

# EMERGENCY FIRST AID

## 3 KEY THINGS TO REMEMBER WHEN FACED WITH AN EMERGENCY SITUATION

1. Immediately call 911 for medical assistance.
2. Quickly stabilize the injury using calm and correct first aid.
3. Never move the patient unless it simply cannot be avoided. Do so carefully.

### CHEMICAL OVEREXPOSURE

If the victim has been splashed by a poisonous substance, or has inhaled or ingested a chemical:

**SKIN CONTACT:** Flush with water for 15 minutes.

**INHALATION:** Move the victim to fresh air and give artificial respiration or CPR if necessary. Seek medical attention immediately.

**INGESTION:** Follow MSDS instructions and call the local poison control center. Seek medical attention immediately. Never give fluids to an unconscious person.

### There can be EXTREMES TO INJURY PROCEDURES:

1. Control blood and the victim's breathing, and get medical advice.
2. Before any emergency check the victim's responsiveness or if it's safe.
3. Be careful not to contaminate yourself while administering first aid.
4. Find the phone number of the poison control center at each plant.

### ELECTRICAL SHOCK

Do not touch a person who may be in contact with a live electrical current.



Turn off the power at the main switch or fuse.

If you must remove a person from a live wire, be very careful. Don't use anything that is metal, wet, or damp. Push the person with a dry stick or board.

Once victim is free, check for heartbeat and breathing, and give artificial respiration or CPR as necessary.

### BURNS

If the victim is on fire, stop the burning by rolling them on the ground. Douse them with water, or smother the flames with a coat, rug, or blanket.

• Cut away any loose clothing, but do not remove any clothing that is stuck on the body.

• First, on second degree burns only, be prepared to cool with cool water. Do not immerse the burned area in the injured area. Do not break any blisters.

• Do not use ice, oil, or ointment on the burn.

• After cooling first or second degree burn, cover the burned area with a moist, sterile dressing.

• Remove and elevate any severely burned limbs.

• Treat victim for shock, and watch closely for any breathing problems.

• Seek medical attention immediately.

1. Cover exposed burn area with a moist, sterile dressing.
2. Elevate limbs.
3. Treat for shock.

### CHEMICAL IN EYES

FLUSH WITH WATER IMMEDIATELY FOR AT LEAST 15 MINUTES.

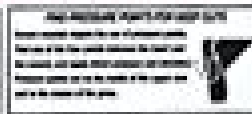
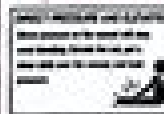
Do not attempt to remove an object from the eye. Wait for medical help, and let them remove it!



After the eyes have been rinsed thoroughly, close both eyes, cover with a clean cloth, and seek medical attention immediately.

### SEVERE BLEEDING

You must stop the flow until help arrives. A caregiver working alone must stop the bleeding before calling for medical help. Wear protective gloves when possible, and cover any open wound you may have.



Use of these methods requires first aid training, practice, and about 30 minutes of practice each.

### CPR

IT'S AS EASY AS C-A-B



Compressions  
Push hard and fast on the center of the victim's chest.



Airway  
Tilt the victim's head back and lift the chin to open the airway.



Breathing  
Give mouth-to-mouth rescue breaths.

### ADMINISTERING CPR

1. Call 911, or ask someone else to do it for you.
2. Shout and tap "or gently shake" the victim's shoulder to get the victim to respond. If there is no response, roll the person onto their back.
3. Begin chest compressions by placing the heel of your hands in the middle of the victim's chest. Place your other hand on top of the first, interlocking your fingers.
4. Push down hard enough to compress the chest at least 2 inches in adults and children, and 1.5 inches in infants. One hundred compressions per minute (or even a little faster) is the optimal speed.
5. If you have been trained in CPR, you can now open the victim's airway by tilting the head and lifting the chin.
6. Push closed the victim's nose, take a normal breath and cover the mouth of the victim with yours to create an air-tight seal. Give two 1-second breaths so you watch for the chest to rise.
7. Continue with the cycle of compressions and breaths (30 compressions and 2 breaths) until assistance arrives.



### BROKEN BONES

Do not move a person who may have broken bones unless absolutely necessary. Tell the victim not to move. Neck or back injuries could cause paralysis or death.

### HEIMLICH MANEUVER

Position yourself behind the victim, and wrap your arms around their waist. Place a fist (with thumb side up) below the ribs but above the navel. With your other hand, grab your fist and use sharp, inward-upward thrusts to dislodge the object stuck in the airway. Repeat as needed.



### ANAPHYLACTIC SHOCK

Anaphylactic shock can be deadly and is the result of a severe allergic reaction to a sting, insect bite, or certain types of food. Watch for symptoms that include breaking out in hives, swelling of the throat, or overall weakness. Call for medical assistance immediately. See if the victim has their own medicine. Artificial respiration may be required.

### TRAUMATIC SHOCK

A seriously injured person may go into shock, and shock can kill. ASSURE THAT YOUR VICTIM WILL GO INTO SHOCK. After that all has been given and kept in the area, treat for shock.

1. Lay the victim down flat, and lightly cover them.
2. Place the feet above the level of the head.
3. Check after the victim is still breathing.
4. Do not give the victim anything to drink.

### EPILEPTIC SEIZURE

Do not attempt to control convulsive movements. Move away furniture or any nearby objects that might cause injury. Do not put anything into the victim's mouth. Keep people away from the victim. After the seizure ends, the victim may still be confused and disoriented. Make sure they have recovered fully, and obtain further medical aid if necessary.

### HEAT STROKE

Heat stroke is life-threatening. Body temperature soars, and the skin becomes hot, red, and dry. Extreme fatigue can occur. Call an ambulance immediately, then attempt to cool the victim down by dousing them in large quantities of cool water. Wrap the victim's body in cold wet towels, and watch for loss of consciousness.



### HEART ATTACK TIME IS CRITICAL



Symptoms of a heart attack include: shortness of breath or difficulty breathing; pain and/or pressure in the center of the chest; jaw and back pain, or pain that radiates down the left arm; cold sweat; nausea; vomiting or light-headedness.

If you experience any one of these symptoms, go immediately to the nearest emergency room, or call 911 and sit or lie down until medical aid arrives.



Automated external defibrillators (AEDs) are life-saving heart devices. Know the location of any AEDs your company may have and who is trained to operate one. Never attempt to use an AED if you have not been trained to do so.

### EMERGENCY TELEPHONE NUMBERS

CALL 911

In an EMERGENCY CHEMICAL situation, call CHEMTREC at 1-800-424-9300.

For non-emergency chemical information, call the USOC National Response Center at 1-800-424-8802.

COMPLIANCE TRAINING PARTNERS

By the way, call 911. That's the way to survive an emergency.

# Alliance First Aid Guide

**Malin Dollinger**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Alliance First Aid Guide:**

**INSPIRE Handbook** World Health Organization,2019-02-26 INSPIRE is a resource to help governments international agencies and non government organisations prevent and respond to violence against children It was developed by 10 international and U S based agencies and includes strategy documents and implementation tools This handbook provides guidance on how to choose and implement interventions based on specific needs and context and is organised around the 7 key INSPIRE strategies implementation and enforcement of laws norms and values safe environments parent and caregiver support income and economic strengthening response and support services and education and life skills The handbook also provides an overview of implementation and impact indicators drawn from the companion document INSPIRE indicator guidance and results framework *Sittig's Handbook of Toxic and Hazardous Chemicals and Carcinogens* Richard P. Pohanish,2012 For more than a quarter century Sittig s Handbook of Toxic and Hazardous Chemicals and Carcinogens has proven to be among the most reliable easy to use and essential reference works on hazardous materials Sittig s 5th Edition remains the lone comprehensive work providing a vast array of critical information on the 2 100 most heavily used transported and regulated chemical substances of both occupational and environmental concern Information is the most vital resource anyone can have when dealing with potential hazardous substance accidents or acts of terror Sittig s provides extensive data for each of the 2 100 chemicals in a uniform format enabling fast and accurate decisions in any situation The chemicals are presented alphabetically and classified as a carcinogen hazardous substance hazardous waste or toxic pollutant This new edition contains extensively expanded information in all 28 fields for each chemical see table of contents and has been updated to keep pace with world events Chemicals classified as WMD have been included in the new edition as has more information frequently queried by first responders and frontline industrial safety personnel Sittig s Handbook is a globally recognized reference source providing full listings of the 2 000 most common hazardous chemicals making it the essential handbook for first line response to chemical spills and day to day chemical plant reference Entries have a full range of synonyms for each chemical including trade names to avoid confusion and enable quick and accurate location of the right information Authoritative and frequently updated Sittig provides a fully accurate source of information that engineers and emergency response services look to as a highly dependable reference both for emergencies and day to day engineering decisions *Everyone's Guide to Cancer Therapy; 4th Edition* Malin Dollinger,2002-12-02 Every chapter of this comprehensive guide has been updated and revised to include the latest medical breakthroughs and advice about cancer treatment Line drawings **Learning to Care** Ian Peate,2019-01-09 Edited by a world renowned authority Learning to Care has been prepared by a team of experienced nurse educationalists and practitioners to meet the learning needs of the new Nursing Associate Richly illustrated throughout this exciting resource is designed to fully equip trainee nursing associates for their future role as professional healthcare providers with chapters ranging from how to learn and essay

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**The Mental Health Handbook for Ministry** Mark Mayfield, 2025-09-23 Poor mental and emotional health are two of the great crises of our times and yet most pastors and ministry leaders are not adequately trained or equipped to understand and come alongside the hurting As a result our efforts to help those who are wrestling with mental or emotional health struggles are at best inadequate and at worst harmful Combining the best of clinical research with a biblical worldview The Mental Health Handbook for Ministry is a practical and accessible resource to help pastors church leaders and others who are called on to offer counsel identify the symptoms of particular mental and emotional health challenges express love and support to those who are hurting recommend healthy coping strategies discern when to offer help and when to refer someone to a mental health professional With chapters dedicated to common manifestations of mental and emotional distress including depression anxiety trauma suicide self harm addiction personality disorders grief and more this will quickly become the go to resource for ministry leaders who long to offer help to the hurting *Resources in Education*, 1998

*Minimum technical standards and recommendations for spinal cord injury management in emergencies* World Health Organization, 2025-02-18 Health emergencies that cause large numbers of traumatic injuries can result in surges of spinal cord injuries SCI in a short period of time that can easily overwhelm health system capacities Limited specialized services lack of awareness or knowledge of SCI management and weak coordination mechanisms may lead to significant delays in appropriate care for patients who have sustained a SCI resulting in preventable and potentially life threatening complications Correct initial management of patients with SCI is vital to long term survival and quality of life This document complements

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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

**Healthcare Hazard Control and Safety Management** James T. Tweedy, 2014-03-12 Comprehensive in scope this totally revamped edition of a bestseller is the ideal desk reference for anyone tasked with hazard control and safety management in the healthcare industry Presented in an easy to read format Healthcare Hazard Control and Safety Management Third Edition examines hazard control and safety management as proactive funct

**Clinical Skills Documentation Guide for Athletic Training** John Hauth, Brian Gloyeske, Herb Amato, 2024-06-01 For more than 15 years Clinical Skills Documentation Guide for Athletic Training has been an invaluable resource for athletic training students to learn practice and master clinical skill sets throughout their educational career A textbook that can be used from the start of their education up until graduation becomes essential to this learning process Clinical Skills Documentation Guide for Athletic Training Third Edition includes a more user friendly layout for the student Organized by the Athletic Training Education Competencies Fifth Edition and the associated content areas this Third Edition allows for easier integration into the classroom laboratory activities and clinical assessment The organization of skills around Athletic Training Education Competencies Fifth Edition including crosswalk information from the latest BOC Role Delineation Study Practice Analysis Sixth Edition aligns the skill sheets from Clinical Skills Documentation Guide for Athletic Training Third Edition with commonly used texts and reference materials What is in the Third Edition A user friendly layout organized by the Athletic Training Education Competencies Fifth Edition and mapped by the BOC domains New clinical skill assessment forms in the areas of acute care prevention and health promotion and therapeutic interventions Includes references to

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of the ATC Logistics Group Mumbai But it was the persuasion from one of my cousins and a friend Mr Sam G Nilamel of Nilamel Exports an industrialist in Kerala and Kuwait who always prompted me to write a book Though in I have commenced this hilarious exercise of bringing out this comprehensive handbook on Logistics and Shipping couple of years back it was a tremendous task to write re write revise and edit this volume After the main script is finalized it is my daughter Aatira Benn John who helped me in formatting and designing this book in its present form and I am thankful to her Comments and suggestions from readers are welcome to improve future editions and your suggestions may be sent to my email [logisticsterms@gmail.com](mailto:logisticsterms@gmail.com)

**Willing's Press Guide** ,1931 A guide to the press of the United Kingdom and to the principal publications of Europe Australia the Far East Gulf States and the U S A

**Monthly Catalog of United States Government Publications** United States. Superintendent of Documents,1986 February issue includes Appendix entitled Directory of United States Government periodicals and subscription publications September issue includes List of depository libraries June and December issues include semiannual index

**Occupational Health Guidelines for Chemical Hazards** ,1981

**Field Guide to Global Health & Disaster Medicine - E-Book** James A. Chambers,2021-04-14 While serving as a physician overseas in resource poor countries Dr James Chambers recognized the need for a practical portable reference for non specialist healthcare providers to orient them to common issues when serving in new situations whether due to geography austere environments or complex humanitarian disasters Field Guide to Global Health and Disaster Medicine draws on the experience training and perspectives of committed healthcare providers from diverse nations and backgrounds to provide the most essential information for maximum utility in the field whether in a refugee camp operating room disaster response scene or other demanding environment Helps providers prepare for service overseas organize data to develop differential diagnoses assimilate information on infectious and environmental diseases and effectively serve the patients they will encounter Provides concise easy to read coverage of how to approach a differential diagnosis for infectious diseases overseas nutritional sexual and environmental conditions surgical and anesthesia care long term and short term systems based challenges and more Covers key topics such as Approach to Refugees and Internally Displaced Persons Medical Response to Disasters Mental Health in War and Crisis Regions and Considerations for Pandemic Preparedness and Response Acknowledges the wide variance of different cultures motives resources and limitations in the global health arena and helps readers understand the factors which impact the efficacy and sustainability of care strategies

**College Access and Opportunity Guide 2011** , *The Oxford Handbook of Traumatic Stress Disorders* J. Gayle Beck,Denise M. Sloan,2012-02-24 The experience of traumatic events is a near universal albeit unfortunate part of the human experience The Oxford Handbook of Traumatic Stress Disorders addresses the current landscape of research and clinical knowledge surrounding traumatic stress disorders

**National Association of Broadcasters Engineering Handbook** Graham A. Jones,David H. Layer,Thomas G. Osenkowsky,2013-04-26 The NAB Engineering Handbook provides detailed information on

virtually every aspect of the broadcast chain from news gathering program production and postproduction through master control and distribution links to transmission antennas RF propagation cable and satellite Hot topics covered include HD Radio HDTV 2 GHz broadcast auxiliary services EAS workflow metadata digital asset management advanced video and audio compression audio and video over IP and Internet broadcasting A wide range of related topics that engineers and managers need to understand are also covered including broadcast administration FCC practices technical standards security safety disaster planning facility planning project management and engineering management Basic principles and the latest technologies and issues are all addressed by respected professionals with first hand experience in the broadcast industry and manufacturing This edition has been fully revised and updated with 104 chapters and over 2000 pages The Engineering Handbook provides the single most comprehensive and accessible resource available for engineers and others working in production postproduction networks local stations equipment manufacturing or any of the associated areas of radio and television

*The Annual American Catalog, 1900-1909 ,1902*



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