

MAFES Dawg Tracks



July 23, 2007

Basic First Aid II



We shall continue to discuss other safety precautions as a continuation of the July 16, 2007 newsletter.

We mentioned last week that no matter how we prepare and all the precautions that we try to take and convey, accidents or incidents would sometimes happen, usually at the most inopportune times. First aid administered at the scene of an accident can improve the victim's chances of survival and a good recovery. The right response is always better, but any response is better than nothing at all. With that said, we shall discuss some other precautions to use in case you are faced with one of these dilemmas,

Unconscious Victims:

If the victim is unconscious, perform rescue breathing (explained in July 16, 2007 issue, last week.)

If the victim's heart has topped beating, start cardiopulmonary resuscitation (CPR) if you are trained. If not, we can organize classes (free) to teach you CPR and first aid.

Broken Bones:

For fractured limbs, take the following precautions until emergency help arrives:

- Place the injured limb in as natural a position as possible without causing discomfort to the patient.
- If you are moving the victim to a medical facility, protect the injured limb from further damage by applying splints long enough to extend above and below the fracture. Use firm material like a board, pole, or metal rod for the splint.
- Pad the splints with a soft material or clothing to avoid injuring the skin.
- Fasten the splint above and below the break and a couple of other points for stability.
- Use a pressure bandage to control the bleeding.

For serious fractures involving injuries to the body, neck or back, observe the following:

- Do not move the victim without medical supervision, unless it is absolutely necessary, and then only when the proper splints have been applied.
- If a victim with a suspected neck or back injury must be moved, keep the back, head, and neck in a straight line, preventing them from being twisted or bent during the movement. Use a body board or stretcher to support the victim, if one is available

ALERT TODAY –

ALIVE TOMORROW!!

Ted Gordon – Risk Mgmt. / Loss Control Mgr.

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Excerpts:www.redcross.org /medic corp

Spinal Injuries:

Take special care when helping a spinal injury victim. Any damage done to the spinal cord is permanent, because nerve tissue cannot heal itself. The result of nerve damage is paralysis or death.

- Do not move the limbs or body of a victim with a suspected spinal injury unless the accident scene is such that there is imminent danger of further injury, or unless it is necessary to establish breathing.
- The victim's body should be stabilized to prevent any movement of the head, neck, or body. Always be aware that any movement of a victim with spinal injury may result in paralysis or death.
- If the victim must be moved, keep the neck and torso of the body as straight as possible and pull in a direction that keeps the victim's spine in a straight line. Pull the body from the feet or shoulders (using both feet, both shoulders, or both arms pulled over the shoulders.
- It is also possible to pull a victim by their clothing. Grab the victim by the collar of the shirt and support the victim's head with your forearms while pulling. The clothes drag is preferred because the victim's head is supported while being moved.
- When giving patient care, it may be necessary to roll the victim over on his or her back to clear an airway or evaluate breathing. When rolling the victim over, the head, neck, and torso should be moved together so that no twisting occurs.

~ REMEMBER, THE FIRST RESPONSE TO AN ACCIDENT IS THE MOST IMPORTANT – BE PREPARED – KNOW WHAT TO DO.

~ KEEP A SHOCK VICTIM COVERED TO REDUCE HEAT LOSS.

~ TRY TO STOP THE BLEEDING BY APPLYING PRESSURE TO THE WOUND.

~ DO NOT REMOVE A VICTIM WITH A SPINAL INJURY UNLESS FURTHER DANGER IS IMMINENT.

~ ALL THE 50 U.S. STATES AND SOME FOREIGN COUNTRIES HAVE ADOPTED “GOOD SAMARITAN” LAWS THAT PROTECT YOU IF YOU ARE TRYING TO HELP IN AN EMERGENCY. THESE LAWS FURNISH STRONG LEGAL PROTECTION IF YOU ACT PRUDENTLY AND WITHIN THE SCOPE OF YOUR TRAINING.

**THE BEST SAFETY DEVICE IS A
SAFE WORKER!**

A SAFER YOU MEANS A SAFER US!