

FIRST AID Definition/Objectives

_____ is emergency help given to an injured or suddenly ill person.

The objective of providing first aid is always the same:

- _____
- _____
- _____
- _____

TERMS TO KNOW

- _____: the person who takes charge of the emergency situation and provides first aid
- _____: Care given by a health care professional, or under the supervision of a medical doctor
- _____: the injured or ill person
- _____: If there is a risk that someone would lose their life (example: you suspect a spinal injury and want to keep the head and neck stable but the casualty begins to vomit/choke), you should always choose to preserve “life” over “limb”
- _____: always identify yourself as a first aider and ask if you can help (if the answer is no, stand by and call for medical help)
- _____: if a casualty is unconscious, you should still ask if you can help – no answer allows you to assume they want help.
- _____: Automated External Defibrillator (analyses heart rhythm & administers a shock if required)
- _____: Cardiopulmonary Resuscitation

SAFETY CONCERNS AND PREVENTION:

The number one rule of first aid is _____

There are three types of universal precautions to be aware of:

- The _____ that caused or the _____ that are a result of the injury/accident (ex. a machine, live-wires, etc)
- The _____ (could you be injured in providing help? ex. is the person requiring help larger than you?)
- _____ (use gauze pads, latex gloves, one way valves, wash hands)

FIRST AID AND THE LAW:

Although you _____ have a legal obligation to help (unless you are a paid employee in charge of first aid), the government wants to encourage people to help others and so they recognize the Good Samaritan Principles.

GOOD SAMARITAN PRINCIPLES:

If you are abiding by these principles, you will not be held accountable:

- _____ – as long as you identify yourself as a first aider and ask if you can help, you are a Good Samaritan
- _____ – as long as you act according to the level of knowledge and skill that you have, you are a Good Samaritan
- _____ – as long as you use common sense and act in the casualty's best interest, you are a Good Samaritan
- _____ – you should never abandon a casualty in your care. You must stay with them until medical help arrives, until another first aider takes over, or until they no longer want your help

COMMUNICATION:

Be prepared to communicate with: The _____, bystanders and family, other _____, other authorities (hydro, EMS)

A Critical Skill To:

- Establish and maintain _____ of the scene
- Assess the casualty's condition
- _____ the casualty and bystanders
- Deal with "a refusal of care"

Principles of Communication in First Aid Scenarios:

- Establish contact with casualty and address by _____
- Speak slowly and _____
- Tell the truth
- Use clear, concise terminology
- Be aware of _____
- Listen
- Be professional and polite

3 KEY STEPS OF ALL FIRST AID SCENARIOS:

1. **Scene Survey** (same for all)
2. **Primary Survey** (differs based on scenario)
3. **Secondary Survey/Ongoing Casualty Care** (until medical help arrives)

SCENE SURVEY:

1. Assess _____
2. _____ of the situation
3. Offer help & obtain _____ (approach in line of vision!)
4. Find out _____ of the scene...
_____ injury occurred (mechanism) by:
 - Looking for evidence
_____: Something you see, feel, smell or hear (e.g. pale skin, bleeding)
_____: Sensations the casualty feels and may describe to you (e.g. pain, nausea, dizziness)
 - Asking questions (casualty & witnesses)
5. Assess _____
6. Send someone for _____ (call 911 and let them know we have: info on casualty, injury, location...) Do not hang up until dispatcher tells you to.
7. _____ head & neck if injury is suspected (demo)

PRIMARY SURVEY (ABCs):

In a primary survey, you must check for the priorities of first aid:

_____ (Different if responsive or unresponsive. For a responsive casualty, ask their name and if they can respond, their airway is clear)

_____ (Effective? Should be 10-20 breaths per minute: count # in 15 seconds)

_____ (Skin color, skin temperature, internal & external bleeding)

During primary survey, the casualty should stay in the _____ (whenever possible and especially if spinal injuries are suspected)

SECONDARY SURVEY/ONGOING CASUALTY CARE:

1. _____ Survey: obtain medical history and information of the casualty
2. Treat for _____ (loosen clothing, cover with blanket, reassure casualty)
3. Monitor (check _____ again)
4. _____ events & _____ incident to medical experts. When medical help arrives, you should be prepared to report on:
 - _____ happened
 - The suspected _____
 - What _____ has been provided

