


EMERGENCY FIRST AID

ABC'S OF IMMEDIATE FIRST AID ACTION

A Open the Airway **B** Check for Breathing **C** Check for Circulation


MOUTH TO MOUTH RESUSCITATION


1  Place victim on his/her back. Place fingertips of one hand under the bony part of the chin. Open the airway by tilting the forehead back and lifting chin (head tilt-chin lift maneuver). If spinal injury is suspected, use chin lift technique only. Check mouth for loose objects and remove with gloved hand.

2  Maintaining chin lift, place your ear close to the victim's mouth and nose. Look at victim's chest to see if it rises and falls. Listen and feel for about 5 seconds for air to be exhaled. If no air exhaled, pinch nostrils shut and make a tight seal around victim's mouth. Give two slow (1.5 to 2 seconds per ventilation) complete breaths.

CHOKING

If choking victim can cough, speak or breathe, do not interfere. Call a paramedic. **IF VICTIM CANNOT BREATHE:**

1  Stand behind victim and put arms around victim's waist. Make a fist, placing thumb side against victim's abdomen between navel and rib cage.

2  Grasp fist with other hand and give up to 5 forceful upward thrusts. Repeat until object is dislodged.

SEVERE BLEEDING

1  Place clean compress over wound and apply direct pressure.

2  When bleeding slows, apply pressure bandage. Do not cut off circulation by tying bandage too tightly.

FRACTURE

1 Do not move victim.
2 Pad area around fracture with gauze or other material. Splint injured area in the position found.
3 Treat for shock, being careful when handling injured area.

BURNS

1 Hold burn under cold running water, or apply a cold compress or Water-Jel[®], if available.
2 Cover burn with clean bandage.
3 DO NOT treat burns with grease or butter.

EYE INJURY

CHEMICAL BURNS OF THE EYE:

1  Flush eye with Eye Wash or clear water for 15 minutes.

OBJECT IN THE EYE (PARTICLE):

1 Do not rub eyes.
2 Pull eyelid over eye and hold to cause tearing. Tears will normally cause object to wash free.

3  If above procedure is unsuccessful, hold eyelid up and have victim look downward.

4  Place a cotton tip applicator horizontally across the eyelid and hold back over stick.

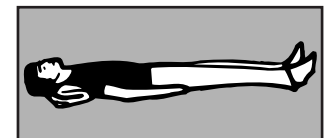
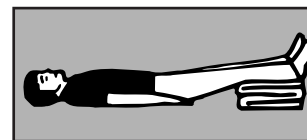
5  Carefully remove object with damp, clean cloth.

ELECTRIC SHOCK

1 If possible, turn off electric power. Remove victim from source of shock using stick or other non-conductive object.
2 Begin mouth to mouth resuscitation if breathing has stopped.
3 Call for medical assistance promptly.

SHOCK DUE TO INJURY

1 Clear the airway.
2 If face is pale, elevate the feet.
3 If face is red, elevate the head and shoulders.



4 Keep the victim warm.

YOUR LOCATION

WorkMates™

**EMERGENCY
TELEPHONE
NUMBERS**

911 (activates Paramedic, Police, Fire)

Physician _____

Poison Control Center _____

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