

**FABENS ISD**

# First Aid



**Presented by:  
Your School Nurse**

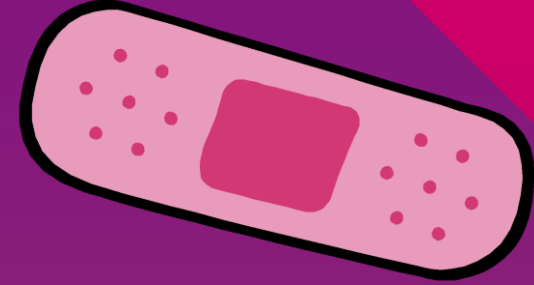
# First Aid Basics



Remember:

- Never touch another person's blood - give them a dressing or tissue while you put on latex or vinyl gloves
- If you are concerned that a student may have a fracture or significant head or neck injury - be sure NOT to move the student before medical help arrives
- Find out who the people in your building are who know CPR (Doors are labeled)
- Familiarize yourself with your closest "MERT" team member.

# Cuts (Lacerations)



- Use latex gloves before touching open wounds
- Small lacerations:
  - Wash with soap and water and rinse
  - Cover with bandage
  - Notify Health Office and parents as needed
- Large lacerations:
  - Apply dressing, press firmly and elevate site to stop bleeding
  - Do not remove dressing - refer to Health Office for further care
  - If the nurse is unavailable, seek emergency care by calling a “CODE MEDICAL” or by calling your administrator.

# Sprains and Fractures



Important - treat a significant injury with care!

## SPRAINS:

- Do not move injured part - apply cold pack or ice to injury

Notify the Health Office for assistance

## FRACTURES:

- Do not move injured part - Notify the Health Office immediately - if unavailable, obtain emergency care

Observe for signs of shock and treat by keeping the student warm and laying down

# Burns



## MINOR BURNS:

- Place under cold running water immediately
- Notify Health Office or parents as needed

## SEVERE BURNS:

- Cover with a dry, sterile cloth
- Notify Health Office immediately - if unavailable, obtain emergency care

Observe for signs of shock and treat by keeping the student warm and laying down

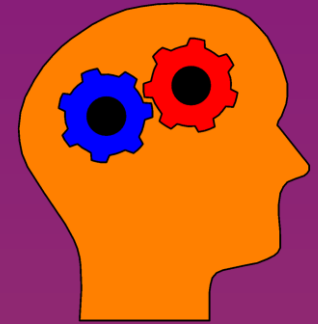
# Head Injuries

Do not move the student!

Notify Health Office and parents immediately

Watch for the following signs:

- Severe headache
- Excessive drowsiness
- Nausea and/or vomiting
- Double or blurred vision, unequal pupils
- Loss of muscle coordination
- Convulsions or seizures
- Unusual behavior: dizziness, confusion, irregular breathing
- Bleeding or discharge from the ear



**Seek emergency medical care for any of these symptoms!**

# Nosebleeds



- Hand student a dressing or several tissues
  - Have student sit in upright position
  - Have student apply direct pressure to nose by squeezing outside of nostrils with thumb and index finger for 10 minutes
  - Do not lean head back
- Notify your nurse or administrator if you have been exposed to another person's blood!

# Choking



- Ask the victim, “Are you choking?”  
If the victim can speak, breathe or cough, stay with the victim and encourage him/her to cough
- If the victim cannot speak breathe or cough -

**CALL FOR EMERGENCY HELP IMMEDIATELY!**

- For a conscious victim that cannot speak or cough -  
perform the Heimlich maneuver (demonstration for a child)

<https://www.youtube.com/watch?v=iv5g4NTVuVw>

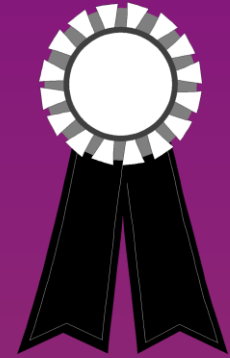
(Demonstration for adult)

<https://www.youtube.com/watch?v=-9LL22o4DZg>

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# Successful First Aid Management



- Know who to call in an emergency
- Never touch another person's blood  
Manage bleeding incidents with gloves and dressings
- Know the personnel in your building who are CPR certified
- Do not move an injured student if you have any concerns about a neck injury, head injury or fracture

For more information -  
*see your  
school nurse!*



**QUESTIONS?**