



APPLY GLOVES FOR ALL INJURIES!

BLEEDING YOU CAN SEE:

Severe Bleeding

- Apply firm pressure over wound with clean sterile gauze
- If bleeding persists, add additional dressings and pressure over top of initial gauze, do not remove first layer of gauze
- Watch for signs of shock (pale, weak, faint, dizzy)
- Call 911 if you cannot stop bleeding

Minor Bleeding

- Clean wound with cool water and soap
- Do not use chemical solutions or alcohol to clean wound
- Gaping wounds typically require stitches
- Do not use adhesives (superglue) or tape to close wound
- Watch for signs of infection (redness, swelling, increased pain)

Bleeding from the Nose

- Lean victim's head forward, with gloved hand pinch nostrils firmly with clean dressing
- Call 911 if bleeding will not stop
- Assess for concussion and eye injury

Amputation

- Call 911 and get First Aid Kit
- Stop bleeding with very firm pressure
- Watch for signs of shock
- Apply tourniquet only if bleeding will not stop
- Rinse amputated part with clean water
- Wrap part in sterile gauze, seal in watertight bag
- Keep part clean, dry, cold - not frozen!

BLEEDING YOU CAN'T SEE

- Call 911, get First Aid Kit and AED*
- Ask victim to lie down and keep still
- Watch for signs of shock
- If patient stops breathing, start CPR

HEAD, NECK, AND SPINE INJURY

- Suspect injury if victim fell from height, was hit in the head, or was travelling at high speed
- Call 911 if victim complains of pain in spine or neck
- Stabilize patients head and neck gently
- Only move victim if they are in danger, vomiting, or if needed to check breathing

SIGNS OF CONCUSSION

- Headache, nausea, lightheaded, changes in vision, sensitivity to light or noise, lethargy, agitated, confused, loss of balance, memory, or vomiting
- Transport to nearest Emergency Room immediately
- Call 911 if victim loses consciousness, or has a seizure

EYE INJURY

- Call 911 if there is blood or object in the eye, or if patient was hit hard in the eye or face.
- Rinse eye with saline to remove particles
- Ask victim to sit and cover both eyes
- Watch for signs of concussion
- See an eye doctor if pain or swelling

BROKEN BONES, STRAINS, SPRAINS

- Apply gloves and check for bleeding on skin
- Do not attempt to straighten limbs or joints
- Cover any wounds with clean dressing
- Splint only if needed to move victim
- Pad and protect limb and sling firmly to body
- All bone and joint injuries need an X-ray to determine internal damage
- Follow doctor's orders. Typically rest, ice, compression, and elevation (R.I.C.E.)
- Use pain medications proscribed by physician

BURNS AND ELECTROCUTION:

Small Burns

- Remove from hazard, turn off equipment
- Cool burn immediately with cold water until cool
- Apply gloves, protect burned area from contamination, gently remove jewelry
- Lightly cover burn with sterile dressing
- Do not apply burn cream unless advised
- Call 911 for fire, large burns, or signs of electrocution

Large or Deep Tissue Burns

- If skin is damaged, do not run under cold water
- Remove clothing from around burn if possible
- Call 911, cover burn area with clean sterile gauze

Electrocution

- Turn off power at the source
- Do not attempt to move victim until power is off
- Call 911 and get First Aid Kit and AED*
- Check for breathing
- Stop any bleeding with very firm pressure
- Watch for signs of shock
- Victim MUST be seen by physician if there is any sign of injury, numbness, or concussion.

Fire and Chemical Spill

- Know where to find fire extinguishers, how to activate local fire alarms, and follow pre-planned evacuation routes
- Call 911 and get First Aid Kit and AED*
- Move victims in eminent danger only if safe to do so, do not re-enter buildings or vehicles
- Alert maintenance and security