

First Aid & Accident Prevention

Sprains vs. Strains

■ Sprains:

- Severe stretching or tearing of tendons, muscles, or ligaments surrounding a joint
- Caused by sudden twisting or wrenching movement resulting in pain, swelling, and impaired movement



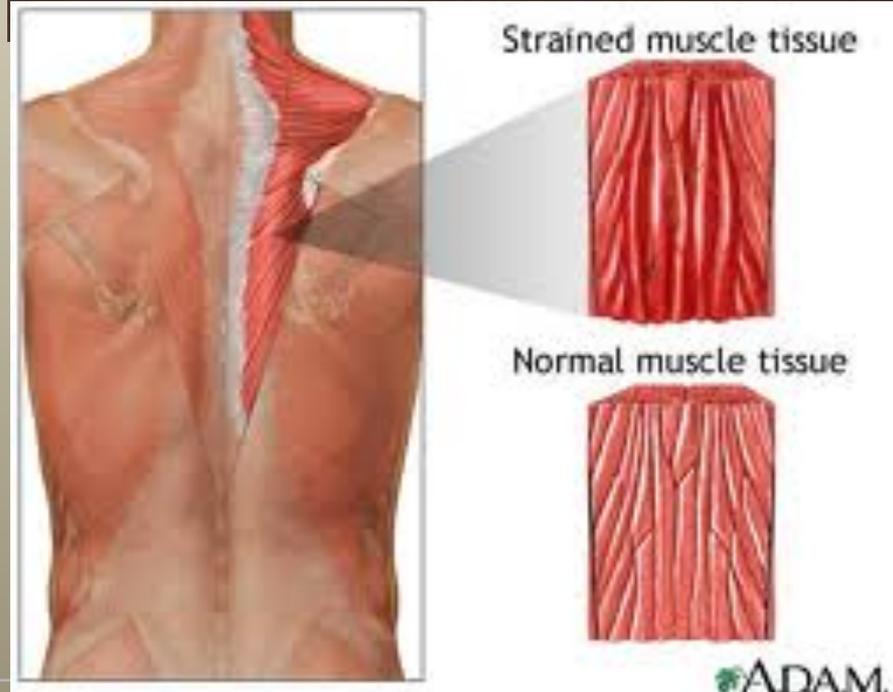
How to care for sprains:

- **Splinting** –
 - Immobilizing the area to prevent further damage
- **R. I. C. E.**
 - Rest
 - Ice
 - Compression
 - Elevate



Strains

- When a muscle or tendon that attaches to the bone is overstretched or torn. Muscle strains are also called pulled muscles.
- The muscle is strained either because it is not properly warmed up before the activity. Many muscle strains occur during exercise or sports activities. They can also occur when lifting heavy objects.



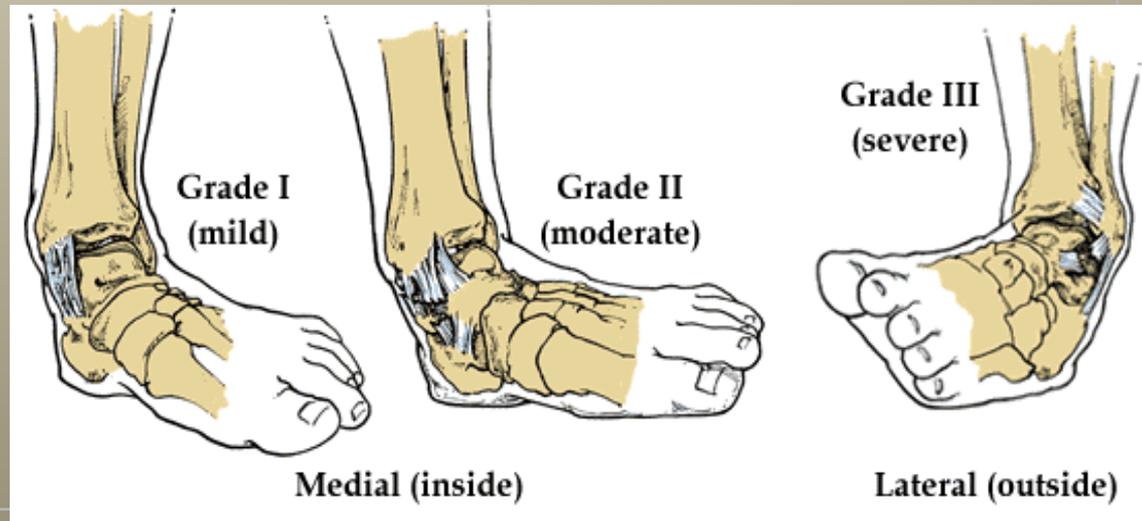
Strains

Classified in Grades:

- 1 – local pain and minor loss in strength
- 2 – similar to grade one, but more severe loss of strength
- 3 – severe loss of muscle use and palpable defect in muscle

Care for strains:

- R. I. C. E.



Other Injuries:

- **Bruises:**

- damage to soft tissues and blood vessels causes bleeding under the skin

- **Scrape:**

- caused by skin that has been rubbed or scraped away exposing nerve endings

- **Avulsion:**

- jagged or smooth edged incision do to sharp-edged objects or a blow from blunt object splits the skin

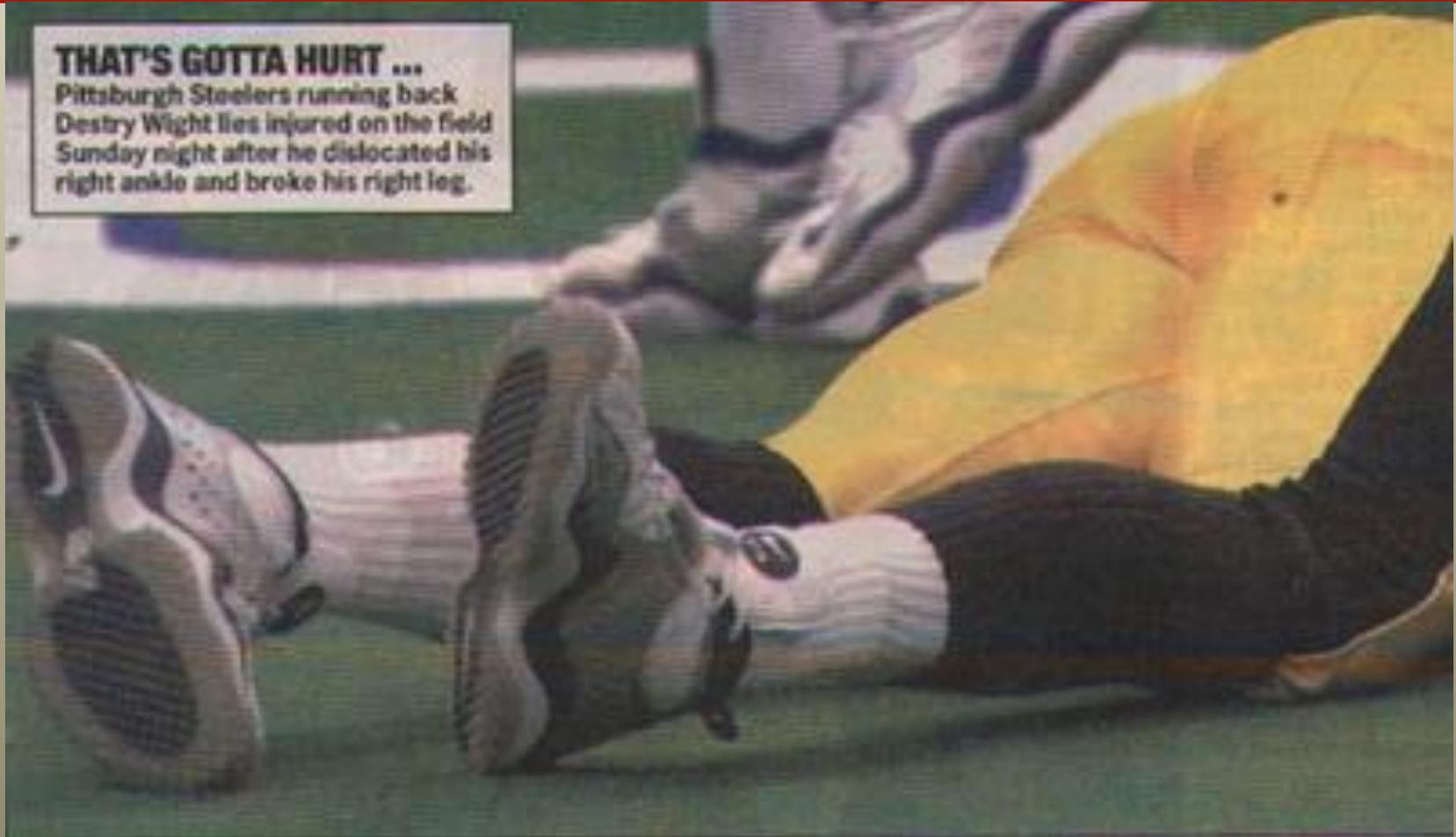
- **Puncture:**

- caused by a pointed object piercing the skin

Injuries to Bones

THAT'S GOTTA HURT ...

Pittsburgh Steelers running back Destrý Wight lies injured on the field Sunday night after he dislocated his right ankle and broke his right leg.



Types of Injuries:

■ Fracture –

- A partial or complete break in the bone
- Several different types
 - Most require cast/immobilization for several weeks and possibly surgery

Simple fracture



Comminuted fracture



Open fracture

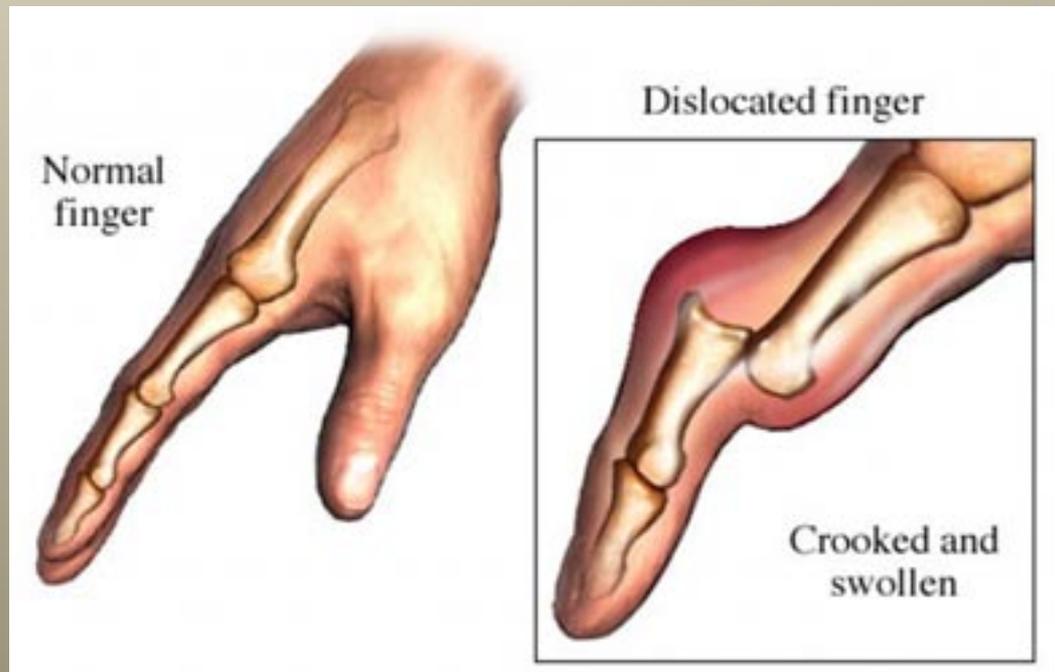


Types of Injuries:

■ Dislocation –

- Caused by overstressing or excessive twisting of a joint

- Most require medical treatment, physical therapy—maybe more attention depending on the injury





Types of Burns

■ 1st Degree

- **Appearance:** red and sensitive; some swelling
Ex: sunburn

■ 2nd Degree

- **Appearance:** redness, swelling, blisters

■ 3rd Degree

- **Appearance:** redness, swelling, peeling skin, blisters, white or charred skin—may or may not be painful depending on nerve damage



First Aid for Severe Burns

- Call 911
- Remove the victim from the source of the burn if you can do so without causing injury to yourself.
- Check victim's breathing and consciousness. (be prepared to give rescue breathing & CPR...if necessary)
- Pour Cold Water over the burn to cool it down and reduce the pain
- Continue cooling the burn until help arrives
- If possible cover the burn with a clean cloth to minimize infection. Do **NOT** apply any ointments.

✚ Responding to Emergencies ✚

■ Emergency Action Plan

- 1. **CHECK** (is the scene safe? Bystanders? “Check” the victim?
 - Severe bleeding? Unconsciousness? Breathing difficulties?
- 2. **CALL** (call 911 immediately if a victim shows a life-threatening condition) (when in doubt.....CALL!)
- 3. **CARE** – be prepared to act quickly to provide First Aid.



CHECK



CALL



CARE



Universal Safety Precautions

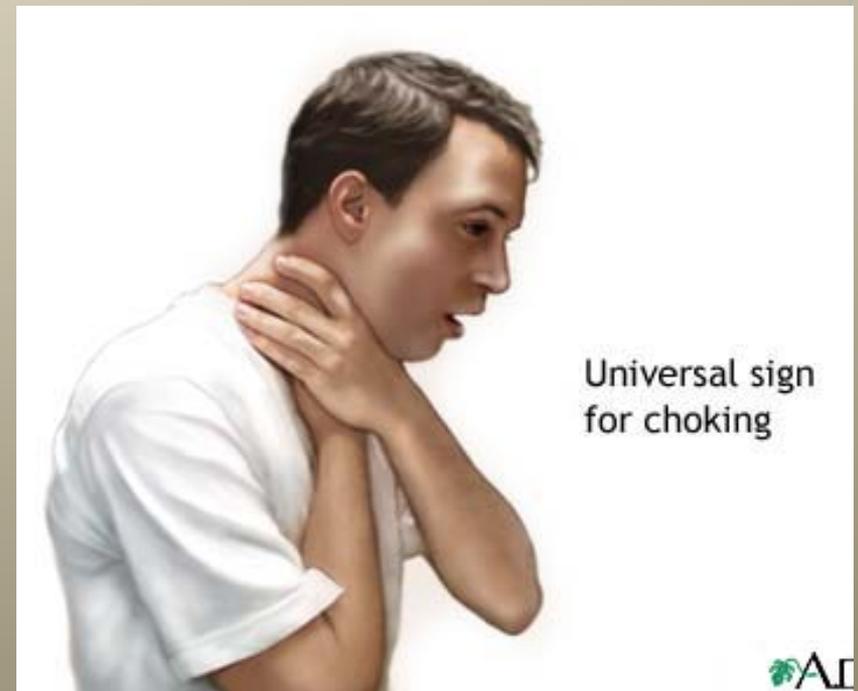


- Wear disposable gloves whenever there is a chance that you will come into contact with body fluids
- Use a plastic face shield or mask with a one-way valve while you perform rescue breathing.
- **“Good Samaritan Laws”** – Most states have laws to protect/prevent the rescuer from being sued if complications arise.



Choking

- You're at a restaurant when suddenly a person at a nearby table starts gasping for air? What would you do?
- Do you know the Universal Sign for Choking?
- **Heimlich Maneuver** – applying abdominal thrusts to push air from the lungs up and out of the victim's airway with enough force to expel the object.



Place one fist just above the person's navel with your thumb against the abdomen



Cover your fist with your other hand and thrust up and in with sufficient force to lift the victim off his feet



Place one fist just above the child's navel with the thumb side facing the abdomen



Do not thrust hard enough to lift the child off his feet



Frostbite

CALL 911 FIRST! & move out of the cold!!!

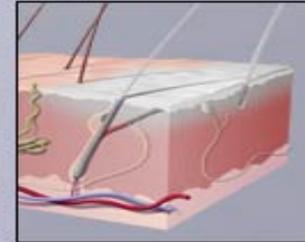
First Aid:

- Remove all wet clothing or jewelry
- Handle the affected area gently...avoid rubbing the area
- Slowly re-warm the area. Gently soak in 100-105 F water
- Wrap in a dry blanket or towels
- Keep frostbitten fingers and toes separated with clean cloth
- Avoid breaking any blisters

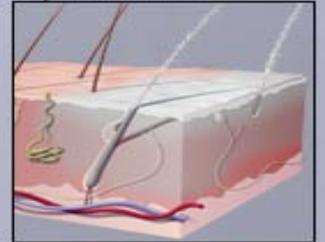


Frostbite

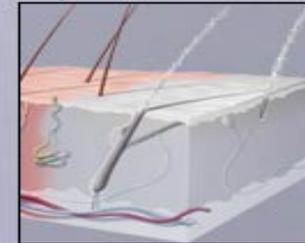
Frostnip



Superficial frostbite

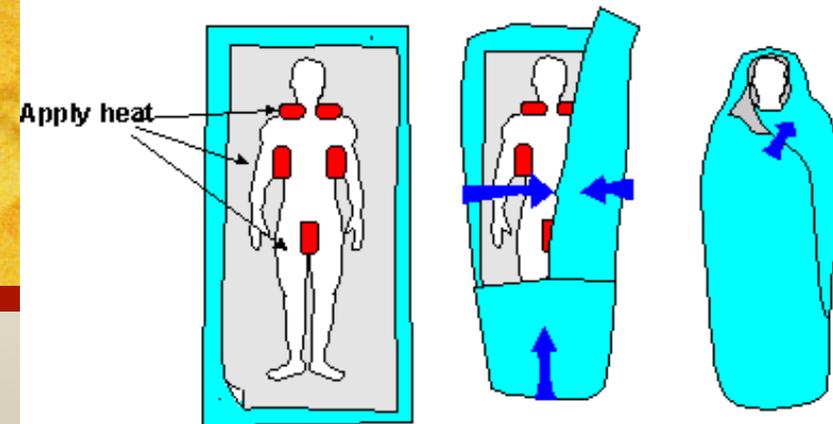


Deep frostbite



Hypothermia

Hypothermia Wrap



First Aid:

- Warm the body gradually by wrapping the victim in blankets or dry clothing
- Apply hot water bottles or heat sources in a towel to the victim's body. (gradually apply heat!!)
- If conscious/alert – give warm liquids
- Monitor breathing and consciousness until medical help arrives.

Animal Bites & Insect Stings



- Wear disposable gloves, wash thoroughly with clean running water.
- Control any bleeding with pressure
- Apply a clean, dry dressing
- Seek Medical Care
- **Snakes** – same as above – immobilize the affected area & minimize movement. Get medical care within 30 minutes
- **Insect Stings** – remove the stinger if it is visible by scraping it off with your fingernail/credit card. Do not remove with tweezers. Wash and cover the wound. Apply cold pack wrapped to the site of the sting. Watch for signs of an allergic reaction – IF so....dial 911! Monitor victim's breathing.



Heat Exhaustion

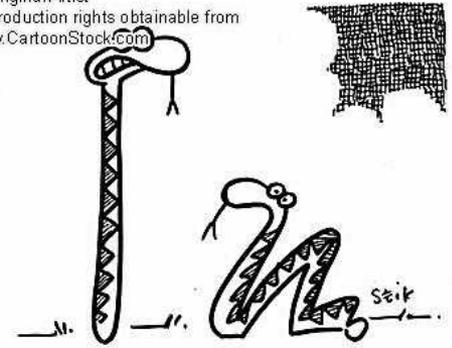
First Aid for Heat Exhaustion:

- Help move the victim to a cool or shady location
- Loosen or remove any tight clothing
- If victim is conscious and alert, give fluids to replace fluids lost in sweat
- Cool the victim's body by wrapping it in water-soaked towels/sponge or spraying cold water on the victim.



Heat Stroke

- Body systems are so overheated that they stop functioning
- Symptoms: Confusion, red/hot/dry skin, inability to drink or vomiting, shallow breathing, seizures or unconsciousness



Muscle Cramps

First Aid:

- Stretch out the cramping muscle to counteract the cramp
- Massage the muscle firmly, but gently
- Have the victim drink plenty of fluids
- Seek medical help if the cramps persist

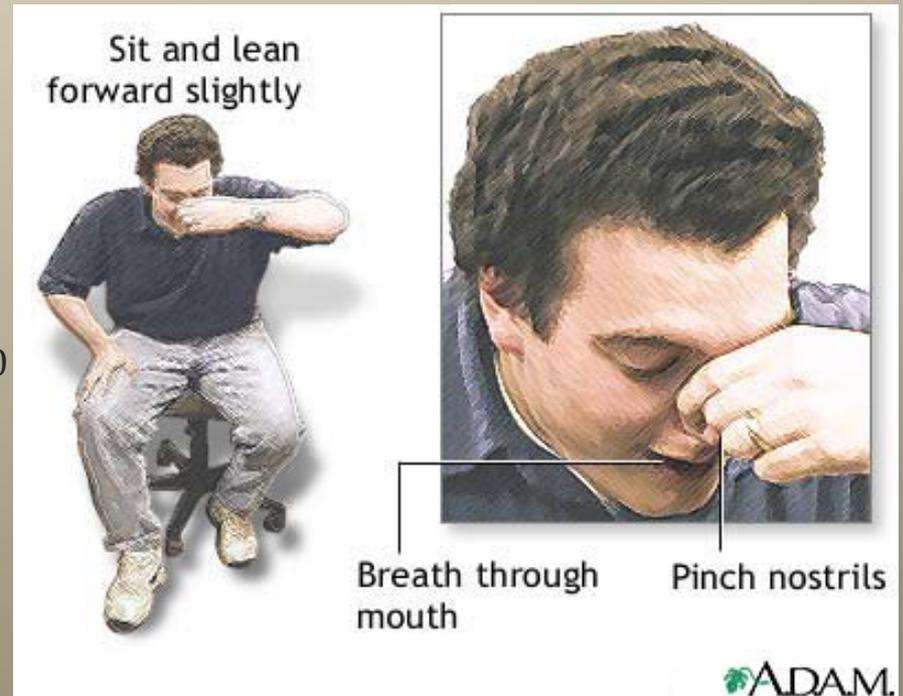
Lack of Potassium can increase muscle cramping.



Nosebleeds

First Aid:

- Sit Down & Lean forward
 - Clear blood from the nostril
- Breathe through the mouth & apply pressure by pinching the nostrils closed for 10 minutes
- Avoid coughing, spitting, or sniffing (prevents clotting)
- After 10 minutes – check to see if it has stopped bleeding (if NOT....apply pressure for another 10 min.)
- Avoid blowing your nose (could cause another bleed)
- If the bleed will NOT stop and victim is having trouble breathing – call 911.

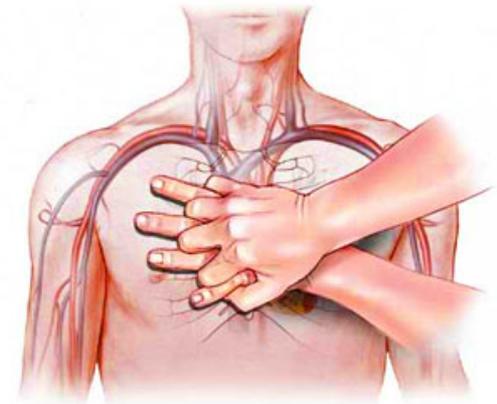


Swallowing Poisons

- Call 911
 - Operator may connect you to **Poison Control Center** (medical personal will provide assistance)
- If the victim is conscious, ask what was swallowed so you can relay that information to the medical professionals
- Monitor the victims airway and breathing. Be prepared to perform rescue breathing or CPR, if necessary.
- Do not induce vomiting. Do **NOT** give the victim anything to eat or drink unless the emergency operator tells you to do so.

Rescue Breathing & CPR

- **CAUTION** – you should **NOT** perform CPR unless you have received CPR training
- Take advantage of the opportunities to learn an approved Emergency Response Care Technique (*CPR, Rescue Breathing, AED Training, etc*).
- These classes/courses are frequently offered throughout the area.



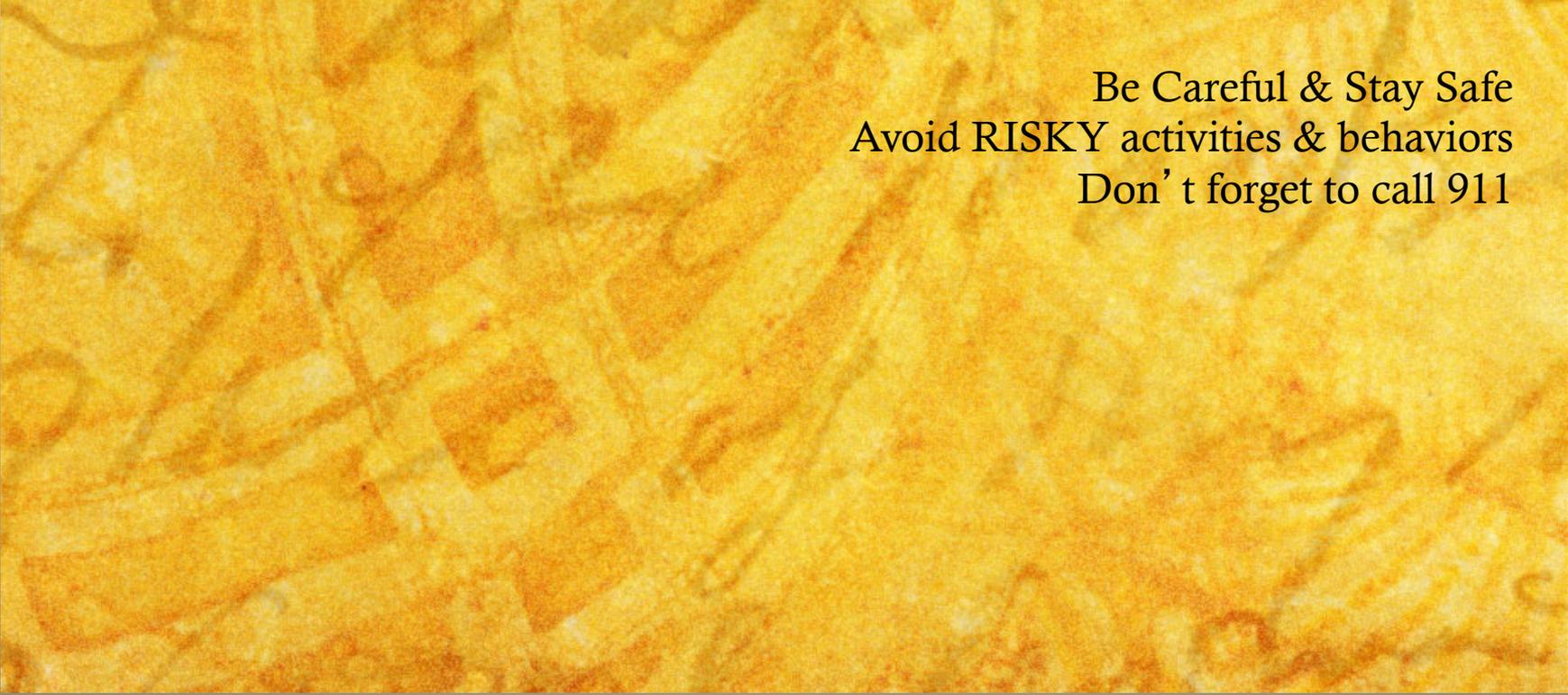
Using an EpiPen

- Some people with severe allergies carry these lifesaving devices.
 - (EX: severe peanut allergies, bee stings, etc).
- They are not universal for everyone – only people who have severe allergies and have these prescribed to treat a severe attack. You must have a prescription to obtain an EpiPen
 - **Never use an EpiPen on yourself without prior approval from a doctor.**
- It releases a drug Epinephrine into the bloodstream, helping the body survive a serious allergic attack
 - Danger – can cause a very rapid heartbeat





THE END



Be Careful & Stay Safe
Avoid RISKY activities & behaviors
Don't forget to call 911