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First Aid (Quickstudy: Health)

EMERGENCY NUMBERS
EMERGENCY RESCUE - 911
FIRE
POLICE

HOW TO CALL FOR HELP
Stay calm. During the initial effort, control the victim, maintain communication with emergency medical personnel and ensure that you have an exit route.

When calling for help, give:
• Precise location, address, and telephone number from where you are calling, if the address is unknown, look around for landmarks, directions or street names
• The nature of the emergency or injury
• The number of people involved
• Name
• Age and gender of victim involved

BROKEN/DISLOCATED BONES & FRACTURES
Treatment:
• Seek medical attention
• If victim must be moved, immobilize the injured area first
• If an arm or leg is involved, splint the part in the position in which it was found before moving the victim to the next step to immobilize the limb
• Use rolled towels or towels ground the ends to fill stretch bands
• If it is an open fracture, cover where the bone breaks through the skin, control bleeding with "bleeding Wounds" page 21

COMMON AILMENTS
Foreign Matter in Eye
Symptoms:
• Irritation, redness, pain
• Unable to open eye
• Blurred vision
Treatment:
• Flush eye with water or eye wash
• Rub eye to see if matter is removable
• CAREFULLY remove with corner of a folded towel; if unable to remove, seek medical advice
• If irritation persists or eye is irritated with pain or discharge, seek medical advice
• If severe pain, difficulty to open eye, or if red persists, visit go to E.R.

Black Eye
• Apply a cold compress to reduce swelling and pain
• If pain persists, or visual problems develop, go to E.R.

Nosebleeds
• Sit upright, leaning slightly forward
• Pinch nostrils for 10-15 minutes
• Do NOT tilt your head
• If bleeding continues, apply ice pack to bridge of nose or back of neck, or apply pressure to upper lip

LYME DISEASE
Symptoms (caused by the bite from a deer tick)
• Red, bull's-eye shaped rash that increases in diameter
• Joint aches and stiffness
• Fatigue
• Headache
• Fever
• Neck and joint pain
• Nausea
• Swollen lymph nodes
• Stiff neck
Treatment:
• If suspected, seek medical attention; there is no effective home remedy

QUICK TIPS
• Submerge a bag of frozen vegetables in an ice pack
• For use on a remarkable bag and wrap in paper towel or cloth
• Do not use cotton pads over wound
• Use a clean cloth to dry the wound
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Earache
• Hold a hot water bottle or heating pad against ear
• Control pain with over-the-counter medications
• Consult physician if pain persists, is severe or accompanied by fever

Toothache
• Rinse mouth with warm salt water to reduce any food debris
• Take over-the-counter medications for pain
• Apply ice pack to face
• Do not place aspirin directly on the tooth
• A topical anesthetic may be applied for temporary relief
• See the dentist as soon as possible

Loss of Permanent Tooth
• Rinse tooth gently, do NOT scrub to clean out
• Try to reinsert the tooth into socket
• If you cannot reinsert the tooth, place in a container of milk
• See dentist or E.R. WITHIN ONE HOUR



Synopsis

Symptoms, treatment and tips for wide range of medical emergencies. Great for home use or the professional as a quick reference or refresher.

Book Information

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Customer Reviews

Bought this for my boss as he was a basketball coach this year and thought it might come in handy...and it did! It's format is good and the instructions are very easy to follow while still being detailed enough to be useful. Thinking of getting one for my summer cottage...just in case!

Very good first-aid information. A bit large to hang on the refrigerator, but it's laminated so it should last years.

I selected this product for its handy use and expedited references in first aid. The product was shipped as promised and is a welcome addition to my first aid kit.

Awesome, use it in my job to help in case I need a refresher. Love to have something easy to look at and reference if need be.

I just added it to my first aid kit and I just finished a company level training

Thank you for the first aid chart. It is very informative and it is just what I needed. Thank you again.

Very good charts to have on hand ,they are laminated and can be wiped off if soiled they are great

I have got it on time as expected, it is Great to have it. Looking forward to purchase again soon.

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