



Basic First Aid

Control Bleeding:

- Apply a pressure bandage
- Elevate limb (if that is where the bleeding is)

Recognizing Shock:

- Rapid and shallow breathing
- Capillary refill of greater than 2 seconds (by pressing a fingernail)
- Failure to follow simple commands, such as, "squeeze my hand".
- Changes in skin color

Treating Shock:

- Lay victim on his or her back.
- Elevate the feet 6-10 inches above the heart. (use rolled up blanket or clothing, what ever is handy).
- Maintain an open airway.
- Maintain body temperature (cover victim with blanket)
- Avoid rough or excessive handling unless the rescuer and victim are in immediate danger.

Treating Burns:

- Cool the burned area by pouring the area with cool water or immersing in cool water for not more than 1 minute.
- Cover loosely with sterile cloth to reduce risk of infection.
- DO NOT USE ICE.
- DO NOT APPLY ANTISEPTICS, OINTMENTS, OR OTHER REMEDIES.
- DO NOT remove shreds of tissue, break blisters, or remove adhered particles of clothing.
- DO NOT cool more than 15% of body, to avoid hypothermia.

Fractures:

- Cover wound with sterile dressing
- Splint the fracture WITHOUT disturbing wound or "correcting fractured bones".
- Place a moist 4" x 4" dressing over the bone end to keep it from drying out.

Splinting:

- Make-shift splints: cardboard, pillows, towels, rigid materials such as a board, stack of magazines.
- Anatomical splints: secure fractured bone to an adjacent unfractured bone. (typically used for fingers and toes).
- Secure splints with cloth or tape.

Signs of a Sprain:

- Tenderness at the site of the injury.
- Swelling and/or bruising.
- Restricted use, or loss of use.

Treating Sprains and Strains:

- Immobilize or elevate.
- If unsure whether injury is sprain, strain or fracture, treat as if it is a fracture.

START - Simple Triage And Rapid Treatment

