

# 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/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 honey, 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 Quick Guide

**Pasquale De Marco**



## **First Aid Quick Guide:**

Legal first aid Your Quick Guide to Legal Action Sunil Kumar Pathak,2024-12-14 In a world where legal procedures often feel overwhelming this book serves as a crucial guide for every citizen Drawing from extensive professional experience the author simplifies the essential knowledge and procedures needed to pursue legal action The book provides clear practical insights into the legal system from filing a complaint to navigating a trial all in accessible language It categorizes common offenses rights and legal procedures for easy reference helping readers understand Key rights and legal provisions for various offenses Crucial steps to take in any legal situation to strengthen your case The dynamics of police investigations evidence handling and courtroom trials Though not a comprehensive legal manual this book is designed as a FIRST AID KIT for legal knowledge empowering readers with essential information to protect their rights and confidently navigate the legal landscape Knowledge is power and timely action is key Equip yourself with the insights to face any legal challenge with clarity and confidence

**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

**Prepare for Disaster: A Quick Reference Guide: How to Prepare Your Family to Face an Emergency** Mary Megarry,Dian Megarry,2008 After observing the devastation of hurricanes Katrina and Rita the tsunami in Indonesia and Malaysia catastrophic floods worldwide and earthquakes in diverse places Dian and Mary acquired a deep desire to share their knowledge and information with everyone who wants it This manual is intended for the instruction and benefit of you and your family to be ready before a disaster hits If ye are prepared ye shall not fear *ACEP First Aid Manual 5th Edition* DK,2014-09-01 A possible life saving reference to keep around the house or in the car DK's First Aid Manual looks at more than 100 different conditions from splinters and sprained ankles to strokes and unconsciousness and shows exactly what to do with step by step photographic sequences Every condition is clearly explained outlining causes symptoms and signs and action plans The updated design makes the instructions easier to follow whether you need information on emergency first aid first aid for babies and children or tips on resuscitation This ACEP First Aid Manual is an invaluable resource to keep you and your loved ones safe and healthy

A Quick Guide to Health and Safety R Gilbert,2008-05-20 Health and safety issues now impose upon almost every part of business life The system of enforcement is managed and implemented in the UK by The Health and Safety Executive HSE but at times it can be difficult to know exactly

which bits of this elaborate spider's web should be applied in a given instance and which are most important This Quick Guide puts the subject into context providing a rational overview and a valid starting point to applying health and safety in the workplace and offers a concise and readily accessible interpretation of what health and safety legislation means in practice Puts health and safety in to context Provides a rational overview and starting point to applying health and safety in the workplace Offers a concise interpretation of health and safety legislation in practice **The Principal's**

**Quick-Reference Guide to School Law** Robert F. Hachiya, Robert J. Shoop, Dennis R. Dunklee, 2014-03-31 The go to legal resource for principals fully updated How often does a potential legal issue arise at your school Now in an expanded third edition this trusted resource provides clear and helpful guidance from a team of respected school law experts Substantive new information shows principals how to Address student use and misuse of technology on and off campus Avoid the pitfalls of zero tolerance discipline policies Lead school safety and violence prevention including collaboration with school resource officers and other personnel Prevent and respond to bullying incidents Stay current with special education requirements Ensure that employment and evaluation practices reflect the law *The Principal's Quick-Reference Guide to School Law* Dennis R. Dunklee, Robert J. Shoop, 2006-04-05 The authors have taken a topic which could cover volumes and produced a concise easily understood desk reference which I have already used on the job Stephen Harding Principal Terry High School MS Minimize site based risk while respecting the legal rights of students staff and parents Principals deal with complicated and potentially damaging legal issues every day and now there's an accurate accessible tool written in plain English that can give administrators the information they need to do their jobs while minimizing legal risk While retaining the reader friendly format from their first edition Dennis R Dunklee and Robert J Shoop recognized school law experts provide additional programmatic guidance for other school district personnel management cues and risk management guidelines a comprehensive index additional references to landmark court cases coverage of the No Child Left Behind Act and information on state created danger and deliberate indifference This second edition helps school administrators quickly find important legal guidance for issues that include Staff selection and evaluation Student rights and discipline Special education and the reauthorized IDEA Copyright law Search and seizure Sexual harassment and sexual exploitation And many more This essential desk reference offers a straightforward resource on translating school law into practice and can be used as a day to day reference guide or a comprehensive overview of school law today [The Hiker travel guide for Austria](#) ,2025-09-25

**IRS Printed Product Catalog** United States. Internal Revenue Service, 1999 **Fodor's Walt Disney World and Universal Orlando with Kids 2006** Kim Wright Wiley, 2005-09-06 An up to date guide to traveling with children to Walt Disney World and Universal Orlando includes insider tips accessible maps to the various parks restaurant and hotel descriptions quick ratings for a wide variety of attractions and other tips on traveling with the entire family Original 40 000 first printing *IRS Published Product Catalog* United States. Internal Revenue Service, 1997 **The Traveler's Medical**

**Guide** Gary R. Fujimoto, Marc R. Robin, Bradford L. Dessery, 2003 One of the most recent and useful health care manuals written especially for travelers Outside Magazine The comprehensive self care source for all aspects of healthy global travel Includes immunizations medications prevention and a current guide to infectious diseases and other health concerns of travelers Self diagnosis and treatment of common illnesses including traveler s diarrhea What to do for illness when medical care is not readily available in isolated areas and everywhere else on weekends A guide to using internet resources Uses side effects contraindications and info on how to take every medication mentioned in the text How to assemble a first aid kit based on itinerary and length of travel New chapters for women travelers business travelers and travelers with children Now in its third edition Formerly titled The Medical Guide for Third World Travelers **The Adventure travel guide for San**

**Marino** ,2025-09-25 *Dental Emergencies: A Quick Reference Guide for Dental Professionals* Pasquale De Marco,2025-03-22 In the fast paced world of dentistry emergencies can happen in an instant Dental professionals need to be prepared to handle a wide range of situations from minor injuries to life threatening emergencies This comprehensive guide provides dental professionals with the essential knowledge and skills needed to manage any dental emergency with confidence With clear and concise instructions this book covers everything from assessing the situation and providing first aid to administering emergency medication and coordinating with other healthcare providers Inside you ll find Step by step instructions for managing common dental emergencies such as toothaches chipped teeth and knocked out teeth In depth guidance on handling medical emergencies that can occur in a dental setting such as heart attacks strokes and allergic reactions Detailed explanations of CPR and other life saving techniques Proven strategies for controlling bleeding managing pain and reducing swelling Best practices for treating oral infections and trauma Tips for communicating effectively with patients in emergency situations With its user friendly format and evidence based content this book is an invaluable resource for any dental professional who wants to be prepared for anything Whether you re a seasoned dentist or just starting out this book will help you provide the best possible care to your patients in their time of need Don t wait until an emergency strikes Order your copy of this essential guide today and be prepared to handle any dental emergency with confidence If you like this book write a review *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

**Ride Right Away: A Quick Guide to Mastering Horseback Riding** Pasquale De Marco,2025-05-23 Journey into the world of equestrian excellence with Ride Right Away A Quick Guide to Mastering Horseback Riding your trusted companion on the path to becoming a confident and accomplished rider Discover the secrets to unlocking your riding potential whether you re a complete beginner or an experienced rider seeking to refine your skills This comprehensive guidebook provides a step by step approach to mastering the art of horsemanship empowering you to navigate indoor arenas embark on outdoor trail adventures and even conquer the thrill of equestrian sports With clear instructions engaging anecdotes and invaluable tips

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**Reference** Stephen R. Londergan,Pat Freeland,1999-06-02 Waste no time with the unimportant odds and ends of Lotus Notes start completing your tasks right away From using super fast Notes enhanced information searches to organizing your calendar this superb bite sized reference Lotus Notes R5 For Dummies Quick Reference gives you the information you need in order to use all the important features of Lotus Notes R5 E mail calendars databases and more all are at your disposal and all these can be stress free after you flip through this handy guide Take advantage of this product s new and improved user friendly interface and discover its easy compatibility with Windows 98 and NT Find out about your options for using Notes on site or on the go All this information and more is at your fingertips in Lotus Notes R5 For Dummies Quick Reference and can easily be accessed thanks to this book s lay flat binding      *Manuals Combined: U.S. Navy Diving Manual Revision 7 (1*

*December 2016); A Navy Diving Supervisor's Guide for Safe and Productive Diving Operations; and Guidance For Diving In Contaminated Waters , Over 1 000 total pages* INTRODUCTION 1 1 1 Purpose This chapter provides a general history of the development of military diving operations 1 1 2 Scope This chapter outlines the hard work and dedication of a number of individuals who were pioneers in the development of diving technology As with any endeavor it is important to build on the discoveries of our predecessors and not repeat mistakes of the past 1 1 3 Role of the U S Navy The U S Navy is a leader in the development of modern diving and underwater operations The general requirements of national defense and the specific requirements of underwater reconnaissance demolition ordnance disposal construction ship maintenance search rescue and salvage operations repeatedly give impetus to training and development Navy diving is no longer limited to tactical combat operations wartime salvage and submarine sinkings Fleet diving has become increasingly important and diversified since World War II A major part of the diving mission is inspecting and repairing naval vessels to minimize downtime and the need for dry docking Other aspects of fleet diving include recovering practice and research torpedoes installing and repairing underwater electronic arrays underwater construction and locating and recovering downed aircraft      **World Cruising**

**Routes** Jimmy Cornell,2008-03-30 A one stop reference containing all necessary information for planning a cruise anywhere in the world

## **First Aid Quick Guide** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**First Aid Quick Guide**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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