



CPR First Aid Outline

Scene Safety _____	Survey the scene to make sure everything is safe before giving first aid, you may need to make a scene safe.
Universal Precautions _____	Make sure to have a fully stocked up first aid kit with gloves and mouth to barrier devices dressings, bandages etc.
Patient Assessment _____	Check A .irway B .reathing and C .irculation, make sure to deal with more serious emergencies first.
Control of Bleeding _____	Apply pressure with dressing, use elevation if possible, use tourniquet to cut off circulation if needed. wrap with bandage
Shock _____	Victims in shock must receive emergency care as soon as possible to prevent death. Call 9-1-1. While waiting for emergency services.
Musculoskeletal Injuries _____	Stabilize the affected body part only if doing so does not cause additional pain; do not try to force a deformed joint back into place as this may cause further damage.
Burns _____	First degree- cool the burn with cool running water for 10-20 minutes, or apply a cool wet compress. More Serious burns call 911
Chest Pain _____	If you have a well-stocked first aid kit, have the victim chew an adult aspirin or 2 baby aspirins (unless allergic). This can help reduce blood clotting which is a cause of heart attack.
Respiratory Emergencies _____	Choking - (Heimlich Maneuver) abdominal thrusts, Asthma Attacks (find Inhaler) help to give treatment.
Stroke _____	Call 9-1-1. This is your priority action. Be sure you tell dispatch that you suspect stroke (F)ace (A)rm (S)peech (T)ime
Seizures _____	Roll The victim on their side and put something under their head, if the seizure lasts longer than 3 mins call 9-1-1
Diabetic Emergencies _____	#1 is to raise the sugar level in the blood by giving something sweet like fruit juice candy or even a sugar packet.
Poisoning _____	Call 1-800-222-1222 the poison control line and speak directly to a doctor that will help you with next steps
Hyperthermia (Heat Exposure) —	The most you can do is cool the body down, loosen clothing, find shade give water and cool drinks, ice bath if needed
Hypothermia _____	The most you can do is warm the body up, blankets , heaters, remove wet clothing, give warm liquids
Foreign Bodies _____	Most commonly, foreign bodies are found in the ear, eye, nose or skin. try to remove with tweezers depending on what type of foreign body it is. an insect will crawl into an ear seeking the warmth try to be as preventative as possible.
Traumatic Tooth Loss _____	Attempt to place the tooth back in its socket. Bite down gently on a piece of gauze or moistened paper towel
Bites and Stings _____	Clean the wound thoroughly with soap and water and apply a thin layer of antibiotic cream. Cover with a bandage.
Anaphylaxis _____	Anaphylaxis is a severe allergic reaction that can rapidly cause death if not immediately treated check to see if he/she is carrying an EpiPen, if possible apply by sticking epinephrine pen into the outer part of thigh, continue to rush to hospital.