other injuries.
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, shoulders, 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 1/2 ounces 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

**Gary R. Fujimoto, Marc R.
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psychology and education background means that she is skilled in preparing readable easily accessible information

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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 Ren e 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 **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 **The Little Handbook of Natural Remedies** Michael Martin,2025-03-10 The Little Handbook of Natural Remedies offers a practical easy to follow guide to using herbal medicine for everyday ailments This book combines years of personal experience and passion for natural living to provide accessible remedies for common health concerns From soothing teas and tinctures to powerful poultices and salves you ll discover a range of simple effective herbal solutions that work in harmony with your body Whether you re new to herbalism or already familiar with natural remedies this book provides clear instructions and detailed information on the healing properties of

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Direct Neural Stimulation for Learning: A Simple Guide to Big Ideas 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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