

# Basic First Aid for Medical Emergencies

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# Session Objectives

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- Recognize the benefits of obtaining first-aid and CPR certification
- Identify proper procedures for a variety of medical emergencies
- Assist in administering first aid when a co-worker is injured
- Do no further harm

# Prequiz:

## True or False?

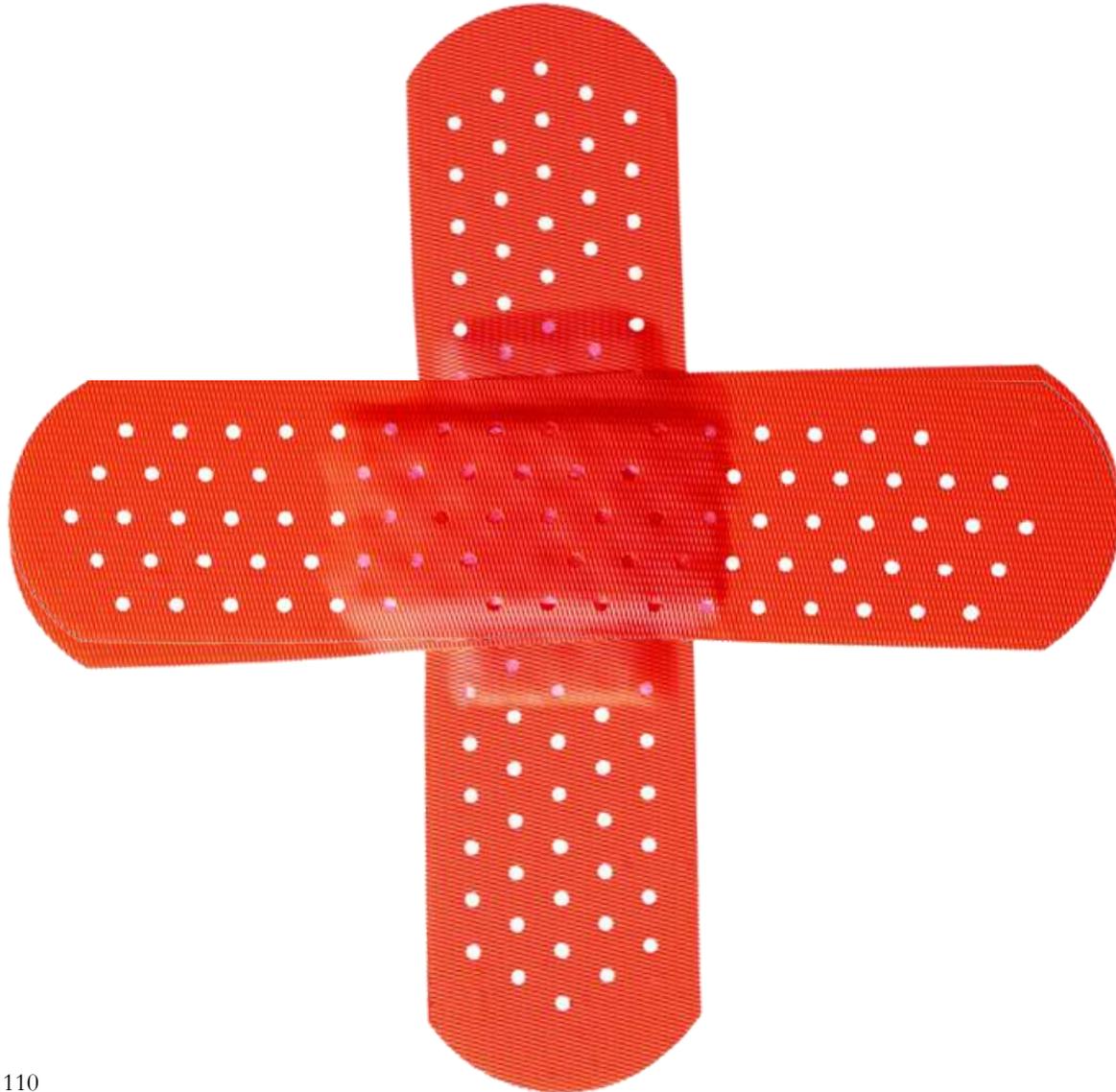
- F** After an accident, immediately move the victim to a comfortable position.
- F** If a person is bleeding, use a tourniquet.
- T** Signs of a heart attack include shortness of breath, anxiety, and perspiration.
- F** All burns can be treated with first aid alone; no emergency medical attention is necessary.

# Help! Emergency!

**Minutes could  
make a difference**



# Four Basic Rules



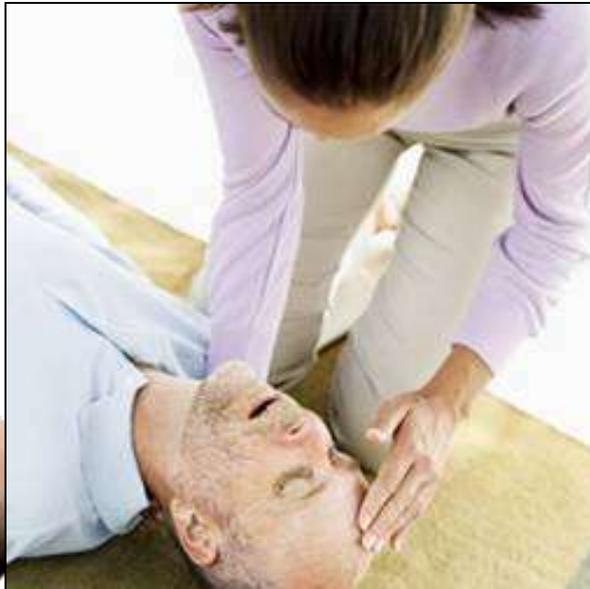
# Assess the Scene

- ✓ Evaluate the scene
- ✓ Assess safety
- ✓ Prioritize care
- ✓ Check for medical alert tags
- ✓ Do head-to-toe check
- ✓ Move only if necessary

# No Breathing

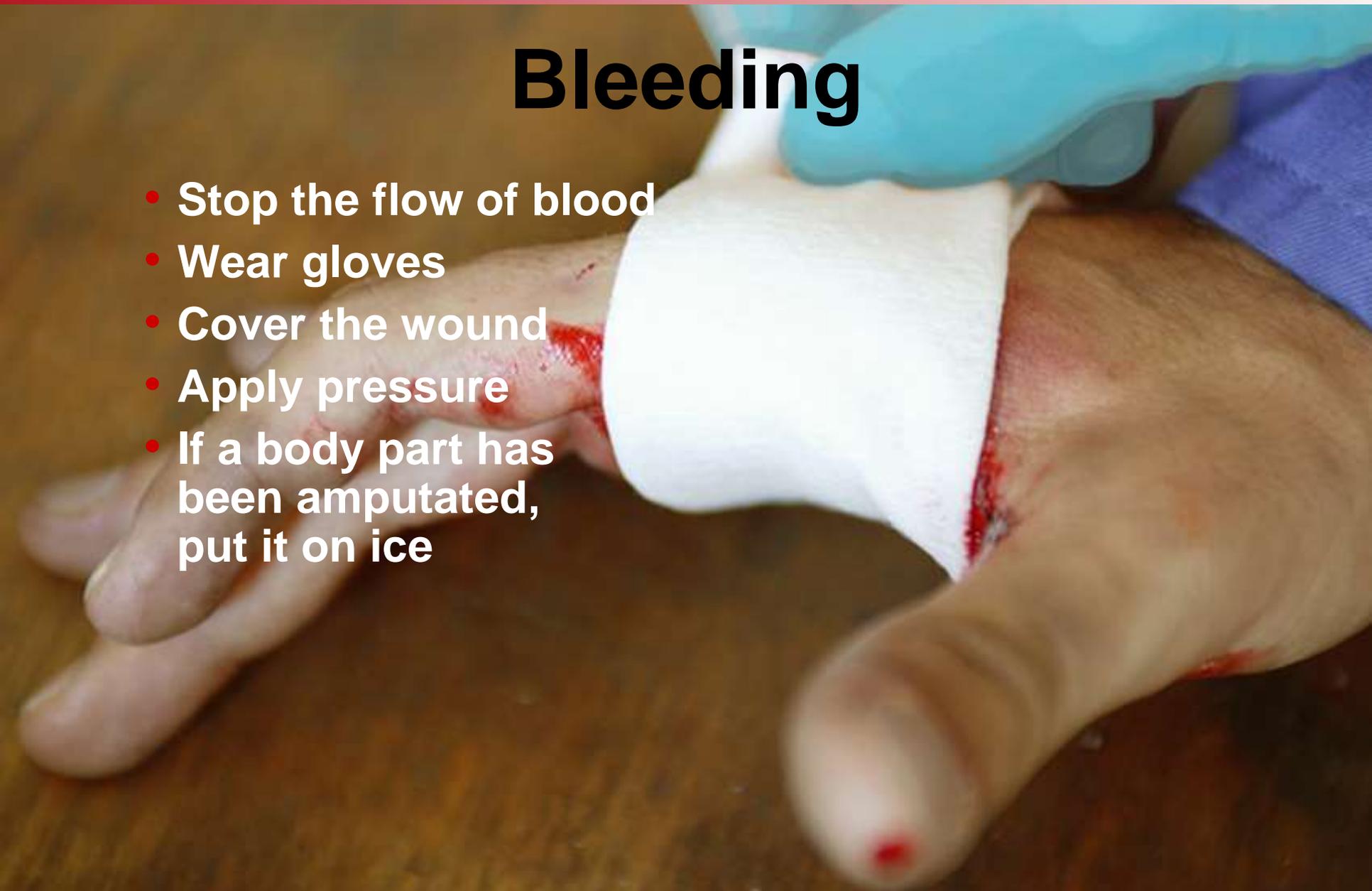
Administer CPR:

- Lay the person on his or her back
- Give chest compressions
- Tilt head slightly
- Breathe into the person's mouth
- Continue until EMS personnel arrive



# Bleeding

- Stop the flow of blood
- Wear gloves
- Cover the wound
- Apply pressure
- If a body part has been amputated, put it on ice



# Shock

- Lay the victim down
- Cover
- Raise feet



# Anaphylactic Shock

- Give the victim medication
- Call for help ASAP
- Start CPR if necessary

911

# Heart Attack

- Call 911
- Make victim comfortable
- Loosen tight clothing
- Check for medication
- Keep victim still
- Don't give stimulants



# Choking

- Ask a person to speak or cough
- Deliver 5 back blows
- Perform abdominal thrusts
- Repeat sequence of back blows and abdominal thrusts



# If Abdominal Thrusts Don't Work

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- Call 911
- Finger sweep
- Abdominal thrusts
- Check ABCs
- Perform CPR if not breathing



# Electrical Shock

- 1.** Don't touch!
- 2.** Turn power off
- 3.** Call 911
- 4.** Remove person from live wire
- 5.** Check for breathing



# Exercise

**Match the problem with the correct first-aid procedure.**

<b>Bleeding</b>	<b>CPR</b>
<b>Choking</b>	<b>Elevate feet</b>
<b>No breathing</b>	<b>Keep victim still</b>
<b>Heart attack</b>	<b>Direct pressure</b>
<b>Shock</b>	<b>Abdominal thrusts</b>

# Review

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Do you understand first-aid procedures for:

- No breathing?
- Bleeding?
- Shock?
- Heart attack?
- Choking?
- Electrical shock?



# Eye Injuries

- **Splashes**
- **Particles in eye**
- **Blow to eye**
- **Cuts near eye**
- **Penetrating objects**



# Burns

- First-degree burns—Reddened, painful skin
- Second-degree burns—Blistering
- Third-degree burns—Charring, deep tissue damage

third

# Exposure to Hazardous Materials

- Eyes
- Skin
- Inhalation
- Ingestion



# Broken Bones

- Look
- Ask
- Treat for shock

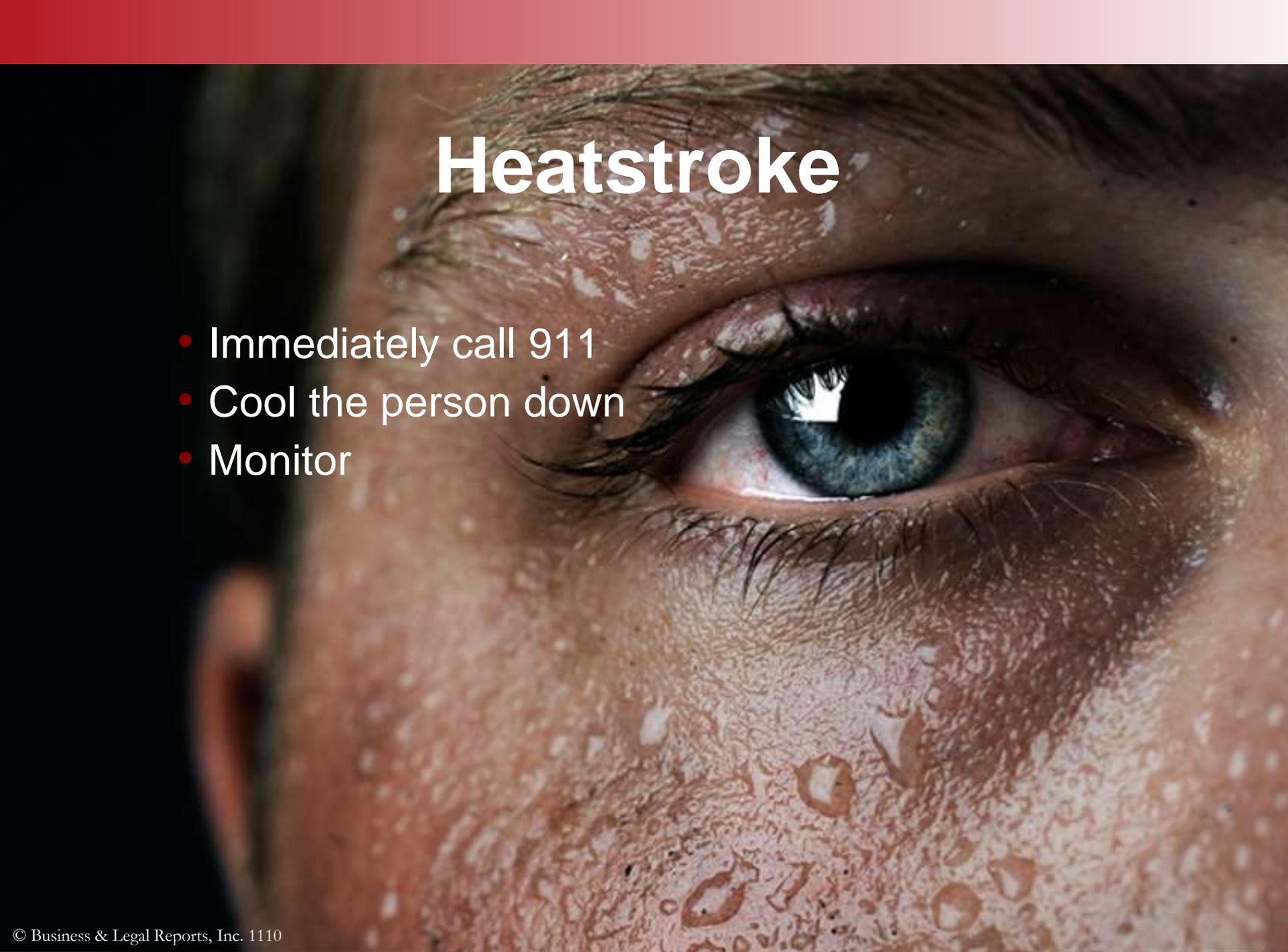


# Heat Exhaustion

- Move to cool place
- Lay victim down
- Elevate feet
- Loosen clothing
- Give fluids
- Apply cool compresses



# Heatstroke

A close-up photograph of a person's face, focusing on the eye and forehead. The person has a striking blue eye. The skin is covered in numerous small, glistening droplets of sweat, indicating heat. The background is dark and out of focus.

- Immediately call 911
- Cool the person down
- Monitor

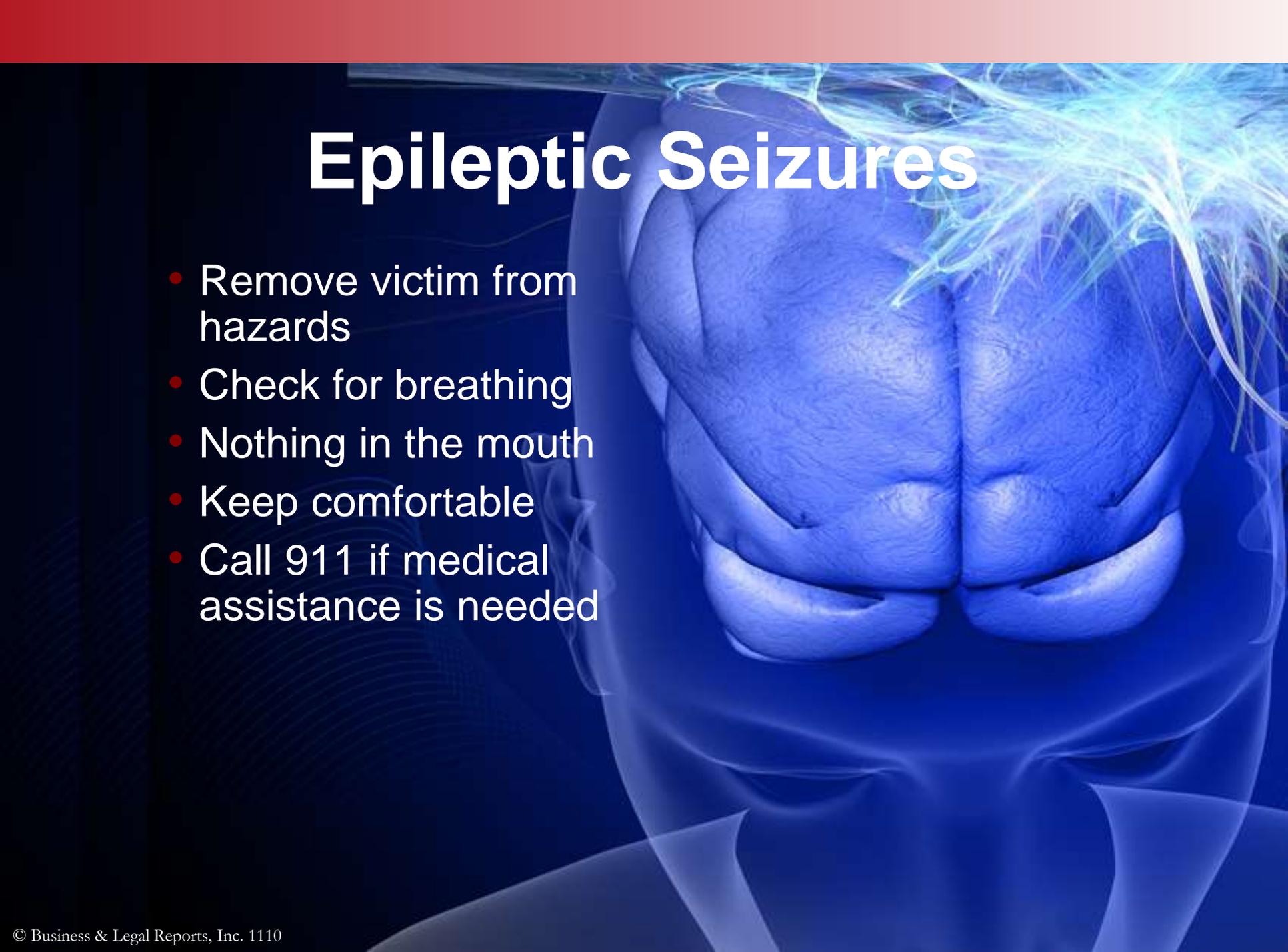
# Fainting

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- Check for breathing
- Administer CPR if necessary
- Call 911 if more than a few minutes
- If conscious, lay the victim down with feet elevated



# Epileptic Seizures



- Remove victim from hazards
- Check for breathing
- Nothing in the mouth
- Keep comfortable
- Call 911 if medical assistance is needed

# Exercise

## Multiple choice

Which is the worst kind of burn?

- a. First degree
- b. Third degree

For a particle in the eye:

- a. Flush with water
- b. Rub eye

For inhalation of vapors or gases:

- a. Induce vomiting
- b. Move to fresh air

For heatstroke:

- a. Call 911
- b. Don't call 911

# Review

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Do you understand first-aid procedures for:

- Eye injuries?
- Burns?
- Exposure to hazardous materials?
- Broken bones?
- Heat exhaustion and heatstroke?
- Fainting?
- Epileptic seizures?



# KEY POINTS To Remember!

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- Medical emergencies can happen anytime.
- Act quickly, calmly, and correctly.
- Consider being certified in first aid and CPR.