Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 7/8th Health Ed.

Section: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Study Guide Packet



**Unit Essential Questions:**

1. What are the action steps to take when responding to an emergency situation?

2. What specific procedures should be done for various injuries until trained

professionals arrive?

**Emergency Action Steps**

**1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **the scene**  Is it safe for you and the victim?

**the victim 1. conscious or unconscious**

(awake) or (not responding)

**2. ABCs**

(airway, breathing, circulation)

**2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for help (911)**

Tell the operator….

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do NOT hang up until told to do so.

**3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the victim until help arrives.**

**\***Treat life threatening problems first: breathing, pulse and severe bleeding.

\* Never move the victim unless necessary.

**Precautions when giving care…** (textbook p. 494 top)

1. Wear disposable gloves

2. Use a face mask when giving rescue breathing

3. Wash your hands when finished

**Caring for Shock**

Because a person can go into shock from any injury as soon as you can:

1. **Have person** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (keep lying flat)

2. **Maintain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** (if person is cool, cover to keep warm)

3. Do not give anything to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Page 2**

**Choking Emergencies** (p. 496-497)



**A person may be choking if:**

1. Can NOT cough, speak or breath.

2. Grabbing their hand to their throat

**Coughing forcefully** **Coughing is weak or wheezing sounds**

Allow them to continue coughing START FIRST AID

and watch carefully

**First Aid for Choking in Adults & Children**

1. **Check the scene and the person**

2. **Get consent to help (**“I am trained in first aid. May I help you?”)

3. **Have someone call 911**

4. Bend the person forward and **give 5** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

5. **Give 5 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

place your fist just above the belly button & give quick, upward thrusts

**Continue until the object is freed, person can breathe or the victim**

**becomes unconscious**.

# First Aid for Choking Infants ….. same steps as adults, but hand positions are different

1. **Give 5 back blows -** hold the infant face down on your forearm

2. **Give 5 chest thrusts –** infant is face up, use 2 fingers in the middle of the chest

\***Continue repeating the steps until: 1. the object is free**

**2. infant breathes or cries**

**3. help arrives**.

\*Use a chest thrust on pregnant women or someone you can not reach around.

\* If you are alone - give yourself abdominal thrusts or forcefully lean over a chair

**Page 3**

**CPR** – **Cardio Pulmonary Resuscitation**

\*Brain damage or death can occur within 6 minutes if the brain does not receive oxygen.

Causes of respiratory emergencies may include:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_­\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Steps for giving CPR**: for Adults & Children over 8

**1. Check scene & person**

**2. Check for responsiveness** (tap shoulder & “Ask are you OK?”)

**3. Call 911**

**4. Open airway**



**5. Check for breathing** (not longer than 10 seconds)

**6. Quick scan for severe bleeding**

**7.** If no breathing, **Give 30 chest compressions**

**8. Give 2 rescue breaths**

**9. Continue cycles of compressions & breaths**

…until there are signs of life, AED is ready, trained help arrives,

or you are too exhausted to continue

\*7. If person is breathing, give CARE based on conditions found

***\*\* If you can NOT do the breaths… continue giving only the chest compressions***

***\*\*Infants and Young Children require different procedures.***

**Care for Heart Attacks**

Signs: chest pain/pressure, trouble breathing, sweating, pale, dizziness, nausea,

sudden fatigue and discomfort/tingling in neck, arms, back or stomach

**If conscious:** 1. Have the person stop activity and rest



2. Call 911 and monitor the person

**If the person is unconscious:** 1. Check for responsiveness

**`** 2. Call 911

3. begin CPR procedures

**page 4**

**Sudden Illness**

Signs of Sudden Illness:

1. Unconscious /dizzy /confused 5. Weakness or numbness (maybe one side)

2. Breathing problems 6. Sweating (for no reason)

3. Severe pain or pressure 7. Vomiting or nausea

4. Slurred speech or loss of vision 8. Seizure

If these signs occur: **DON’T GUESS ... \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ IMMEDIATELY**

Keep checking for consciousness, breathing, & pulse

What to do for some illnesses:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** 1. Lay the person flat on their back

2. Loosen tight clothing

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** 1. Remove nearby objects and protect the head

2. Do NOT: hold them or put things in the mouth

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** 1. Determine/ask if the person is having an attack

2. Help with using their inhaler

3. If condition worsens call 911

**Poisoning**

Ways Poisons Enter the Body: swallowed, inhaled, absorbed through skin or injected

Signs: trouble breathing, nausea, vomiting, confusion, chest/abdominal pain, dizziness

**Swallowed Poisons:**

**1. Check the scene & person**

**2. Call 911 or the** \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Center [#800-222-1222]**

**3.** **Provide CARE based on conditions found**



**Inhaled poisons** get the victim into fresh air

**Poisons on the skin** rinse with lots of running water

**Insect bite/sting** flick stinger with a credit card or nail file / apply cold packs

watch for allergic reactions

**page 5**

**Stroke:**



Warning Signals of a Stroke:

1. weakness or numbness on one side

2. trouble speaking

3. blurred vision

4. sudden severe headache

5. dizzy, confused, agitated

6. loss of balance

**“F.A.S.T.” - Care for Stroke**

\_\_\_\_\_\_\_\_\_\_\_\_ - Ask person to smile. Does one side of face droop?

\_\_\_\_\_\_\_\_\_\_\_\_ - Ask per son to raise both arms. Does one drift down?

\_\_\_\_\_\_\_\_\_\_\_\_ - Ask person to repeat a simple sentence. Are words slurred?

\_\_\_\_\_\_\_\_\_\_\_\_ - Note time signals first started, tell EMS

**Diabetic Emergencies**



* Caused by too much or too little sugar in the blood

Warning Signals: Change in consciousness or mood

Feeling ill

Dizziness, headache, confusion

**Care for Diabetic Emergencies**

Unconscious or unable to swallow Conscious and can swallow

CALL 911 1. give sugar (tablets, juice or regular soda)

2. allow person to self treat

3. if not better after 5 minutes….CALL 911

**page 6**

**Bleeding and Wounds** (p. 497)

**Bruise (closed wound)**- bleeding is trapped under the skin.

**Care for a Bruise** 1. apply ice (20 minutes on & 20 minutes off)

2. elevate the area (to reduce swelling)

**Open Wound** - There is a break in the skin, thus a risk of infection.

**Care for Severe External Bleeding:**



1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **the wound** with a sterile dressings

2**. Apply** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ until bleeding stops

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the dressing with a bandage

4. If bleeding continues 1. apply more pressure and bandages

2. treat for shock

3. call 911

**Care for Simple Wounds / Small Bleeding:**

1. Stop the bleeding - direct pressure for a few minutes

2. Clean the wound - use soap & water or something like hydrogen peroxide

3. Apply an antibiotic ointment



3. Cover with an adhesive bandage (band-aid), if needed

**Care for Nosebleeds:**

1. Have the person lean slightly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

2. Pinch the top of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ until bleeding stops.

\* If bleeding doesn’t stop, get medical help.

**page 7**

**Burns** (p. 498)



Burns may be caused by:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Types of Burns:**

1st Degree - Looks \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \*Most sun burns are 1st degree\*

2nd Degree - Has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, redness, “weeping” & swelling

3rd Degree - Looks \_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_ May be very painful

**Care for Burns:**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from the source of the burn

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the burn… with cold running water.

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ loosely with a sterile bandage

If severe:

4. CALL 911

5. CARE for shock

**\**Do NOT – break blisters, apply ice, or use home remedies.***

**Bone & Muscle Injuries**  (p. 498-499)



\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - a complete break, chip or crack in a bone

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - the movement of a bone from its joint

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - tearing of ligaments or tendons at a joint

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - over stretching of muscles or tendons

**Care for Bone & Muscle Injuries:**

**R** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - do not use the injured area

**I** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - stabilize injury in the position found

**C \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -** apply ice packs 20 minutes on & 20 minutes off

**E** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- to help reduce swelling

\*\*Always ice the injury for the first 1-2 days. This reduces swelling, bleeding and pain.

\*\*All bad sprains should be X-rayed for the chance of a fracture near the joint.