FIRST AID

EXPOSURE TO BLOOD (or other potentially infectious material)
Do the following Immediately:
• PERCUTANEOUS EXPOSURE: If struck with sharp object contaminated with human blood/potentially infectious material, wash thoroughly with soap & water/Proceed to healthcare facility within 1 to 2 hours of exposure
• SPLASH TO EYES, FACE, MUCOUS MEMBRANES, BROKEN SKIN: Flush area with water
• Proceed to healthcare facility within 1 to 2 hours of exposure
• Always report exposure as soon as possible (within 24 hours) - (See INJURY REPORTING Section)

HEAD / SPINE INJURY:
• Never move someone with possible spine injury unless in life-threatening/immediate danger
• Always seek medical attention

UNCONSCIOUS PERSON:
• Check breathing and pulse/Call for help
• Perform CPR if needed
• Place victim on his/her side, unless possibility of fall/other injury

BLEEDING:
• Minimal bleeding: use disposable gloves, apply direct pressure with clean, dry dressing
• Bleeding after 15 minutes of continuous pressure: seek medical help
• Spurting blood: use disposable gloves, gown, mask, protective eyewear/Appy direct pressure with clean, dry dressing
• Blood soaks through dressing: do not remove it/Appy another dressing on top
• Watch for shock, seek medical attention as needed

SHOCK:
• Make sure victim is breathing/Call for help
• Life-threatening bleeding: apply direct pressure to wound
• Lay victim down/elevate legs 6-8 inches
• Cover victim to keep warm
• Monitor victim until help arrives

SEIZURE/CONVULSION:
• Do not restrain patient
• Protect patient during seizure
• Place victim on his/her side
• Protect victim’s head and limbs
• Do not force anything into mouth
• Seek medical attention
• Seek medical attention

CLOSED FRACTURE:
• Do not move victim unless danger of fire/explosion/life-threatening emergency
• Do not try to set a fracture/straighten injured limb
• Stabilize injured area
• Seek medical attention

SMALL OBJECT IN EYE(S):
• Wash gently with normal saline or flush with water
• Do not rub eye(s)
• Seek medical attention

ELECTRICAL INJURIES:
• Turn power off (never touch victim before turning off power)
• Seek medical attention immediately

DISLOCATION:
• Immobilize joint in position found/Do not try to straighten
• Seek medical attention

FROSTNIP/FROSTBITE:
• Remove jewelry if possible
• Warm affected area with lukewarm water (NEVER hot water) until thawing is complete, but not longer
• Dry heat is not recommended
• Do not rub affected area
• Seek medical attention, especially if blisters occur

HEAT STRESS:
• Get person into shade/cool area
• Loosen restrictive clothing
• Cool person with cool water
• Ice under armpits
• Sips of cool water (Not ice water), only if person is conscious
• Heat Stroke suspected: seek medical attention immediately (this is a life threatening condition)

FOR SEVERE BURN CALL 9-1-1 THEN
PROCEED WITH FIRST AID CARE:
• Severe burn covering large area of body
• Do NOT immerse in water
• Prevent contamination: cover burn with clean, non-adhesive dressing
• Stuck to skin: do not remove clothing
• Take steps to prevent shock
• Lay victim flat, elevate feet 8-12 inches
• Cover with blanket
• Stay/Monitor victim airway/breathing
• Start CPR if needed
• Burns: not deep but cover more than one part of body, seek medical attention

CARE FOR MINOR BURN:
• Use cool water for several minutes, NOT cold
• Wash with soap & water
• Watch for redness, drainage, increased pain, streaking
• Cover burn with clean, dry, loose bandage
• Do NOT use ointment unless minor burn
• Do NOT break blisters