



EMERGENCY FIRST AID BASICS

Call 9-1-1 to request assistance from the police, fire department or an ambulance.

Fire Dept. 24-hour Line: 714-549-1112

Police Dept. 24-hour Line: 714-754-5252

Bleeding Emergencies

Direct Pressure – 90-95% of bleeding can be controlled by direct pressure. Use a barrier (dressing, towel, clothing) and gloves (if possible).

First Aid Care:

- Clean wound with warm water and soap (if available)
- Antibiotic cream (if available and protocols allow)
- Dress wound with bandage to prevent infection.
- Change dressing daily

Shock

Signs: altered consciousness, irritable, rapid pulse rate, rapid breathing, pale, cool, moist skin, eyes lackluster, dazed look, weak, thirst, or nausea.

First Aid Care:

- Keep the victim lying down
- Try to make victim comfortable
- Speak in a comforting reassuring voice
- Control any external bleeding
- Cover victim. Maintain body temperature
- Do not give anything to eat or drink if victim appears groggy or nauseous
- Place victim in the recover position (on their left side) if they begin to vomit or feel nauseous
- Call 9-1-1

Severe Allergic Reaction

Causes: insect bites or stings, ingested, inhaled, injected, absorbed substances

Signs and Symptoms: rash, skin burning, itching and hives, noisy and/or difficulty breathing, swelling of face, neck, lips, and/or tongue, confusion, tightness in chest, nausea, fainting, coma, or dizziness.

First Aid Care: This is a true medical emergency. Call 9-1-1, provide prescribed medication if available (epi-pen, etc.), monitor breathing and circulation.

Poisoning

First Aid Care: assess the area for clues and safety. Call 9-1-1.

- Get victim away from poison if possible
- Assess victim for consciousness, breathing and circulation
- Provide care for life threatening conditions.
- Poison control # **800-222-1222**

Bites and Stings

First Aid Care: wash site, apply cold pack (use a barrier on skin) and monitor for allergic reaction.

Burns

1st Degree (redness at the burn site) and 2nd Degree (redness and blistering of the skin) Burns

First Aid Care:

- Cool the area with direct flow of water or cool compresses
- Cover with clean dry dressing
- Don't pop blisters
- Do not use ice or butter
- Do not cover with lotions or aloe immediately
- Elevate limbs above the heart
- Treat for SHOCK if necessary
- 3rd Degree Burns – Call 9-1-1, cover with clean, dry dressing.

Strains and Sprains

First Aid Care:

RICE - Rest, Ice, Compression and Elevation

Dislocations and Fractures – Immobilize (position of comfort), call 9-1-1, care for shock, treat secondary injuries

Neck or Back Injuries

First Aid Care:

Stabilize head and neck to STOP movement, Maintain open airway, Call 9-1-1.

Heat & Cold

First Aid Care:

Heat Cramps and Heat Exhaustion – painful cramps, moist cool skin with heavy sweating, weakness, nausea, or headache. Heat Stroke – dry, hot skin, no sweating, rapid pulse.

First Aid for heat cramps and heat exhaustion: Move victim to cool area, give water or hydration fluid (no alcohol), add cool compresses and monitor.

First Aid for heat stroke: Move to cool place, remove excess clothing, apply cool water to skin, Call 9-1-1.

Minor Hypothermia – shivering, slurred speech, staggering.

First Aid for hypothermia: move to warm area, replace any wet clothing, provide warm drinks (no alcohol), cover the body with blankets, use hats, gloves and jackets.

Major Hypothermia – bluish tint to skins, no reaction to pain, pulse is slow

First Aid: - Call 9-1-1, move victim slowly to warm area and keep victim warm. Transport needed in less than 12 hours in order to re-warm body part. Check for signs of circulation.

Medical Emergencies – Pale or flushed skin, cold sweats, dizzy, light-headed, weak, confused, diarrhea, severe headache, paralysis, slurred speech, seizure, breathing difficulty, persistent pain or pressure, or changes in consciousness.

First Aid Care:

First Aid for medical emergencies:

- Help victim rest comfortably
- Ask questions: allergies, medications, food intake, what led up to the problem
- Look for medical tags or medical jewelry (watches, bracelets, necklace)
- Watch for changes in breathing or consciousness
- Do not provide anything to eat or drink unless identified as a diabetic emergency
- Maintain body temperature (not too hot or cold)
- Seek medical attention if appropriate

NOTES:

