



Lt. Jeff Woodward

EMT-Paramedic

Norwich Township

Fire Department



General Rules of First Aid

- Stay calm
- Be prepared
- Use Universal Precautions



Universal Precautions

- Blood and body fluids of all persons are considered infectious
- Body fluids are: saliva, nasal and wound drainage, vomit, urine and feces



Universal Precautions

- Hand washing
- Gloves
- Trash Disposal



Protect your hands

- Wear gloves as barrier protection when touching body fluids
- Minimizes exposure to any substances
- Wash hands thoroughly after gloves are removed



What's in your First Aid Kit?



Contaminated clothing and skin

- If garments are penetrated by blood or fluids the clothing needs to be removed and skin washed immediately
- This will minimize the potential for infection through the skin



Examples of Serious Injury/Illness

- No breathing or pulse
- Difficulty breathing
- Eye injury
- Prolonged seizure (greater than 5 minutes)
- Allergic reactions
- Hemorrhage
- Heatstroke
- Chest pain
- Back/neck/head injury
- Burns to large area of the body
- Penetrating injury
- Poison ingestion



If it is a Serious Injury or Illness

- Do not move the patient unless danger exists to patient
- Ensure safety to yourself **FIRST!**
- Universal precautions
- Assess for life threatening conditions
- Render first aid
- Activate 911



If person is unconscious...

- Call 911
- Retrieve AED (if available)
- Assess **ABC**'s
- **A**irway - position the patient to open it
- **B**reathing - If absent, give mouth to mouth
- **C**irculation - check for pulse, if absent, start CPR and make sure 911 has been called. Control any active bleeding



Shock

- Assess for shock signs & symptoms
- Determine if potential for internal bleeding
- Pale, cool, clammy skin, increased pulse rate
- Restless, thirsty or nauseated
- Have victim lie down with feet elevated
- Keep victim warm



Bleeding Wounds

- Apply direct pressure
- Elevate the injured part unless a fracture is suspected
- If bleeding cannot be controlled or internal bleeding suspected...call 911
- Treat for shock



Cuts and Abrasions

- Cleanse wound with antiseptic or soap and water
- Apply dressing / bandage if wound is bleeding
- Depending on the severity, evaluate need for EMS



Animal Bites / Human Bites

- Cleanse wound thoroughly with soap and running water for 5 minutes
- Apply dressing only to control bleeding
- Notify Animal Control if appropriate
- Determine need for further evaluation



Snake Bites

- Transport to hospital at once
- Have patient lie down and stay calm
- Apply a broad, firm, constrictive bandage over the bite area and around limb if highly suspected that snake is poisonous



Bee Sting

- **If known severe allergy...call 911**
- **Assist with Epi-pen administration if applicable**
- **Monitor for any breathing difficulties**
- **If stinger is present, scrape it away, or pull it out**
- **Apply ice for 5-15 minutes**
- **Consider Benadryl to treat symptoms (itching, swelling, etc.)**



Severe Allergic Reaction

- **Call 911 IMMEDIATELY!!!**
- **Rapid onset (15-60 minutes)**
 - *Trouble breathing*
 - *Weakness*
 - *Anxiety*
 - *Nausea*
 - *Rash or hives*
 - *Abdominal cramps*
 - *Loss of consciousness*
 - *Shock*



Nosebleeds

- Position head slightly forward (Sniffing position)
- Apply firm pressure to lower portion of nose for at least 5 minutes
- Advise against nose blowing
- Apply ice
- Consider need for hospital/urgent care transport if bleeding lasts longer than 20 minutes



Burns (1st degree)

- Minor burn with no blisters present
- Apply cool water for 15 minutes
- Do not apply ointments
- Apply a cool wet dressing



Burns (2nd degree)

- Blisters present, most painful of all burns
- Do not open or break the blister
- If open, cleanse with antiseptic and apply dry sterile dressing to prevent infection
- If closed, may apply cool wet dressing to help soothe pain



Burns (3rd degree)

- Black charring or white waxy skin present
- Varying degrees of burns surrounding it
- Call 911
- Treat with dry sterile dressing



Eye- Foreign Body

- Flush with water for at least 5 minutes
- Do not attempt to remove any embedded objects
- If pain persists, determine the need for EMS / Hospital / Urgent Care transport



Eye- Chemical Burn

- Irrigate immediately with large amounts of water for at least 15 minutes
- Flush away from other eye
- Cover eye with sterile dressing
- Call 911 and obtain information on chemical type



Eye- Penetrating injury

- DO NOT WASH EYE OR ATTEMPT TO REMOVE OBJECT!!!
- Cover eye with paper cup
- Cover other eye
- Keep patient calm



Fractures

- Immobilize injured part
- Do not attempt to straighten deformity
- Apply ice to decrease swelling and pain
- Splint in position of comfort (assure pulse)
- If spine or skull fracture is suspected, call 911 and do not move victim



Head Injury

- Evaluate initial level of consciousness and if any loss of consciousness was present at any time (If yes...call 911)
- Keep victim lying down
- Monitor for 30 minutes if not severe injury
- Apply ice to decrease swelling
- Watch for dizziness, vomiting, change in levels of consciousness



Poisons

- Call 911 if decreased level of consciousness
- Identify the poison, amount consumed, and time of ingestion if possible
- Call Poison Control at (614) 228-1323 for instructions
- Send the poison and any vomit to hospital with victim



Seizures

- Position on side if possible, protect yourself and patient from injury
- Do not insert anything into their mouth
- Call 911 if first time seizure or if seizure activity is continuous and lasts longer than 5 minutes



Sprains

- Treat like a break until diagnosed
- **R-I-C-E**
 - **R**est
 - **I**ce
 - **C**ompression- Ace bandage
 - **E**levate the injured part



Choking

- Assess for partial or complete obstruction
- If unable to cough, speak or breathe, administer the Heimlich Maneuver
- Call 911 and continue Heimlich Maneuver



Dental Injury

- Trauma to permanent tooth...place tooth back in place if possible, or in milk, saliva or warm salt water and refer for immediate dental care



Heat exhaustion

Signs/symptoms

- *Cool, clammy skin*
- *Weak, nausea, cramps*
- *Feeling faint*

Treatment

- *Rest, lie down*
- *Keep cool*
- *Give sips of water, up to one quart*



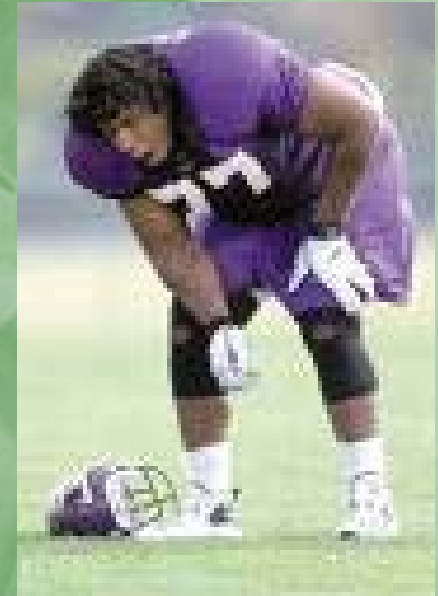
Heat Stroke

Signs/Symptoms

- *Hot, dry, red skin*
- *Rapid, strong pulse*
- *Temperature > 103*

Treatment

- **MEDICAL EMERGENCY**
- *Loosen clothing*
- *Quickly cool body*
- *Sponge skin with cool water*
- *Call 911*



In Summary

- Remain calm
- Protect yourself FIRST by using universal precautions
- Protect victim from further injury
- Call 911 if you have any doubts or encounter any situation that you are not comfortable with



THANK YOU!!!

- ??????????????'s
- If you would like more information on CPR Certification or AED training for yourself or your workplace please feel free to contact me!

Jeff Woodward

614-738-4951

or

jeff_woodward@norwichtownship.org

