

FastAid™

THE EASY FIRST AID GUIDE

821st Medical Squadron
303-677-6138

CONDITIONS COVERED

- | | |
|----------------------------------|-------------------------------------|
| 1. Bleeding and Wounds | 15. Heat Stroke/Heat Exhaustion |
| 2. Broken Bones | 16. Heart Attack/Stroke |
| 3. Burns | 17. Hypothermia |
| 4. Choking | 18. Insect Stings |
| 5. Convulsions/Seizures | 19. Insulin Shock/Hypoglycemia |
| 6. Dog/Animal Bites | 20. Internal Bleeding/Injury |
| 7. Drowning | 21. Poisoning |
| 8. Drug Overdose | 22. Severed Body Part |
| 9. Electric Shock | 23. Shock |
| 10. Eye Injury | 24. Smoke or Car Exhaust Inhalation |
| 11. Fainting | 25. Snake Bites |
| 12. Fever | 26. Tooth Loss |
| 13. Frostbite | 27. Unconsciousness |
| 14. Head/Neck/Back/Pelvic Injury | |

EMERGENCY TECHNIQUES COVERED

- | | |
|---|---------------------|
| 28. Rescue Breathing | 30. Check Breathing |
| 29. CPR (Cardiopulmonary Resuscitation) | 31. Check Pulse |

Start Here CHECK-CALL-CARE

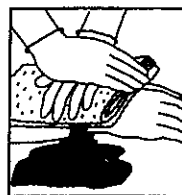
1. REMAIN CALM. CHECK to make sure scene is safe. Then CHECK the victims for signs of life-threatening emergency.
2. CALL your emergency number. If another person is there to help, have them call 911 or seek medical assistance now. Do not hang up until told to do so.
3. CARE for any conditions you find.
 - ▶ IF the victim is unconscious (Section 27).
 - ▶ IF breathing, go to step 4 below.
 - ▶ IF NOT breathing & NO pulse, begin CPR (Section 29).
 - ▶ IF NOT breathing, but has pulse, begin Rescue Breathing (Section 28).
4. Find the victim's condition in Sections 1-27 and follow directions.

Prepared in cooperation with the
American Red Cross

CONDITIONS

1 Bleeding and Wounds

1. Put clean cloth, gauze or gloved hand over wound and apply firm steady pressure. Call 911 or seek medical aid if bleeding is severe.
2. Elevate an injured arm or leg above the level of the victim's heart if possible.
3. Continue to apply pressure by securing the cloth with a bandage. Do not lift the cloth from the injury to check the bleeding. Be sure the bandage is not so tight it cuts off circulation.
4. Take steps to prevent **Shock** (Section 23).



Never use a tourniquet unless you can't control severe bleeding and life is threatened. Tourniquets may result in subsequent medical amputation!

2 Broken Bones

1. DO NOT move the victim unless in immediate danger. DO NOT move the injured body parts or try to reset the bone.
2. Control bleeding. See **Bleeding and Wounds** (Section 1).
3. Cover any protruding bone with a clean moist dressing.
4. Take steps to prevent **Shock** (Section 23).
5. Send someone to call 911 or seek medical aid as soon as possible.



If the victim must be moved without professional medical assistance, immobilize the injured area with a piece of wood or folded towel or blanket tied securely above and below the injury.

3 Burns

Chemical or Compressed Gas Burns

1. Using cool, running water, flush away all traces of chemicals. Remove all contaminated clothing from the victim.
2. Cover burn loosely with clean dry cloth.
3. Take steps to prevent **Shock** (Section 23).
4. Send someone to call 911 or seek medical aid as soon as possible.



Heat Burns

1. Cool the burn. Immerse burned area in cool water or gently apply cool compress until pain is relieved.
2. Bandage with clean dry dressing.
3. Do not break a blister if one forms. DO NOT use ointments or remove embedded clothing.
4. Take steps to prevent **Shock** (Section 23).

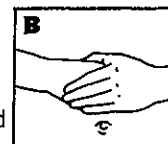
Electrical Burns

1. Care for life-threatening emergencies first!
2. Send someone to call 911 or seek medical aid

4 Choking

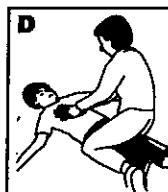
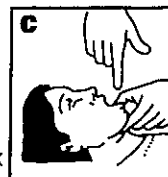
Adults and Children Over One Year Old

1. If the victim can speak or cough forcefully and is getting sufficient air, do not interfere with attempts to cough obstruction out of the airway.
2. If the victim cannot speak or is not getting sufficient air, have someone call 911 while you perform abdominal thrusts as follows:
 - Stand behind the victim and wrap your arms around the waist (A).
 - Make a fist with one of your hands and place it just above the victim's navel and below the ribs with the thumb and forefinger side toward you (B).
 - Grab this fist with your other hand and pull it quickly toward you and slightly upward.
 - Repeat until the victim breathes or becomes unconscious.



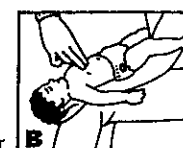
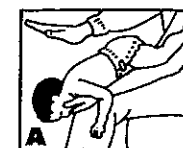
If the adult or child becomes unconscious:

- a. Lay the victim on his or her back.
- b. Check for object in the mouth. Try to sweep obstruction out of the victim's throat (C). If the victim is a child, sweep only if you can see it.
- c. Even if you are unsuccessful, tip the head back and attempt **Rescue Breathing** (Section 28).
- d. If rescue breathing is not working due to the obstruction, sit straddling the victim's thighs and give up to five abdominal thrusts (D) (i.e. pushing into the victim with the heel of hand just above belly button).
- e. Repeat instructions b-d as needed.



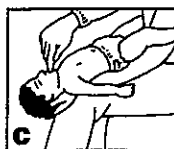
Infants (Up to 12 Months)

1. If an infant is coughing and is getting sufficient air, do not interfere with attempts to cough the obstruction out of their airway.
2. If infant cannot cough, cry or get sufficient air, have someone call 911 while you perform blows and thrusts as follows:
 - Lay the infant face down on your forearm. Rest your forearm on your thigh for support. The infant's head should be lower than his or her chest (A).
 - Use the heel of your free hand to hit the infant's back (quickly and forcefully five times) between the shoulder blades (A).
 - Carefully turn the infant face up on your forearm (keeping the head lower than the body). Place two fingertips between the nipples, 1/2" below the nipple line and deliver up to five quick thrusts on the infant's chest (B).
 - Repeat until infant cries, breathes or becomes unconscious



If the infant becomes unconscious:

- Tip the head back and attempt **Rescue Breathing** (Section 28).
- If you are unsuccessful getting air into the infant's lungs, open the infant's mouth and look for an obstruction. If you see one, carefully use your forefinger (or little finger if infant's mouth is still quite small) to try to sweep the obstruction out of the throat (C).
- Tip the head back and attempt rescue breathing again.
- If this is unsuccessful, repeat back blows and thrusts followed by instructions a-c.
- DON'T GIVE UP!



5 Convulsions/Seizures

Signals include jerking movements, bluish face and lips, rolled back eyes, clenched teeth and frothing at the mouth. Convulsions usually end safely within a couple of minutes, after which the victim enters a phase of unconsciousness or drowsiness.

- Try to keep the victim from hurting self during convulsion, but don't restrain the victim, place any object between the victim's teeth or give the victim anything to eat or drink.
- If the victim stops breathing, administer **Rescue Breathing** (Section 28).
- After the convulsion, place the victim on his or her side and monitor breathing.
- Send someone to call 911 or seek medical aid as soon as possible.

6 Dog/Animal Bites

- If wound is minor, wash the wound well with running water and control bleeding. If wound is bleeding heavily, control bleeding.
- Bandage with a clean, dry dressing.
- Seek medical attention.
- Identify or have a professional capture the specific animal to test for rabies.

7 Drowning

If possible, use a long pole, a ring buoy or a boat to rescue the victim. NEVER ATTEMPT A SWIMMING RESCUE UNLESS YOU ARE TRAINED TO DO SO.



- If the victim is not breathing and has no pulse, begin **CPR** (Section 29).
- If the victim has a pulse but is not breathing, begin **Rescue Breathing** (Section 28).
- Send someone to call 911 or seek medical aid as soon as possible.
- Take steps to prevent **Shock** (Section 23).

8 Drug Overdose

Alcohol

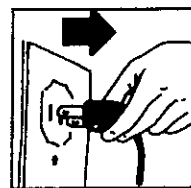
If the victim appears to be ill, has a rapid pulse or has difficulty breathing, care for **Shock** (Section 23). If these signals are not present and victim is resting normally, position on his or her side and monitor condition periodically until recovery.

Drugs

- If the victim is not breathing and has no pulse, begin **CPR** (Section 29).
- If the victim has a pulse but is not breathing, begin **Rescue Breathing** (Section 28).
- Call the Poison Control Center (or 911) as soon as possible.
- Keep windpipe clear and the victim warm. Wake the victim by lightly slapping face with a wet cloth. Encourage walking.

9 Electric Shock

- Send someone to call 911 or seek medical aid as soon as possible.
- DO NOT touch the victim until power has been disconnected.
- Unplug or switch off source of electricity if possible.
- If the victim is not breathing and has no pulse, begin **CPR** (Section 29).
- If the victim has a pulse but is not breathing, begin **Rescue Breathing** (Section 28).



10 Eye Injury

Chemical

- Hold the eyelids apart and flush the eyeball with running lukewarm water until ambulance arrives. Do not let run-off water get into the other eye.
- Place a gauze or cloth pad over injured eye and secure with a bandage.



Cut, Scratch or Embedded Object

- Place a gauze or cloth pad over injured eye and loosely secure with a bandage.
- Do not try to remove an embedded object.
- Get to an eye specialist or emergency room immediately.

11 Fainting

Fainting victims regain consciousness almost immediately. If this does not happen, the victim could be in serious danger and you should go to "START HERE" on front panel of this guide and call 911 as soon as possible.

- Lay the victim on his or her back and make sure he or she has plenty of fresh air.
- Send someone to call 911.
- Reassure the victim and apply a cold compress to face.

12 Fever

If a person's body temperature exceeds 101° F (38.3° C), seek medical help. For infants less than two months old, report any fever.

13 Frostbite

Symptoms include initial pain in area affected, followed by numb skin in area affected is grayish-white, hard and partially frozen.

- Get the victim into a warm place.
- Put the frozen parts in warm (not hot) water 100° to 105° F (38° to 39.7° C). Handle them gently but do not rub or massage.
- Loosely bandage affected area and elevate. If toes or fingers affected, put dry sterile gauze between them after rewarming.
- Send someone to call 911 or seek medical aid as soon as possible.

14 Head/Neck/Back/Pelvic Injury

- DO NOT move the victim (unless in immediate danger).
- Stabilize the victim's head and neck as they were found by placing your hands along both sides of the head.
- Send someone to call 911 or seek medical assistance right away.
- Keep the victim warm, but not hot, using blankets or clothes.

15 Heat Stroke/Heat Exhaustion

Heat Stroke

Heat stroke can be life threatening! Signals can include a body temperature of 105° F (39.7° C) or higher, dry hot flushed skin, rapid pulse, unconsciousness and lack of perspiration.

- Get the victim out of the heat and into a cooler place.
- Place the victim on his or her back.
- Remove or loosen clothing.
- Cool the victim. Fan and apply cloth-wrapped cold packs or wet towels.
- Care for **Shock** (Section 23) and/or call 911 if condition worsens.

Heat Exhaustion

Signals include nearly normal body temperature, pale clammy cool weakness, headache, nausea, dizziness, thirst and cramps.

- Care as for **Heat Stroke** above.
- If the victim is fully conscious and can tolerate it, give about ounces of water to drink every 15 minutes. This should bring within half an hour.

EMERGENCY NUMBER

Call 911 or the emergency medical services number for your community.

(Use a permanent marker to write local numbers)

Ambulance

Poison Control Center

Fire/Rescue

Hospital

6 Heart Attack/Stroke

Heart Attack

Signals may include persistent chest pain which often radiates to the left shoulder and arm, shortness of breath and bluish color of the lips and fingernails.

1. Send someone to call an ambulance or 911 as soon as possible.
2. If the victim has a pulse but is not breathing, begin **Rescue Breathing** (Section 28).
3. If the victim is not breathing and has no pulse, begin **CPR** (Section 29).
4. If the victim has been taking medicine for chest pain and is fully conscious, help them take this medicine according to the prescription.
5. If possible, call the victim's regular doctor and advise of the situation.
6. Keep the victim warm (preferably in a sitting position) until the ambulance arrives.

Stroke

Signals may include unconsciousness, limp facial muscles, weakness of one side of the body, breathing difficulty, unequal pupil size and speech impairment. Care as for **Heart Attack** above.

7 Hypothermia (Prolonged Exposure to Cold)

Hypothermia can be life threatening! Signals include lower than normal body temperature, shivering, apathy, disorientation, drowsiness and, then, unconsciousness.

1. Move the victim into warm or sheltered area immediately.
2. Check pulse and breathing.
3. Get the victim out of wet clothes and replace with dry clothes, sleeping bag or blankets.
4. Have the victim drink a warm, nonalcoholic, decaffeinated beverage if possible.
5. Send someone to call 911 or seek medical aid.

8 Insect Stings

1. If you suspect the insect to be poisonous, seek medical aid immediately.
2. If the victim has a severe allergic reaction as a result of the insect bite, or is known to react severely to insect bites, seek medical aid immediately. If the victim has medicine for severe allergic reactions, help them take it.
3. For minor stings, remove any visible stinger by lightly scraping the skin with a credit card-like object, wash the area and then apply a cold compress.

19 Insulin Shock/Hypoglycemia

Signals include weakness, dizziness, clammy skin, paleness, hunger, trembling of the hands and fainting.

1. If the victim is unconscious, call 911.
2. If the victim is conscious, slowly feed them something sweet like fruit juice, a soft drink, candy or sugar water to raise blood sugar.
3. Call 911 or seek medical attention.

20 Internal Bleeding/Injury

Care as for **Shock** (Section 23).

21 Poisoning

Swallowed

A small child is often the victim. Look for open bottles, poisonous smell on breath and symptoms like pain in throat or stomach, drowsiness, vomiting and unconsciousness.

1. Call the Poison Control Center (or 911).
2. Follow the exact directions of the Poison Control Center.
3. Keep the suspected poison and/or a sample of any vomit with you.
4. Do not give the victim anything by mouth unless directed by the Poison Control Center.

Inhaled

1. Get the victim to fresh air, preferably outdoors. Be careful not to breathe fumes yourself.
2. If the victim has a pulse but is not breathing, begin **Rescue Breathing** (Section 28).
3. If the victim is not breathing and has no pulse, begin **CPR** (Section 29).
4. Call the Poison Control Center (or 911) as soon as possible.
5. Take steps to prevent **Shock** (Section 23).

On Skin

1. Gently wash the affected area thoroughly with water until ambulance arrives. Use a hose, shower or faucet for at least ten minutes to rinse away all trace of the poison while removing all contaminated clothing from the victim.
2. Call 911 or seek medical aid.

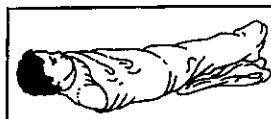
22 Severed Body Part

1. Control bleeding. See **Bleeding and Wounds** (Section 1).
2. Save the severed body part. Put it in a plastic bag and then in a container filled with ice. Send it with the victim to the hospital.

23 Shock

Shock can be life threatening!

Signals include cold sweat, weakness, irregular breathing, chills, pale or bluish lips and fingernails, rapid weak pulse and nausea.



1. Send someone to call 911 or seek medical aid immediately.
2. Do not give the victim food or drink.
3. Lay the victim on his or her back, but do not move the victim if he or she has back or neck injuries. If the victim is unconscious, has severe injury to lower face/jaw or vomits, lay the victim on his or her side and be sure he or she is getting air.
4. Keep the victim warm, but not hot, using blankets or clothes.
5. Raise the victim's feet and legs with a pillow unless it's painful or you suspect severe injuries.

24 Smoke or Car Exhaust Inhalation

Care as for **Poisoning – Inhaled** (Section 21).

25 Snake Bites – Poisonous

1. Calm the victim. Wash the wound if possible.
2. Keep wounded extremity inactive and below the level of the victim's heart.
3. Transport the victim to hospital immediately (without physically exerting the victim).

26 Tooth Loss

1. Put tooth in glass of milk or water.
2. Get to a dentist as soon as possible, ideally within one hour.

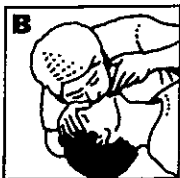
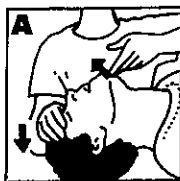
27 Unconsciousness

1. Check for responsiveness by gently tapping the victim's shoulder and asking "Are you OK?" Do not shake the victim.
2. If no response, shout "Help!" and look for a medical alert tag at the victim's neck or wrist. Send someone to call 911.
3. If the victim has a pulse but is not breathing, begin **Rescue Breathing** (Section 28).
4. If the victim is not breathing and has no pulse, begin **CPR** (Section 29).
5. Monitor pulse and breathing and continue care until ambulance arrives.

8 Rescue Breathing

Adults and Children Over Eight Years Old

- Send someone to call 911 or an ambulance.
- Carefully position the victim on his or her back.
- Gently tilt the victim's head back (push down on the victim's forehead with one hand and lift the victim's jaw by placing two fingers of the other hand under the victim's chin) in order to open the airway (A). Keep the victim's mouth open.



Maintain open airway and check breathing for five seconds as described in **Checking Breathing** (Section 30). If the victim is breathing, maintain an open airway and check for other injuries.

If no breathing, pinch the victim's nose shut, place your mouth over the victim's open mouth (B) and give two slow breaths. If no rise, check for choking as described in **Choking** (Section 4).

Pause between each breath so you can take a breath.

Maintain an open airway and check pulse for five to ten seconds as described in **Checking Pulse** (Section 31). If no pulse, go to **CPR – Adults/Children Over Eight** (Section 29) step 3.

Continue rescue breathing cycles of one slow breath every five seconds for about one minute.

After one minute, stop and check pulse for five seconds and breathing for five seconds.

- If the victim is not breathing, continue giving rescue breaths until professional help arrives or breathing resumes.

Infants (Up to 12 Months) and Small Children (One-Eight Years Old)

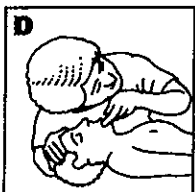
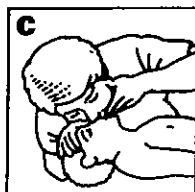
Perform steps 1-4 above.

If not breathing, place your mouth over the child's mouth or infant's nose and mouth. Gently blow two breaths of air into the victim's lungs, watching for the victim's chest/abdomen to rise (C). If no rise, check for choking as described in **Choking** (Section 4).

Remove your mouth from the victim and watch the victim's lungs deflate by themselves (D).

Check pulse for five to ten seconds as described in **Checking Pulse** (Section 31).

If no pulse, go to **CPR – Infants/Small Children** (Section 29) step 3.



- Continue the rescue breathing cycles of one slow breath every three seconds for about one minute.
- After one minute, stop and check pulse for five seconds and breathing for five seconds.
- Send someone to call 911 or seek medical aid.
- If not breathing, continue giving rescue breaths until professional help arrives or breathing resumes.

29 CPR (Cardiopulmonary Resuscitation)

Perform only on an unconscious victim who has no pulse and is not breathing.

Adults and Children Over Eight Years Old

If only one rescuer is available, call 911 or seek medical aid and then start CPR. If two rescuers are available, one should call 911 or seek medical aid, while the other starts CPR. Then, the two rescuers should relieve each other as they become tired.

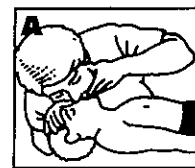


- Send someone to call 911 or seek medical aid.
- Perform steps 1-6 under **Rescue Breathing – Adults/Children Over Eight** (Section 28).
- Check pulse for five to ten seconds as described in **Checking Pulse** (Section 31). If pulse is present, go to **Rescue Breathing – Adults/Children Over Eight** (Section 28), Step 8.
- If no pulse, begin chest compressions by kneeling, facing one side of the victim (A).
- Place the heel of your hand on the lower part of the victim's chest 1/2" above the notch of the rib cage (B).
- Place your other hand on top of the first hand, lift your fingers up so just the heels of your hands are doing the work, lean over the victim, and push straight down, keeping your elbows locked (so that the victim's chest depresses 1-1/2 to 2 inches). Perform compressions as follows:
 - Push down smoothly, keeping hand contact with the chest at all times.
 - Compress at a rate of 80-100 compressions per minute (15 compressions should take 9-11 seconds).
- Give two slow full rescue breaths after every 15 compressions (C).
- After one minute, stop and check the pulse for five seconds.
- Continue CPR or rescue breathing until professional help arrives.

Infants (Up to 12 Months) and Small Children (One-Eight Years Old)

If only one rescuer is available, perform one minute of CPR and then call 911 or seek medical aid. If two rescuers are available, one should call 911 or seek medical aid, while the other starts CPR. Then, the two rescuers should relieve each other as they become tired.

- Perform steps 1-5 under **Rescue Breathing – Adults/Children Over Eight** (Section 28) (for infants, cover victim's mouth and nose with your mouth – do not pinch nostrils).
- Check pulse for five to ten seconds as described in **Checking Pulse** (Section 31). If pulse is present go to **Rescue Breathing – Infants/Small Children** (Section 28) step 2.
- For infants, place your fingers just below the breast line (B). For small children, locate the compression point as indicated in **CPR – Adults/Children Over Eight** (Section 29) step 5.
- Compress the sternum for infants 1/2" to 1" and for children 1" to 1-1/2". Give compressions at the rate of at least 100 per minute for both infants and children.
- Pause to give one slow breath after every five compressions.
- After one minute, check the pulse for five seconds.
- Send someone to call 911 or seek medical aid.
- If no pulse, continue CPR until professional help arrives.



30 Checking Breathing

Gently tip head back to open the airway. Put your ear very near the victim's nose for about five seconds. Watch the victim's chest for rising, listen for breathing with your ear or try to "feel" the victim's breath against your cheek.



31 Checking Pulse

Adults and Children Over One Year Old

The pulse is most easily felt at the neck. Place the tips of your first two fingers on the victim's Adam's apple and then slide them down into one of the grooves that lie on either side of the windpipe in this area.



Infants (Up to 12 Months)

Put the tips of your first two fingers against the inside of the infant's upper arm.

