



FIRST AID



+ FIRST AID GUIDE +



1. BLEEDING (EXTERNAL)

(Bleeding from Veins) Steady flow; dark red blood.
(Bleeding from Arteries) Spurting bright red blood from wounds. Often rapid and profuse. More critical, leading to a greater blood loss.

TREATMENT: Cover wound with clean compress and press firmly. Elevate injured area above level of the heart if you do not suspect a broken bone. Apply pressure bandage once bleeding stops. Apply pressure bandage once bleeding stops. Not too tight that it cuts off circulation. Keep limb elevated. Seek medical attention immediately for any severe injuries.



2. BLEEDING (INTERNAL)

Vomit is red; coughed up blood; black stools or has blood; paleness; cold skin; rapid and weak pulse; lightheadedness; swollen abdomen; restlessness; bruising.

TREATMENT: For minor bleeding, use a towel and apply cold pack to reduce pain and swelling. For serious injuries, seek medical attention immediately. Maintain an open airway. Restore breathing if necessary.



3. BURNS (THERMAL)

Redness; pain; blisters; swelling; skin damage.

TREATMENT: Put in cool water or soaked towel. Do not use ice. Gently dry. Cover with non-fluffy bandage. Do not break blisters. Do not use sprays or ointments for 2nd and 3rd degree burns. Seek medical attention.



4. BURNS (CHEMICAL)

Redness; pain.

TREATMENT: Flush with water for 10-15 minutes. Cover with a non-fluffy clean bandage. Do not use ointments, sprays, antiseptics. Seek medical attention.



5. STINGS

Pain; itching; swelling (red); Allergic reactions - difficulty breathing or swallowing.

TREATMENT: Do not squeeze stinger. Scrape gently with dull blade or credit card to remove. Wash and apply cold compress on the wound.



6. DROWNING

Unconscious; not breathing.

TREATMENT: Support neck and back of victim. Keep victim warm. Administer CPR as needed.



7. FAINING

Temporary unconscious;
sometimes blurred vision;
nausea; paleness; sweating.

TREATMENT: Lay on back, loosen clothing; if victim vomits, tilt head to the side; gently bathe face with cool water.



8. FRACTURES (SIMPLE)

Pain; swelling; deformity;
inability to move limb.

TREATMENT: Support above and below fracture; apply well-padded splints.



9. FRACTURES (COMPOUND)

Open wound; possibly bone protruding; bleeding.

TREATMENT: Compress to wound; apply splints; leave bone setting to the doctor.



10. FRACTURES (SKULL)

Possible bleeding eyes, nose & mouth;
serum from ears in basal fracture.

TREATMENT: Raise head; dress wound; no stimulants; seek help immediately.



11. FROST BITE

Affected part becomes red, then gray,
then white; numbness.

TREATMENT: Thaw slowly with lukewarm (not hot) water or by gently wrapping warm blanket or clothes; do not rub limbs; if conscious, give warm drink; seek medical attention.



12. ELECTRIC SHOCK

Unconscious; breathing is difficult;
burns at contact point; muscle spasms.

TREATMENT: Seek medical attention immediately. Turn off electric current. Break contact with electric source using a dry, nonmetallic object; do not touch victim until he is free from the wire. Begin CPR.



13. GAS POISONING (CARBON MONOXIDE)

Yawning; dizziness; weariness;
throbbing heart.

TREATMENT: Move to fresh air, keep an open airway; administer CPR if needed; loosen clothing; seek medical attention.



14. HEAT EXHAUSTION

Fatigue; pale face; rapid pulse;
shallow breathing;
cold sweat; clammy skin.

TREATMENT: Move to a cool area; lay down victim; raise feet; loosen clothing; give sips of cool salt water; fan and use wet cloth to cool victim.



15. SHOCK

Pale face; bluish skin; chills; nausea;
dazed condition;
partly or totally unconscious.

TREATMENT: Keep an open airway; treat the cause of shock; keep victim lying down and elevate feet; keep warm; seek medical attention immediately.



16. SUNSTROKE

Extremely high body temperature; hot,
red, dry skin; absence of sweating;
rapid pulse; convulsions.

TREATMENT: Raise head; reduce temperature by wrapping victim in cool, wet sheets. Do not give any stimulants.



17. EYE INJURIES

If eye is splashed by a chemical, flush eye immediately with water. Flush eye for at least 20 minutes. While flushing, lift eyelid away from eye so as to flush the inside of the eyelid as well. After flushing, close eyelid and cover eye with moist dressing. Seek immediate medical attention. Have chemical or write down chemical name to give to EMS.

If victim has a black eye, apply an ice pack, cold compress, or frozen pack of vegetables to area around eye for 10-15 minutes. Do not press down on eye itself. Seek medical attention immediately if there is bleeding in the eye or nose, vision problems, severe pain.

**EMERGENCY
NUMBERS
CALL 911**

MSDS Location: _____
Poison Center: _____
Physician: _____

Hospital: _____
Safety Supervisor: _____
Worksite Location: _____

The recommended treatments in the poster are believed to be compatible with the standards generally accepted at the time of publication. We urge you to obtain additional information concerning First Aid and CPR, including taking approved First Aid and CPR classes for hands on experience. Contact the American Red Cross for approved classes in your area.



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Yi-Tong Ma

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