

MAFES Dawg Tracks



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Basic First Aid



No matter how much time we spend on safety meetings, newsletters, and other avenues of media to get the point across of working safely, unforeseen and unplanned accidents or incidents shall happen!

Many times when these accidents or incidents do happen, administering the proper first aid can sometimes improve the victim's chances of survival and a good recovery.

RESCUE BREATHING for an ADULT:

If the victim is unconscious, perform rescue breathing. If their heart has stopped beating, start CARDIOPULMONARY RESUSCITATION (CPR). When you may be in doubt whether it is needed or not, start the CPR.

When breathing stops, and the lips, tongue or fingernails turn blue, the person needs immediate help. If you have any doubt about their condition, ask them if you can help by starting CPR. Delays of rescue breathing may cost the victim their life. Start immediately! Seconds count!

TEN STEPS TO ASSIST AN ADULT WHO HAS STOPPED BREATHING:

- Does the person respond? Tap or gently shake them and ask, "Are you okay."
- Look around to see that the area is clear of obstacles that could cause further harm.
- Ask an individual to call 9-1-1 or call yourself, if there is no one around.
- Get the victim on their back, very carefully, if they aren't in this position already.
- Tilt the head back and hold under the chin to open their airway. Check for any obstructions in the mouth that might need to be cleared.
- Check for their pulse on the side of the neck, approximately for 5 to 10 seconds.
- If no pulse, give 2 full breaths (with head tilted and fingers pinching the nostrils to keep them closed.)
- With one hand flat on top of the other and positioned at the base of the sternum, do 30 repetitions of hand depressions and look at the abdominal region for breathing.
- Repeat 2 full breaths and chest depressions until the victim regains the ability to breathe on their own or until the ambulance and the EMTs' arrive (Emergency Medical Technicians)

Remember that if needed for cleaning the mouth, use a "log roll" to turn the victim on their side and also, if you need to go for help, move the arm in a "v" and the top leg in a "v" for use as a kick stand. The victim can remain in this position approx. 30 min. (long enough for you to get help).

For infants and small children, follow the first 4 steps above. On the fifth step, cover the child's mouth and nose and give 2 small breaths. Check for a pulse and call 9-1-1.

SHOCK:

Shock usually accompanies severe injuries or emotional stress. Signs of shock include cold and clammy skin, pale face, chills, confusion, frequent nausea or vomiting, and shallow breathing. Until emergency help arrives, have the victim lie down with their feet and legs elevated. Keep the victim covered to prevent chills or loss of body heat. If the victim is able to swallow or doesn't have an abdominal injury, give them nonalcoholic fluids.

BLEEDING:

Until emergency help arrives, try to control the bleeding. When possible:

- Put on rubber or latex gloves. (if gloves aren't available, use a clean plastic bag to cover your hands).
- Control bleeding with hands or fingers at the nearest pressure point. Place a clean thick pad or bandage (if available) on the wound and apply pressure. If white cloth isn't available, use anything that is available and clean, but no paper products.
- If there are no apparent broken bones, raise the wounded part above the body to slow the bleeding and possibly avoid shock.
- Use pressure as far as possible to control bleeding. You should only apply a tourniquet as a last resort. The possibility of crushing tissue, damaging nerves, and blood vessels can cause permanent damage.
- Get the victim medical help as quickly as possible.

BURNS AND SCALDS:

Until medical help arrives -

- Immerse the burned are in tap or cool water, or apply cool, moist towels. (Refrain from using ice as it might do more damage to the affected area).
- Continue this pattern until help arrives. (Avoid bursting any blisters). Do not use any ointments, powders, or greases.
- For more sever burns, keep the victim quiet, and treat them for shock.
- If any clothing is stuck to the body or body parts, remove it slowly and carefully.
- Chemical burns - Flush the area with plenty of water and keep the exposed area covered with a clean cloth.
- Give the victim plenty of water or non-alcoholic fluids, assuming that they can swallow.
- Get the victim medical attention as quickly as possible.

Other factors involved in first aid shall be discussed in the next weeks issue. The issues above can very well happen in our workplace.

**STOP ACCIDENTS BEFORE THEY
STOP YOU !!**