

First Aid

Second Class Requirement 6a



This Requirement Entails

- Object in the eye
- Bite of a warm-blooded animal
- Puncture wounds from a splinter, nail, and fishhook
- Serious burns (partial thickness or second degree)
- Heat exhaustion
- Shock
- Heatstroke, dehydration, hypothermia, and hyperventilation

Objects in the eye

- Can be prevented if Safety glasses are worn
 - Never rub the eye
 - This may damage the eye
1. Try blinking
 2. Flush with clean water
 3. Pull upper eyelid over lower eyelid to create tears
 4. If all else fails, cover eyes with a dry, sterile gauze and get them to a doctor

Chemicals in the eye

- Immediately flush with clean water
- Call 911 and explain the situation
- Flush eye for at least 15 minutes or until help arrives



Bite of a Warm-blooded animal

Treatment:

1. Wash wound with soap and water
2. Control bleeding
3. Apply a bandage with sterile gauze
4. Seek medical attention
 - Never attempt to catch the wild animal, since it could have rabies, but safely attempt to identify features about the animal



Puncture Wound: Splinter

- Pull out the splinter with sterilized tweezers
- Run injury under water for about five minutes
- Apply triple antibiotic paste with a bandage



Puncture Wound: Large object

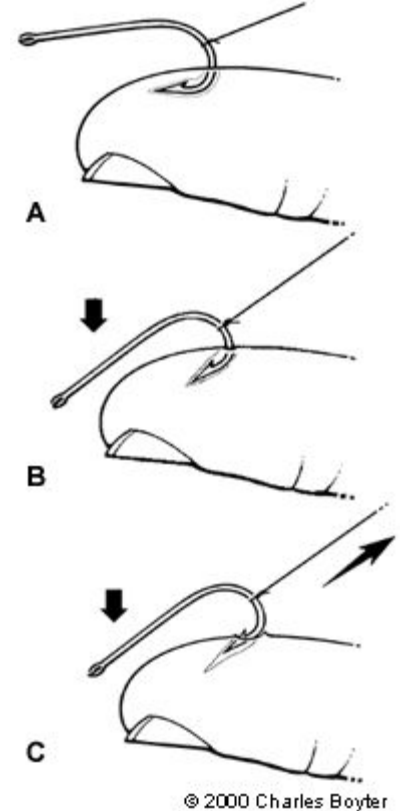
- Do NOT Remove
 - The victim will be better off if the wound is closed by the object
 - Removal could increase blood loss
- Gently wash the area with soap and clean water
- Apply a sterile bandage
- Seek immediate medical attention



Puncture Wound: Fish hook

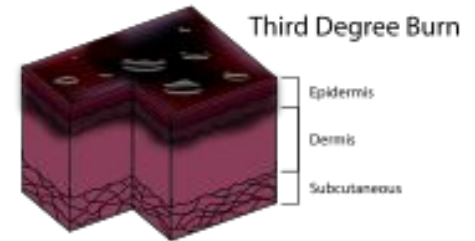
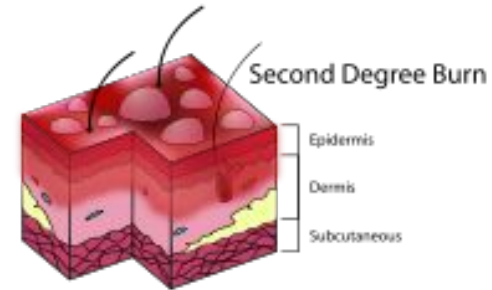
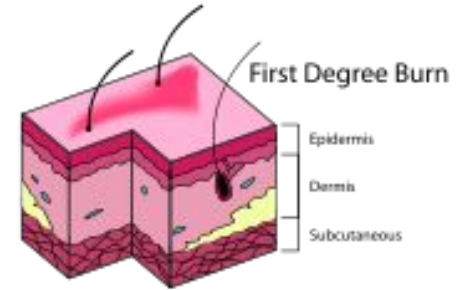
- Wrap fishing line around the bend in the hook and then your finger
- Gently press down on the eye of the hook
- Next, give a quick jerk on the line to pull it out
- Wash the wound and apply a bandage

This method will work the same on a treble hook



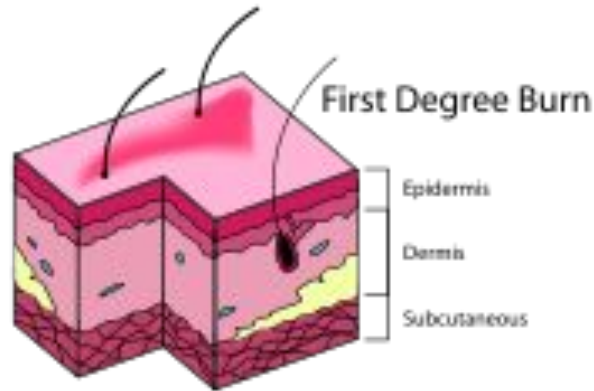
Serious Burns: What's the difference?

- First degree burns:
 - Sunburns
 - Scalds
 - Minor burns (e.g. contact with hot stove)
 - Usually pale red in color
- Second degree burns:
 - Partial-Thickness burns
 - Short to moderate exposure to fire
 - Dark red with blisters
- Third degree burns:
 - Full-Thickness burn
 - Long exposure to flames
 - Charred and black
 - Skin may even be burned away



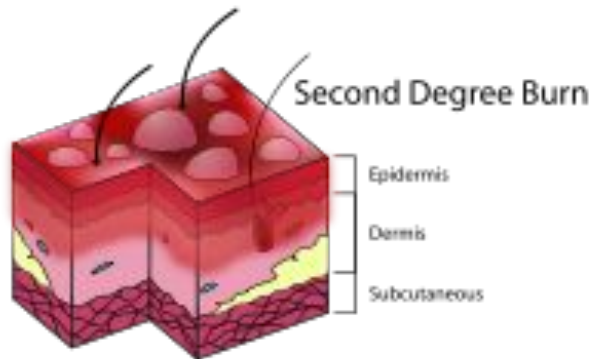
Serious Burns: Treatment for First degree burns

- Run injured area under cool water, but do not apply ice
- Treat the affected area with aloe vera gel
- To prevent a sunburn, use sunscreen and cover skin to prevent exposure to the sun



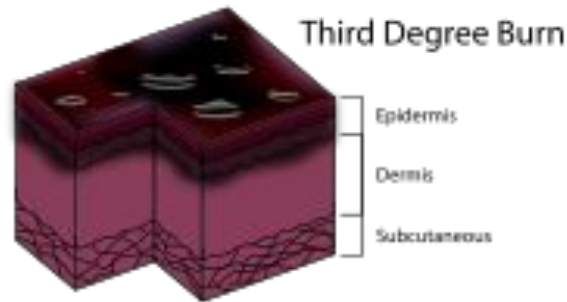
Serious Burns: Treatment for Second degree burns

- Place the affected area in cool water or cover with damp cloth
- After the injury has dried, cover the burn with a sterile gauze pad
- Do not apply ointments
- Do NOT pop blisters
- Seek medical attention



Serious Burns: Treatment for Third degree burns

- These burns are very dangerous and require immediate medical attention
 - Call 911 immediately
- Do not attempt to remove clothing
- Do not apply any ointment, sprays or creams
- Wrap a dry, clean cloth around the affected area
- Treat the victim for shock until help arrives



Shock

- Calmly reassure the victim
 - Fear can hasten shock, so stay with the victim
- Call 911
- Treat any injuries that they might have
- Lay the victim on their back and raise their feet a foot off the ground
 - This can be done by propping their feet up on a rock or bag
- Keep the victim warm
 - Cover the victim in a foil blanket



Dehydration

- If it gets worse, it can cause heat exhaustion and then heat stroke
- Drink water, but not too fast as it can cause vomiting
 - Take a sip every 30 seconds
- Move the victim into the shade or A/C and have them rest

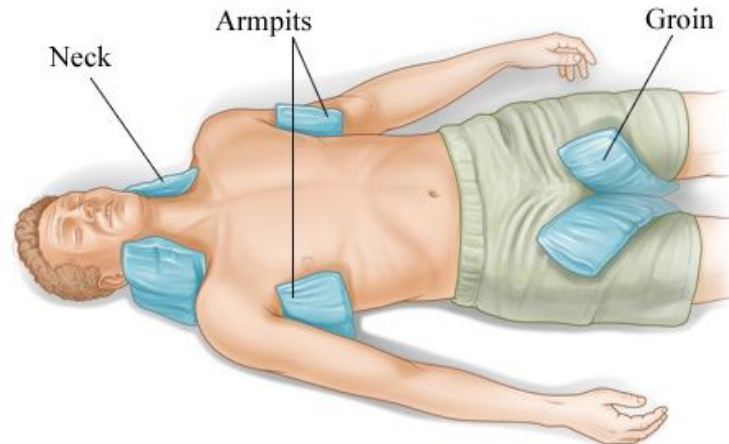


Heat Exhaustion

- Can worsen into heatstroke
- Have the victim lie down in a shady place with their feet raised
- Remove unneeded clothing
- Apply cool cloths to forehead and neck
- When they are alert, allow them to slowly sip water, then treat for dehydration

Heatstroke

- Much more serious than heat exhaustion and it may be life-threatening
- Call 911
- Lie the victim in a shady area
- Remove unnecessary clothing
- Apply ice packs to neck, groin, and armpits



Hypothermia

- Remove wet clothes and redress the victim in dry clothes to warm them up
 - Use a foil blanket
- Give the victim warm liquid to slowly drink (not caffeinated)
- Place warm water bottles with towels or t-shirts wrapped around them against the groin and armpits
- Watch for changes in the victim's condition
- Seek medical attention if necessary



Hyperventilation

- Calm the victim
- Take a slow breath every 5 seconds
- If there is dizziness or anxiety, seek medical attention