

FIRST AID

Seven Life Saving steps:

1. Check to see if the victim is conscious.

- Ask in a loud, but calm voice “are you ok?”

2. Check for breathing and heartbeat.

- Look for the rise and fall of the victim’s chest.
- Listen for breathing by placing your ear about one inch from the victim’s mouth and nose.
- If there is a pulse but no breathing, stop the evaluation and begin treatment to restore the breathing.
- If there is no pulse, stop the evaluation and begin CPR.

3. Check for bleeding.

- Look for spurts of blood and blood-soaked clothing.
- If bleeding is present, begin treatment to stop the bleeding by applying pressure and elevation.

4. Check for the following signs of shock:

- Sweaty, but cool skin, paleness, restlessness or nervousness, thirst, loss of blood, confusion, rapid breathing, blotchy skin, vomiting, or nausea.
- Treatment includes raising the feet to keep as much blood flow to the brain, keep the victim calm and re-assured, keep them warm with a blanket, and loosen restricting clothing.
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5. Check for fractures.

- Signs include bruising, swelling, and pain to touch.
- There are two different types of breaks, Closed and Open breaks. Open breaks are when the bone is broken and pierces the skin. A closed break you can’t see but you can feel. Both require a splint to immobilize the limb, but open breaks require treatment for bleeding, never try to push the bone back into place.

6. Check for burns.

- The three degrees of burns are:
 - 1st degree: pink skin burns, that requires just cool water to cool the skin.
 - 2nd degree: a burn that is quite painful, blisters will arise on the affected skin. These burns are treated the same way as first degree with the addition of rapping the injury with a dressing.
 - 3rd degree: charred flesh and loss of feeling due to severed nerve endings. Treatment is different, do not put water on the wound, only wrap in a dressing.
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7. Check for head injuries

- Some possible signs of head injury are pupils of unequal size, fluid from ear(s), nose, mouth, wounds to the head or face, slurred speech, confusion, sleepiness, loss of memory or consciousness, headache, dizziness, vomiting, paralysis, and twitching.