

First Aid

Purpose: This training is meant to help people recognize emergencies, take steps to protect the injured, and assist when possible. The guidelines in this training program follow the steps and procedures outlined in the Red Cross's "Till Help Arrives".

Recognizing Emergencies

Senses – hearing, sight, and smell may help recognize an emergency. Emergencies are often signaled by something unusual that catches your attention.

Unusual noises –

- Screams, yells, moans, calls for help
- Breaking glass, crashing metal or screeching tires
- Changes in machinery or equipment noises
- Sudden loud voices

Unusual sights –

- A stalled vehicle
- Broken glass
- Downed electrical wires
- Smoke or fire

Unusual odors –

- Odors that are stronger than usual
- Unrecognizable odors

Unusual appearances or behaviors-

- Difficulty breathing
- Clutching the chest or throat
- Slurred speech, confusion, and hesitation in speaking
- Unexplainable confusion or drowsiness
- Sweating for no apparent reason
- Unusual skin color

Cont.

Emergency Action Steps

1. Check the scene and the victim.

- Look over the scene for safety
- Check for consciousness, breathing, pulse and bleeding

2. Call 911 or the local emergency number.

- Give exact location of the victim
- Give the telephone number calling from
- The caller's name
- What happened?
- How many victims
- The conditions of the victims
- What help is being given

3. Care for the victim.

- Watch for changes in victim's breathing and consciousness
- Keep the victim from getting chilled or overheated
- Reassure the victim

When should you call for an ambulance?

If a victim...

- Is or becomes unconscious
- Has trouble breathing, chest pain or pressure
- Is bleeding severely
- Has pressure or pain in the abdomen that does not go away
- Is vomiting or passing blood
- Has seizures, a severe headache or slurred speech
- Appears to have been poisoned
- Has an injury to the head, neck or back
- Has possible broken bones

Call emergency number or 911 if the situation involves:

- Fire or explosion
- Downed electrical wires
- Swiftly moving or rapidly rising water
- Presence of poisonous, explosive or corrosive gas