

# MAFES Dawg Tracks

February 27, 2017



MISSISSIPPI STATE UNIVERSITY™  
MS AGRICULTURAL AND  
FORESTRY EXPERIMENT STATION

Basic First Aid II

As mentioned in the last letter, we shall continue to discuss other facets of first aid. Again we shall emphasize that no matter how much we prepare and expound on the importance of good safety habits, through the various form of media available to us, accidents are bound to happen when you least expect them.

One important thing to remember about accidents is, when one occurs, the faster one can determine the necessary treatment the better the victim has a chance of survival and a good recovery. With the above comments being said we shall discuss some other first aid tips and precautions:

## UNCONSCIOUS VICTIMS-

If the victim is unconscious, perform rescue breathing (CPR) (explained in the previous issue-February 20, 2017). If you aren't able to perform CPR, try to find a person who is able. As mentioned before, we encourage everyone to go through the first aid/CPR class to be certified. We offer courses during the year at no cost to MAFES/MSU-EXTENSION employees.

## BROKEN BONES-

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

- Place the injured limb in as natural a position as possible without causing discomfort to the victim.
- 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 splint with a soft material or clothing to avoid injuring the skin.
- Fasten the splint above and below the break and a couple of other places for stability.
- Use a pressure bandage to stop 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 only then 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 bent or twisted during the movement. Use a body board or stretcher to support the victim, if one is available.

## SPINAL INJURIES-

Extra care is required when helping a spinal injury victim. Any damage done to the spinal cord is permanent, because tissue does not 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 a spinal injury may result in paralysis or death.
- If a victim has to 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 forearm 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, 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 United States and some foreign countries have adopted "Good Samaritan" laws that protect you if you're trying to help in an emergency. These laws furnish strong legal protection if you act prudently and within the scope of your training.

**ALERT TODAY <>**

**ALIVE TOMORROW <>**

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MAFES/MSU-Extension (662) 566-2201  
Excerpts: [www.redcross.org](http://www.redcross.org)  
Medic Corp.  
10/27/2016

**IT'S BETTER TO LOSE A  
MINUTE IN LIFE  
THAN  
TO LOSE A LIFE  
IN A MINUTE**

XXXXXXXXXXXX  
**SAFETY FIRST MAKES A  
LASTING IMPRESSION**