

FIRST AID QUICK GUIDE

BLEEDING AND OPEN WOUNDS

1. Cover the injured area with a clean, folded cloth. *Flamely* apply pressure to the wounded area. If blood saturates the cloth, **DO NOT REMOVE**. Place another cloth on top of the first one and continue to exert firm pressure for 3-10 minutes.
2. Raise the wounded area above the level of the heart, if possible, while applying pressure.
3. Locate the pressure point closest to the wound and apply pressure so that your finger is pressing between the wound and the bone behind the artery. If the pressure point is located on the leg, use the heel of your hand rather than your finger.
4. If the bleeding does not stop in 10 minutes, call 911.
5. Use a tourniquet only as a last resort if steps 1 and 2 have failed to stop the bleeding. Keep a record of when the tourniquet was applied so you can alert medical personnel as to how long it has been in place. Be prepared to treat the victim for shock.

SHOCK

Symptoms can include the following:

- Looking pale
- Acting confused
- Skin is pale or flushed
- Breathing is irregular or weak
- Shivering
- Loss of consciousness

To treat shock, carry out the following steps:

1. Call 911.
2. Place victim on his/her back with the head level or slightly above the rest of the body. The victim should be on his/her back if no other injuries.
3. Loosen clothing so the victim can breathe more easily.
4. Keep victim warm with a blanket if skin is pale and cool.
5. If skin is hot and flushed, use cool, damp towels until skin returns to normal temperature. Place a blanket on victim to keep him warm.
6. Never give a shock victim any food or liquids.

BURNS

Chemical or Compressed Gas/Burns:

- Flush the burned area with cold water and remove the victim's affected clothing.
- Apply burn ointment to the burn (or use home petroleum jelly or a mixture of baking soda and water).
- Cover loosely with a bandage.
- Treat for shock.
- Call 911.

Heat/Thermal Burns:

- Submerge affected area in cool (not cold) water, or wrap loosely with a wet cloth.
- Gently pat dry and cover with a bandage.
- Do not use sprays or ointments for second and third degree burns.
- Call 911.

HEART ATTACK/STROKE

Symptoms of a **HEART ATTACK** include the following:

- Chest pain below the breastbone which radiates to the chest, arms, shoulders, neck, teeth, jaw and back.
- Victim may experience sweating, nausea, abdominal pain, vomiting, discomfort described as indigestion, shortness of breath and extreme anxiety.
- Skin and nails may be bluish in color.

Symptoms of a **STROKE** include:

- Slurring of words.
- Mental confusion.
- Loss of balance.
- Paralysis or weakness of a specific part of the body, and/or
- Loss of consciousness.

To treat **HEART ATTACK** or **STROKE** victims, you should:

1. call 911 immediately.
2. Have victim sit or lie down, rest, and keep warm and calm.
3. Assist victim in taking his/her medication (if victim has a heart condition), and
4. perform CPR if victim is unconscious and unresponsive.

EYE INJURIES

If splashed by a **chemical**, saturate the eye with running lukewarm water while spreading the lids apart until medical help arrives. Be sure that run-off, contaminated water does not enter the other eye.

If a **foreign object** is in the eye, do the following:

- Remove the object with the corner of a clean cloth or cotton swab, if the object is visible.
- If the object is not visible, pull upper lid out and over the lower lid. Tears should wash the foreign object from the eye.
- Saturate the eye with clean, cool water.
- Put gauze or a cotton pad on the eye and loosely attach with a bandage.
- See an eye specialist or go to the emergency room if the eye continues to cause discomfort.

POISONING

- If victim is unconscious or having convulsions, call 911. Perform CPR if necessary. Loosen clothing if victim is having convulsions.
- Call Poison Control or 911 and provide information about the poison, if known, and the victim's current condition.
- If the poison is a corrosive substance, a petroleum product, or unknown, do not induce vomiting.
- If the poison is known and is not a corrosive substance or petroleum product, induce vomiting. To do so, administer one ounce of special syrup (1 1/2 ounces for a child), accompanied by four or five glasses of water. Repeat procedure in 20 minutes until victim vomits. After vomiting, provide one ounce of powdered, activated charcoal in water.
- Take the poison and the victim to the hospital.



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Aha First Aid Quick Reference Guide

Dr. Kulbir Singh, Ved Parkash Sharma

Aha First Aid Quick Reference Guide:

The Mobility Forum, 2013

First Aid: Designed As Per NEP 2020 Guidelines An Ideal Textbook For B.A

Physical Education Students Dr. Kulbir Singh, Ved Parkash Sharma, First Aid Designed As Per NEP 2020 Guidelines is an essential and practical textbook tailored for B A Physical Education students structured in accordance with the National Education Policy NEP 2020 This book provides comprehensive knowledge of first aid principles emergency response procedures and injury management techniques crucial for physical education professionals coaches and trainers Covering topics such as CPR wound care fractures burns and common sports injuries the content is designed to build both theoretical understanding and practical competence With clear explanations step by step instructions and student friendly language this textbook empowers future educators to act confidently and responsibly in emergency situations making it an indispensable resource in the field of physical education and sports science Covers Essential First Aid Skills Includes CPR bleeding control fractures sprains burns and more Practical Focus Emphasizes hands on techniques and real life emergency response Safety Prevention Teaches risk assessment and preventive measures in physical activity settings Clear Step by Step Instructions Easy to follow procedures with diagrams and case examples Assessment Oriented Includes exercises scenarios and review questions to support evaluation Career Relevant Prepares students for roles in teaching coaching fitness training and recreation Student Friendly Format Accessible language and structured layout for better learning outcomes **CPR**

Lifesaving Reference Guide (Speedy Study Guide) Speedy Publishing, 2014-12-07 When a life is at stake you will want to do everything you can to ensure that person makes it out alive When CPR is needed it is crucial to administer the procedure properly This is where CPR Lifesaving reference guides come into play These handy guides will let an individual know the steps needed to complete CPR These guides help save lives in emergencies for people who haven't taken a full CPR course at their local Red Cross Station *Heartsaver First Aid*, 2002 Teaches lay rescuers how to recognize the most common life threatening emergencies in the workplace when to call for help and how to perform lifesaving skills until professional help arrives

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Aha,2013-07 Product 90 1073 **Darby and Walsh Dental Hygiene E-Book** Jennifer A Pieren,Denise M.

Bowen,2019-03-04 Back and better than ever Darby and Walsh s Dental Hygiene Theory and Practice 5th Edition offers everything you need to succeed in your coursework at certification and in clinical practice No other dental hygiene text incorporates the clinical skills theory and evidence based practice in such an approachable way All discussions from foundational concepts to diagnosis to pain management are presented within the context of a unique patient centered model

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Heartsaver Pediatric First Aid CPR AED Quick Reference Guide American Heart Association Staff, 2016-09-21
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Dentofacial Anomalies Abdul Latif Hamdan,Robert Thayer Sataloff,Valerie Trollinger,Mary J. Hawkshaw,2021-04-30 This volume provides an eloquent review of the anatomy and physiology of phonation the work up of patients with voice disorders basic evaluation of wind instrument performance and dysfunction and a full description of the most common skeletal and non skeletal dentofacial anomalies including their means of diagnosis and treatment This is followed by a comprehensive review of literature on the vocal and acoustic features of affected patients as well as the special considerations in wind instrumentalists The effect of orthodontic therapy orthognathic surgery on voice associated upper airway changes and wind instruments performance is emphasized The information provided in this book will heighten the patients therapists teachers and physicians awareness of the vocal characteristics and wind instrumentalists concerns often associated with these conditions Dentofacial Anomalies Implications for Voice and Wind Instrument Performance is addressed to otolaryngologists laryngologists speech language pathologists voice teachers professional voice users wind instrumentalists instrument teachers arts medicine physicians physical therapists orthodontists and other dentists as well as members of the general public who are concerned about their voices and or wind instrument playing

Sources of Medical Information Raphael Alexander,1969 **Family Practice Guidelines** Jill C. Cash,2023-01-30 Praise for earlier editions This is a wonderful book for both novice and experienced physician assistants and nurse practitioners This latest edition will see frequent use in your daily practice Score 100 5 stars Doody s Medical Reviews This textbook provides comprehensive coverage of primary care disorders in an easy to read format and contains invaluable step by step instructions for evaluating and managing primary care patients It belongs in every NP and PA s reference library I highly recommend this wonderful textbook Maria T Leik MSN FNP BC ANP BC GNP BC President National ARNP Services Inc This core nursing resource has long served as an essential text for thousands of NP students and as a valued clinical reference for family practice and primary care clinicians The sixth edition continues to provide current practice guidelines and professional standards of care across the life span with the addition of updated information in all chapters updated patient teaching guides and charts and new charts featuring enhanced readability The book provides new content on COVID 19 treatment and vaccines and new guidelines for

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The Comprehensive Textbook of Healthcare Simulation Adam I. Levine, Samuel DeMaria Jr., Andrew D Schwartz, Alan J. Sim, 2013-06-18 The Comprehensive Textbook of Healthcare Simulation is a cohesive single source reference on all aspects of simulation in medical education and evaluation It covers the use of simulation in training in each specialty and is aimed at healthcare educators and administrators who are developing their own simulation centers or programs and professional organizations looking to incorporate the technology into their credentialing process For those already involved in simulation the book will serve as a state of the art reference that helps them increase their knowledge base expand their simulation program s capabilities and attract new additional target learners Features Written and edited by pioneers and experts in healthcare simulation Personal memoirs from simulation pioneers Each medical specialty covered Guidance on teaching in the simulated environment Up to date information on current techniques and technologies Tips from insiders on funding development accreditation and marketing of simulation centers Floor plans of simulation centers from across the United States Comprehensive glossary of terminology

Swartz's Textbook of Physical Diagnosis - E-BOOK Mark H. Swartz, 2024-12-20 Offering a compassionate humanistic approach in this critical area Swartz Textbook of Physical Diagnosis Ninth Edition helps you master each aspect of the art and science of interviewing and physical examination This highly regarded text clearly teaches how your interpersonal awareness is just as crucial during the patient interview and physical exam as your level of skill and why clinical competence in this area is essential for physicians osteopathic physicians nurse practitioners physician assistants nurses and all other members of the

healthcare profession From cover to cover you ll learn fundamental skills and concepts that result in more accurate diagnoses more effective patient management and better patient outcomes Offers fully revised content throughout including clear easy to understand explanations of interviewing and examination techniques clinical presentations pathophysiology complementary and alternative medicine and physical diagnosis standards and tests Includes three new chapters The Transgender Patient Artificial Intelligence in Clinical Encounters Opportunities and Challenges and Telehealth Adapting Clinical Assessment Explores how cultural differences can influence communication diet family relationships and health practices and beliefs which may affect your approach to a patient s treatment Features hundreds of high quality color images an easy to use design and detailed descriptions of practical techniques throughout Contains new end of chapter review questions in most chapters Highlights clinical ethics and professionalism Includes more than 6 hours of in depth instruction with 40 updated videos featuring step by step aspects of the physical examination for adults toddlers and newborns important interviewing scenarios and audio of heart and lung sounds Features online appendices covering English to Spanish Translations Useful in the Medicine Setting Commonly Misused Substances Signs and Symptoms of Deficiency States and more Evolve Instructor site with an image collection and videos is available to instructors through their Elsevier sales rep or via request at <https://evolve.elsevier.com>

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care they provide their members as well as enhance their exercise experience *The Medical Library Association*
Encyclopedic Guide to Searching and Finding Health Information on the Web: Health and wellness P. F. Anderson, Nancy J. Allee, 2004 Annotation Searching for health information may be the most important type of search a librarian performs in a day Instead of starting a health care search with a blank computer screen or simply accessing ordinary information available most anywhere on the Web start with help from the prestigious Medical Library Association Each entry will show you how an experienced health sciences librarian would approach the question You can begin a truly valuable search knowing Special searching issues What to ask Where to start Supplementary search strategies Topic profile Recommended search terms and important sites Hotline phone numbers FAQs Publications on the Internet Professional organizations Patient support organizations and discussion groups Best One Stop Shops Finally there s one ready reference source written by librarians to help their colleagues that covers every important aspect of the question you or your user want to answer **Llamas magazine** ,1999 **Automated Defibrillation for Professional and Lay Rescuers** Jeffrey W. Myers, 1999 This brief easy to understand manual is ideal for teaching both professional volunteer and paid and lay rescuers such as public safety personnel participating in a CPR Defibrillation program how to use AEDs It provides a solid framework for basic AED concepts then refers the reader to other references for additional information To fully integrate the AED into patient management the rescuer must know the basics of operating the AED plus understanding the anatomy and physiology of the cardiovascular system the signs and symptoms of cardiovascular disorders and assessment and treatment oft these disorders ECG EKG cardiac function AED defibrillation EMS nursing dysrhythmias arrhythmias cardiovascular disorders

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