

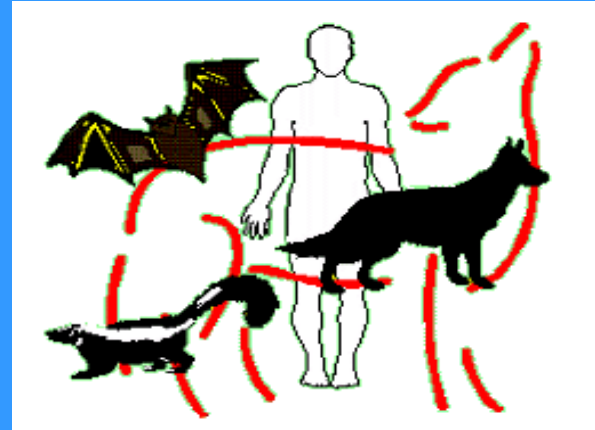


First Aid, continued



Animal and Human Bites

- Clean wound with soap and water
- Stop bleeding with direct pressure
- Report all **animal bites** to the health department and animal control officer - describe the animal and location last seen
- Report **human bites** to school nurse and parent(s) -refer for medical follow up if puncture
- Check date of most recent Tetanus booster (follow up for update if 5 years have elapsed)
- Watch for signs of infection - redness, swelling, heat at site

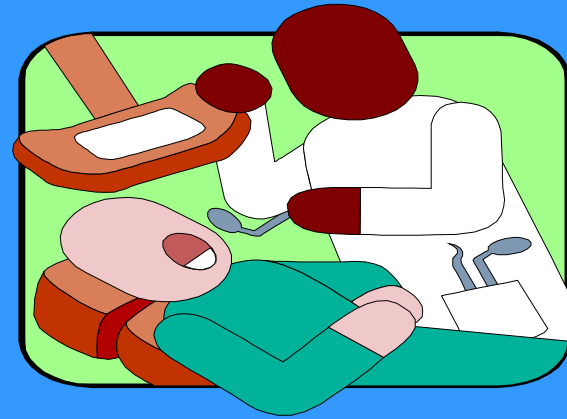


Assume an animal has **Rabies** if:

- It attacks without being provoked
- Behaves in an unusual manner
- Is a skunk, raccoon, fox, bat, or other wild mammal
- You aren't sure

Dental Emergencies

- Avulsed Permanent Tooth- Reinsert Fast - if cannot, transport the tooth in a cup of milk or water to dentist
- Chipped Tooth - Clean area, apply cold compress, contact dentist immediately.
- Toothache - Rinse mouth with warm salt water, apply a cold compress, give pain reliever and refer to dentist.
- Broken Braces - Cover sharp portion with dental wax or gauze - refer to dentist
- Broken /dislocated jaw - immobilize with towel or bandage - refer to ER.



Injury care for Avulsions or fractured tooth: Do not handle tooth by root, Do not scrub the tooth, Do not attempt to sterilize- refer to a dentist immediately.

Injured lip, tongue, cheek - Rinse with water - apply pressure to control bleeding and cold compress, refer to ER or dentist if bleeding can't be controlled.

Injuries to muscle, bones and joints

- Over 200 bones in different sizes and shapes for shape and stability
- Over 500 muscles (soft tissues) in the body for movement and strength, attached to the bones by tendons
- The joints are the connections of two or more bones held together by ligaments, allow movement
- Injuries are painful, rarely life threatening

Four types of injuries

- Fractures
- Dislocations
- Strains
- Sprains



Fractures

- A complete break, a chip or crack in a bone, caused by a fall, a blow, or twisting
- Open or closed (open has a wound), the bone tears through the skin, are more dangerous.
- Open is more at risk for bleeding & infection



Dislocations

- More obvious than fractures
- Movement of a bone at a joint away from its normal position.
- Usually caused from a violent force tearing the ligaments away.
- Joint doesn't function.
- Will see a bump, ridge, or hollow area that isn't normally there



Sprain

- Tearing of ligaments at a joint.
- Mild may swell, but usually heal quickly.
- Severe sprain often involves a fracture or dislocation.
- Most common sprains are ankle, knee, wrist, and fingers.



Strains

- Stretching and tearing of muscles or tendons.
- Usually from lifting or working a muscle too hard.
- Usually involve neck, back, or thigh or back of the lower leg.



How can you tell what the injury is?

- Often you can't!
- X-ray often needed to determine extent of injury.
- Pain, swelling, deformity, inability to use.
- If severe, victim can feel a “grating, or pop. Could be cold and numb. Bone fragments can be sticking out.

Sprains vs. Strains

- Sprain is partial or complete tearing of the special soft tissue bands that hold bones together at a joint (ligaments).
- Usually to joints.
- Strains are stretching or tearing of muscles or the fibers that attach muscle to the bone, called tendons.
- Usually to muscles and tendons.

If you suspect a serious muscle, bone, or joint injury, you must keep the injured part from moving

Immediate treatment of sprains and strains consists of **R.I.C.E.**

Rest the injured area - may need crutches

Ice to decrease pain and swelling - 15 to 20 minutes at a time, the first 48 - 72 hours. Keep a towel between the ice and the skin.

Compression with an elastic wrap to control swelling - check feeling, warmth and color

Elevate the injured area to decrease swelling

Splinting

- Splint only if the victim must be moved or transported by emergency personnel.
- Splint only if you can do it without causing more pain or discomfort.
- Splint in the position you find it - don't try to straighten any injured part that is bent.
- Splint the injured area and the joints above and below the injury.
- Check for proper circulation before and after splinting.

Sling



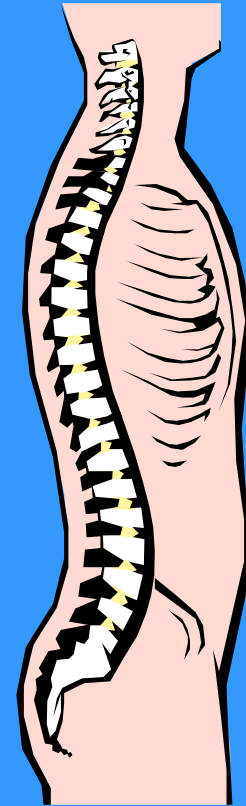
- Support injury above and below the injury site.
- Circulation checks.
- Place triangle bandage under injured arm & over uninjured shoulder to form a sling.
- Tie ends of sling at side of neck.
- Bind injured area to chest with a triangle bandage.
- Circulation checks.

Head injuries

- Any fall from a height greater than the person's height.
- Any driving mishap, especially without seatbelts.
- Any injury with severe blunt force, such as MVA.
- Any injury that penetrates the head or trunk, such as a gunshot.
- Sports injuries.
- Violence.

Spinal Cord Injuries

- Motor Vehicle Accidents (47%)
- Falls (21%)
- Acts of Violence (15%)
- Sports Injuries (13%)
- Other (3%)



Signs & symptoms of head & spine injuries

- Changes in consciousness.
- Severe pain or pressure in the head, neck, or back.
- Partial or complete loss of movement of any body part.
- Unusual bumps or depressions on the head or over the spine.
- Blood or other fluid in the ears or nose.

Continued

- Seizures.
- Impaired breathing or vision.
- Nausea or vomiting.
- Persistent headache.
- Loss of balance.
- Bruising of the head, especially around the eyes and behind the ears.

Injuries to the head or spine are serious - Stabilize and call 911

- Minimize movement of the head and spine
- Maintain an open airway
- Check consciousness &
- Check breathing
- Control any external bleeding
- Keep the victim from getting chilled or overheated



Asthma

Early Signs-

- Changes in breathing: cough, wheezing, breathing through mouth, shortness of breath, rapid breathing
- Verbal complaints: chest tightness, chest hurts, can't catch breath, mouth is dry, doesn't feel well
- Other signs: itchy chin or neck, clipped speech, sternal retractions

Actions-

- Ask if has inhaler medicine and help get it for victim
- Administer metered dose inhaler
- Call 911 if: victim has no medicine, doesn't improve after using medicine, breathing gets worse, or victim becomes unresponsive

Sudden Illnesses

- Will look and feel sick, may include light-headedness, dizziness, confusion and will c/o weakness.
- Pale or flushed skin color, sweating
- Nausea or vomiting
- Diarrhea



Cont....

- Changes in consciousness.
- Seizures.
- Paralysis or inability to move
- Slurred speech.
- Difficulty seeing.
- Severe headache.
- Breathing difficulty, and
- Persistent pressure or pain.

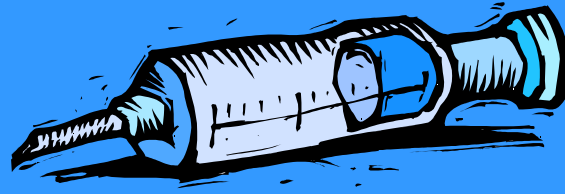
Don't second guess, call EMS if..

- Change in level of consciousness, or is confused.
- Any trouble breathing, or pain anywhere.
- Pressure or pain in abdomen.
- Is vomiting or passing blood.
- Has any new onset seizures, severe headache, or slurred speech.
- Appears to have been poisoned.
- Has injuries to head, neck, or back.

Care for any life threatening conditions first, then...

- Help the victim rest comfortably
- Keep temperature moderate.
- Reassure them.
- Watch for changes in breathing or consciousness.
- Don't give anything to eat or drink unless fully conscious
- If they vomit, place on their side.
- If they faint, position on the back and elevate legs 12 inches if you don't suspect an injury.
- If a diabetic emergency, give sugar.
- If a seizure, remember safety.

Type I Diabetes



- Insulin dependent, often begins in childhood. The body produces little or no insulin.
- Warning signs are increased urination, increased hunger and thirst, unexpected weight loss, irritability, and weakness & fatigue.
- Problems usually from too little sugar, but can be too high, if not certain, always give sugar.

Diabetes Type II

- Runs in families, more with obesity. Warning signs include same as type I, frequent infections, blurred vision, numbness in legs, feet, and fingers.
- Also cuts that are slow to heal, itching.
- Emergencies include changes in level of consciousness, rapid breathing and pulse, feeling & looking ill.

Seizures

- Irregular activity of the brain from injury, disease, fever, or infection, causing a loss of body control, may be acute or chronic.
- Chronic condition is Epilepsy affecting about 2 million Americans.
- Usually controlled with medications.
- Seizures range from mild blackouts to sudden, uncontrolled muscular convulsions lasting several minutes. Infants & toddlers prone to febrile seizures.

Emergency care for seizures

- Care for them till EMS arrives by protecting from injury and keeping the airway clear.
- If there is saliva, blood or vomit in the mouth, roll them on their side so the fluids drain from the mouth.
- It is very frightening to see a seizure, but most last only a few minutes and the person usually recovers without any problems.

Choking

Signs of choking-

- Victim grabs neck with hands
- Unable to speak, cough, breathe

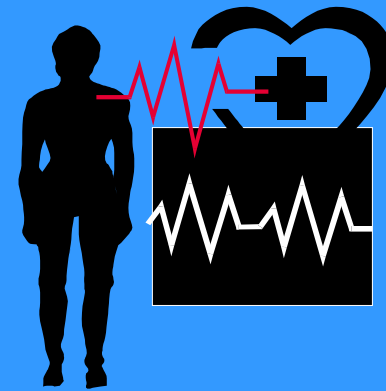
Actions-

- Allow victim to try to cough up blockage
If cannot - Provide abdominal thrusts (Heimlich maneuver)
- Stand behind victim, wrap arms around waist
- Make a fist, put the thumb side on abdomen - above umbilicus and below breastbone
- Grasp the fist with other hand and push quickly upward and inward into victim's abdomen (if victim is obese or pregnant - do chest thrusts)
- Repeat - until the object comes out and victim can breathe
- If becomes unresponsive - call 911 - begin CPR

CPR

CARDIOPULMONARY RESUSCITATION

- Check Responsiveness
Shake & Shout
- Call for Help -911
- Send for the AED
- Check for Breathing
- Open Airway
- If not breathing-give 2 slow breaths
- Check for signs of circulation - if none
- Compress and breathe at a ratio of 30 to 2



Activate the AED as soon as available - *Check out and review the AED/CPR tutorial.