

EMERGENCY BASIC FIRST AID

The following information is for **FIRST RESPONSE, BASIC First Aid.**

If you are in any doubt about the serious nature of the injury or condition, **CALL 911 IMMEDIATELY.**

REMEMBER, SAFETY FIRST

Approach any incident with caution. The safety of yourself is paramount. Protect your casualty and others at the scene. Do not put yourself in danger or at risk of injury.

CHECK THE CASUALTY

for any response - speak, shout & shake gently.

CHECK THE CASUALTY'S PRIORITIES

A = AIRWAY Check mouth for obstructions.

B = BREATHING Check for any breathing.

C = CIRCULATION Check for a pulse.

If no response to breathing or circulation, call 911 for help and commence CPR (mouth-to-mouth resuscitation) immediately. The Medical Dispatch Operator will guide you through CPR protocols.

CHOKING

Stand behind the person. Wrap your arms around their waist and tip person forward slightly. Make a fist with one hand and position just above person's navel. Grasp fist with other hand and perform quick, upward thrusts until blockage is dislodged.

MINOR BURNS AND SCALDS

Place the injured part under running cold water for at least five minutes. Don't put ice on the burn. Loosely dress the area with a clean, sterile, non-fluffy material. Adults may use an over-the-counter pain reliever. Seek medical help if infection develops.

DO NOT: Break any blisters.

DO NOT: Apply butter or petroleum based products.

SEEK: Medical attention for injuries larger than 2-3 inches.

SHOCK

Dial 911. Give casualty **NOTHING** by mouth.

Keep warm; cover lightly and lie down with the head to one side and feet raised. Reassure patient at all times. Loosen any tight clothing and monitor **A.B.C.**

POISONING

Call 911 for immediate help and monitor **A.B.C.**

If casualty is unconscious, drowsy or having difficulties breathing then place in the recovery position.

DO NOT: Attempt to induce vomiting.

STINGS AND BITES

Scrape off stinger with straight edged object and wash the area with soapy water. Apply a cold compress to relieve the pain and swelling. For severe reaction, call 911 immediately. Wash bite area thoroughly with soapy water. If skin is broken or there is a rabies risk, seek medical assistance immediately.

CUTS AND BLEEDING

Small wounds - Wash area with sterile or clean, warm water.

Apply antibiotic cream and dress with a sterile dressing.

Large wounds - Examine wound and use sterile/clean dressing to apply direct pressure to wound area to control the bleeding.

Elevate the injured part if possible and seek medical help.

EYE INJURIES

Dust & Chemicals - Flush eyes with warm water or saline rinse.

DO NOT: Attempt to remove any objects embedded in the eye.

Cover both eyes and seek medical help immediately.

NOSE BLEEDS

Seat casualty upright with head well forward. Pinch nose for at least 5 minutes and tell person to breath through the mouth. If bleeding persists, re-apply pressure. Do not plug the nose. If bleeding persists for more than 20 minutes, seek medical help.

DO NOT: blow nose or bend down for at least four hours after bleeding has ceased.

FAINTING

Lay the person down, elevate the feet and loosen any clothing around the neck, chest and waist. Check airway and monitor **A.B.C.**

If not conscious within one minute, dial 911 immediately.

Control any bleeding with direct pressure if necessary. When conscious, do not let the casualty rise quickly.

FRACTURES

A fracture is a broken or cracked bone. Obvious signs may be exposed bone, deformity of limb, extreme swelling, intense pain or heavy bleeding within the site of the injury. Stop any bleeding and treat for shock if necessary. Keep the casualty still, especially with suspected head, back or neck injuries and call 911 for ambulance immediately.

FEVER

If body temperature rises above 98.6°F (37°C) increase fluid intake and use cooling sponges with water only. Seek immediate medical attention for young children and infants regardless of temperature or if adult temperature rises above 102°F (39°C).

HEAT EXHAUSTION & HEATSTROKE

Lay person down and elevate feet and legs in cool area. Loosen or remove clothing and have person drink cool water without ice. Cool person with fan, damp towels or water sprayer. Call 911 immediately at signs of fainting, confusion, shallow breathing or if body temperature exceeds 103°F (39.4°C).

Important Dates

September

3 Labor Day
13 Ramadan
13 Rosh Hashanah
22 Yom Kippur

October

8 Columbus Day
31 Halloween

November

11 Veteran's Day
22 Thanksgiving Day

December

5 Hanukkah
25 Christmas Day
26 Kwanzaa

January

1 New Year's Day

February

2 Groundhog Day
6 Ash Wednesday
14 Valentine's Day
18 President's Day

March

17 St. Patrick's Day
21 Good Friday
23 Easter Sunday

April

15 Income Tax Day

May

11 Mother's Day
26 Memorial Day

June

15 Father's Day

July

4 Independence Day

2007/2008

| September | | | | | | | October | | | | | | | November | | | | | | | |
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TO OUR NEIGHBORS AT
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