

DRESSINGS & BANDAGES

Dressings:

- Protective covering
- Absorbs blood
- Non-stick

Bandages:

- Hold splints in place
- Apply _____ to a large surface evenly
- Controls _____
- Use as a sling to support an injured arm/hand
- With an embedded object, use to build up padding _____ the object.

WOUNDS

Preventing Contamination:

- Wash your hands and wear _____
- Don't _____ directly over a wound
- _____ the wound
- Wash around the wound (wipe away from the edges)
- _____ inside the wound
- Dry the wound
- Cover with a _____ dressing

First Aid Principles Severe Bleeding:

- Place casualty at _____
- Apply direct _____ to wound
- Do not remove blood soaked _____
- _____ to apply even pressure
- Check circulation below the injury _____ and _____ bandaging
- Loosen bandages only if they are _____ circulation

Nosebleeds:

- Lean _____
- Pinch soft part of the nose

Abdominal Wounds Risks & First Aid:

- Severe _____
- _____ abdominal organs
- Shock
- _____
- If open, position casualty with head, shoulders and knees

- Dress open wounds
 - No organ protrusion – dry dressing
 - Organ protrusion – _____ dressing
- Apply a support bandage
- Get medical help

HEAT INJURIES

Heat Cramps

- Overexertion in hot weather
- Easily _____ with first aid

Heat Exhaustion

- Dehydration through _____
- Loss of fluid results in shock

Heat Stroke

- Core temperature rises dangerously high
- _____

Signs and Symptoms:

Heat Cramps

- Painful muscle cramps, usually in the _____
- Excessive _____

Heat Exhaustion

- _____ – cool, clammy skin
- Dizziness, blurred _____

Heat Stroke

- Skin is hot
- Vomiting, _____ and unconsciousness

First Aid:

- Get casualty out of the heat
- Remove excess clothing
- Give water or sports drinks if fully _____

For heat stroke

- Immerse in cold water or cover with _____ and fan
- Get medical help

COLD INJURIES HYPOTHERMIA

Hypothermia occurs when the body temperature drops below _____
therefore it cannot function properly

Signs & Symptoms:

- _____ - shivering and slurred speech
- _____ - violent shivering, confusion, clumsiness, stumbling and sleepiness (often mistaken for drunkenness)
- _____ - no shivering, loss of consciousness

First Aid:

- cover exposed skin & make sure the _____ is covered
- provide shelter
- _____ wet clothes & insulate from the cold
- monitor _____
- get medical help

COLD INJURIES FROSTBITE

Frostbite occurs when the outer _____ freezes from exposure to the elements

Signs & Symptoms:

- Skin is frozen on the _____
- White _____ look
- Skin firm to touch
- Pain followed by _____

First Aid:

- cover parts with warm hands
- warm by _____ on the part or place in a warm area of body
- try to prevent _____ (dress appropriately)

BURNS

Heat Burns: First Aid

- _____ the burn
 - Cool water (immerse, pour, wet cloth)
- Cooling will:
 - Reduce _____, reduce _____, reduce _____
- When pain has lessened:
 - Cover _____

- _____ dressing but do not _____ completely
- Seek medical help

Chemical Burns: First Aid

- Corrosive chemicals continue to _____
- Do a scene survey and _____ immediately (while removing contaminated clothing)
- If chemical is dry, _____ off but DO NOT use bare hand
- Flush area for 15 to 20 minutes
- Cover with a _____ bandage
- Seek medical help

Electrical Burns: First Aid

- Very serious: _____ degree burns where electrical current _____ and _____
- Scene Survey: cut off electrical _____
- Send bystander for medical help
- Do a primary survey (ABCs) to provide life-saving first aid
 - In the case of cardiac arrest: provide _____
- If there are any other injuries/fractures _____ the limb and provide support
- Continue or give ongoing casualty care until medical help arrives

Radiation Burns: First Aid

IF BURN IS MILD:

- Cool with water
- Use sunburn _____
- Protect from sun
- Don't _____ blisters

IF BURN IS SEVERE:

- Treat as a _____ burn
- If vomiting or fever occurs, seek medical help (signs of _____)

POISON

Can enter the body via:

- _____ (by mouth)
- _____ (gases, paint)
- _____ (poison ivy, insecticides)
- _____ (bites, injections)

First Aid:

- Scene survey & gather info
- Remove casualty from source
- Assess responsiveness
 - If responsive call _____
 - If unresponsive call for medical help & provide First Aid for an unconscious casualty
 - Primary Survey (ABCs - be aware of the risks related to poison if AR is required – use a _____)
 - If unconscious and breathing, put into _____ and monitor
 - NEVER INDUCE VOMITING!

