

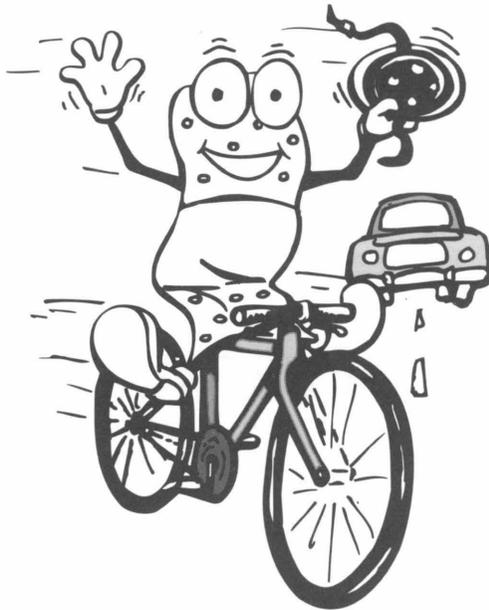
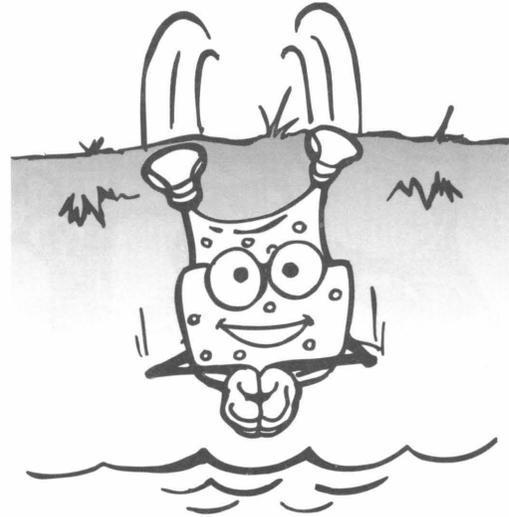
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First Aid & Safety

by Debra Jones*

First aid is first help. It is the first help given to people after they have been hurt or become ill. If the injury is slight, first aid may be the only care that is needed.

Although first aid is important, being CAREFUL is even more important. Accidents can happen when you are not careful. The four pictures below suggest accident hazards. Write a safety slogan under each picture.



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WHEN AN ACCIDENT HAPPENS

If a person is badly hurt, get help as quickly as possible.

What should you do for a hurt person before help arrives?

Unless you know what to do, do not try to give first aid. Doing the wrong thing may be more harmful than doing nothing at all.

Never move a hurt person unless he or she is in a dangerous place like the middle of the street; then, move very carefully.

Keep a hurt person warm by covering with a blanket or jacket. Do not make the person sweat.

KEEP YOUR COOL.

Call 911. Tell why you called and where you are. Give your name and address. Do not hang up until told to do so. Be sure to give all of the facts. Then, either you or someone else should go out to the road to "wave in" the help you called.

To aid you in getting help in a hurry, keep the emergency phone numbers where you can always find them. You may want to write them in the phone book.

Family Doctor

Police or Sheriff

Fire Department

Rescue Squad

Hospital

Other

Parents at Work

Mother

Father

BE PREPARED:

Every boy and girl should have some knowledge of what to do for minor injuries. You must know two things to give first aid.

- You must know what is wrong with this sick or hurt person.
- You must know how to help.

BLEEDING

A person who is bleeding needs first aid quickly.

Bleeding can usually be controlled with direct pressure over the cut. Use the cleanest cloth you can find, fold it, place it over the cut, and press firmly with your hands.

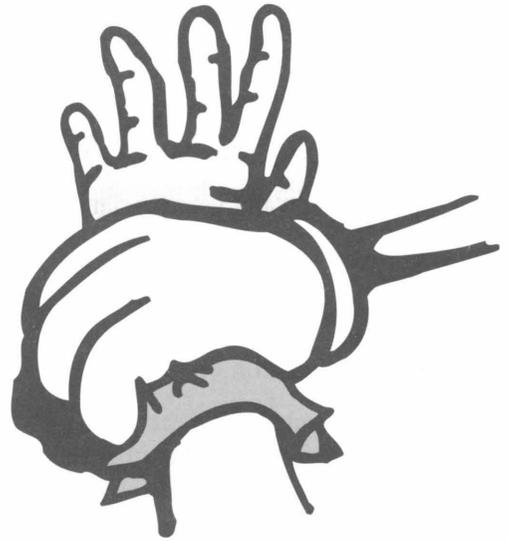
If the bleeding doesn't stop, get another cloth, and fold it. Put it on top of the first cloth. Keep pressing firmly.

It may help if you raise the bleeding part higher than the rest of the body, unless there is a broken bone.

After bleeding has stopped, bandage firmly, but not too tightly.

Get help quickly.

Try to make minor puncture wounds (caused by nails, tacks or other sharp objects) bleed freely. Then, wash with soap and water. See a doctor if you have a deep puncture wound.



BURNS

Burns are treated according to the depth or degree of skin damage.

For a 1st degree burn (skin only reddened) or a small 2nd degree burn (skin reddened with blisters), cover the injured area with cold (not ice) water. Keep the injured area in cold water until the pain stops. Cold water makes the injury hurt less, keeps air off it, and cools it. If a burn is on an area that cannot be placed in water, wring out clean cloths in ice water and place them lightly on the burned part.

Do not break or open blisters. Bandage them gently so that they won't break and get infected.

For a 3rd degree burn (skin burned away), do not put the injury in cold water. The burn might become infected. Call a doctor immediately.

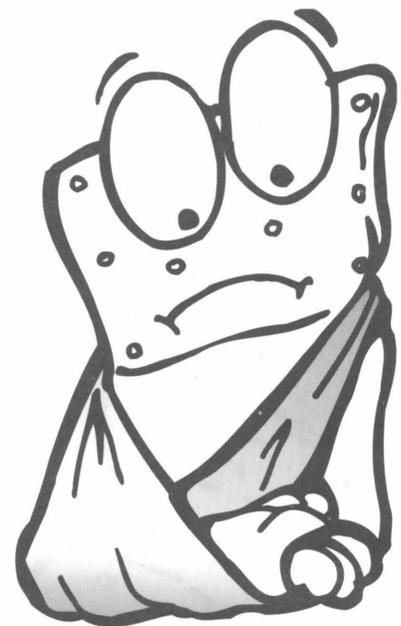
Do not put greasy medicines, butter or margarine on a burn. Butter or margarine will make it sting because there is usually salt in it. A greasy medication on a bad burn will have to be taken off by a doctor.

BROKEN BONES

The most important thing about a broken bone is IT MUST NOT MOVE.

If you cannot tell whether or not a bone is broken, act as if it were broken.

Get medical help immediately.



ANIMAL BITES

If a dog or other animal bites you:

Identify the dog or animal. Know where it is.

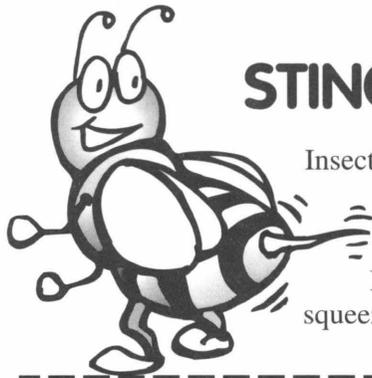
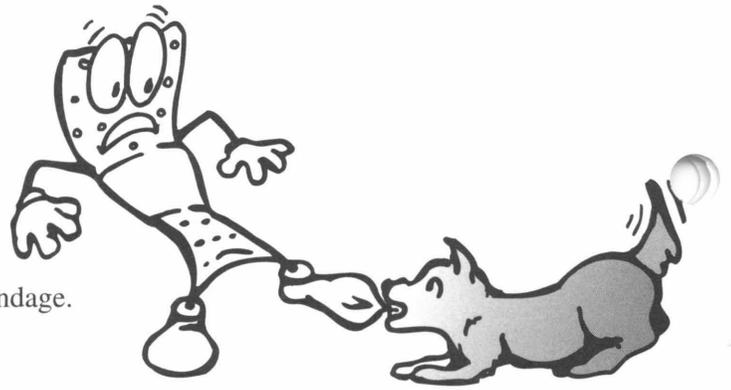
Call the police and veterinarian.

Wash with lots of soap and water. Stop the bleeding and bandage.

Call the doctor right away.

Keep in touch with the doctor or the veterinarian.

Try to remember what the animal looks like so you can tell the doctor or police. Sometimes animals get a disease called rabies. If a rabid animal bites a person, that person may also get rabies. If a person is bitten by such an animal, he/she must receive rabies shots from the doctor.



STINGS AND BITES

Insect bites can sting! In a few people they can also cause allergic reactions such as a rash, or difficulty in breathing. If this happens to you, see your doctor. Be ready to tell him what type of insect stung you.

If a bee leaves its stinger in you, remove by scraping gently with your fingernail. Do not squeeze. Do not pull out. Wash with soap and water. Soothe pain with ice or cold packs.

TICK-BORNE DISEASES

Remove a tick as soon as it is found. Use facial tissue, gloves or tweezers. Grasp it close to its head and remove with a firm, slow tug. Avoid twisting or crushing the tick. Treat the tiny wound with alcohol or iodine. Flush the tick down the toilet.

Don't worry if some of the mouthparts (the so-called head) break off in the wound when a tick is removed. Broken mouthparts will not transmit Rocky Mountain spotted fever or Lyme Disease if the tick hasn't already done so. This may cause a minor, secondary infection like a splinter. And, like a splinter, the mouthparts eventually come out.

PREVENTION:

The best way to prevent Rocky Mountain spotted fever or Lyme Disease is to cover any exposed parts of your body with proper clothing. The second best way is to remove ticks from your body as soon as they are found. Also, if you become ill within 2-12 days after being exposed to ticks, tell your doctor.

NOSE BLEEDS

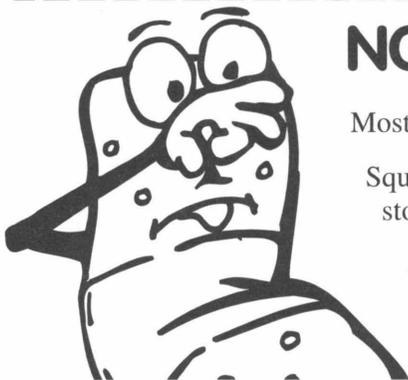
Most nosebleeds are easy to stop.

Squeeze your nose firmly together as though you smelled a skunk. The pressure helps stop the bleeding.

Sit with your head upright, tilted slightly forward.

A cold, wet cloth over your nose will also help.

After the bleeding has stopped, keep quiet in a sitting position. If the nosebleed does not stop, call a doctor.





FAINTING

Often before people faint, they feel dizzy and weak. They may get very pale.

If you feel as if you are going to faint, you should either:

Lie down and rest for at least 15 minutes, or

Bend over with your head at knee level.

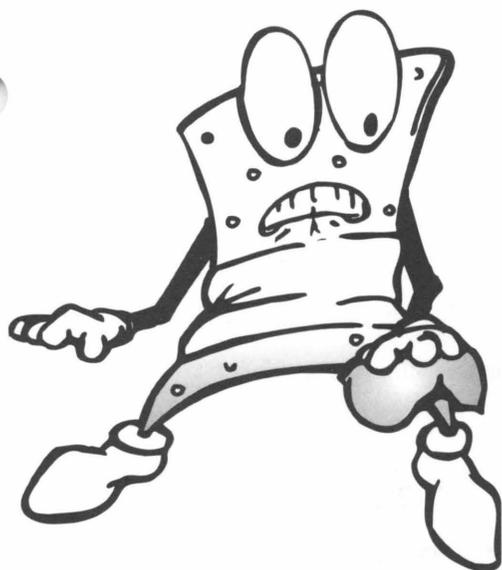
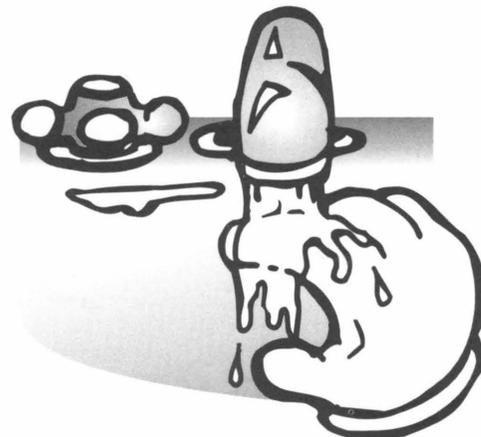
If someone faints, get help.

CUTS AND SCRATCHES

Minor cuts or scratches need first aid too.

Wash thoroughly but gently with soap and water. Then cover with a sterile bandage to keep it clean.

Your doctor may advise home remedies for the care of small wounds.



BRUISES

You can get a bruise when you fall or are hit with something. A bruise is an injury in which the blood vessels under the skin are broken, causing the area to turn black and blue.

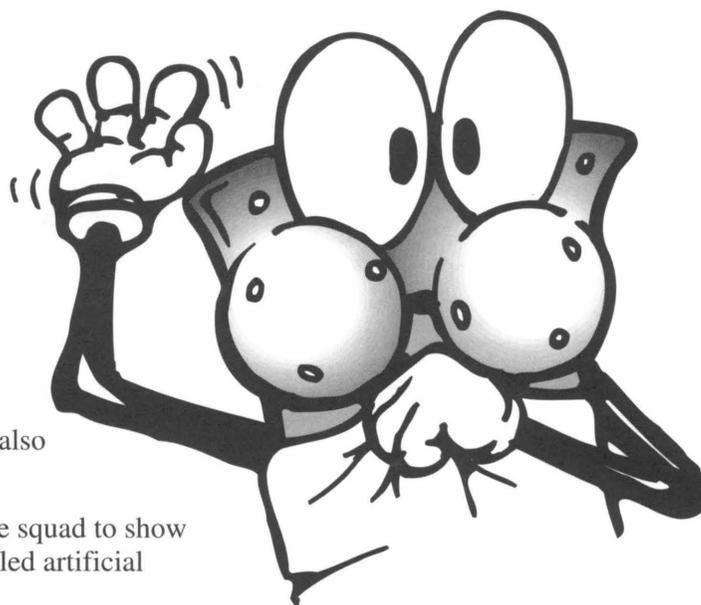
For minor bruises, immediately apply a cloth wrung out in very cold water. After a day or so, heat may be applied.

BREATHING

A person can stop breathing because of electric shock, choking, being under water too long or because he or she was caught in the smoke from a fire. Other things can also stop people from breathing.

Ask your teacher, coach, nurse, or someone from the rescue squad to show you how to help someone who is not breathing. This is called artificial respiration.

A person who has stopped breathing will die within a few minutes. If a person is not breathing and you do not know about artificial respiration, **GET HELP IMMEDIATELY.**



POISONINGS

There are many poisons. Small children are often poisoned because they put almost everything they pick up in their mouths. A person who has swallowed poison needs first aid fast.

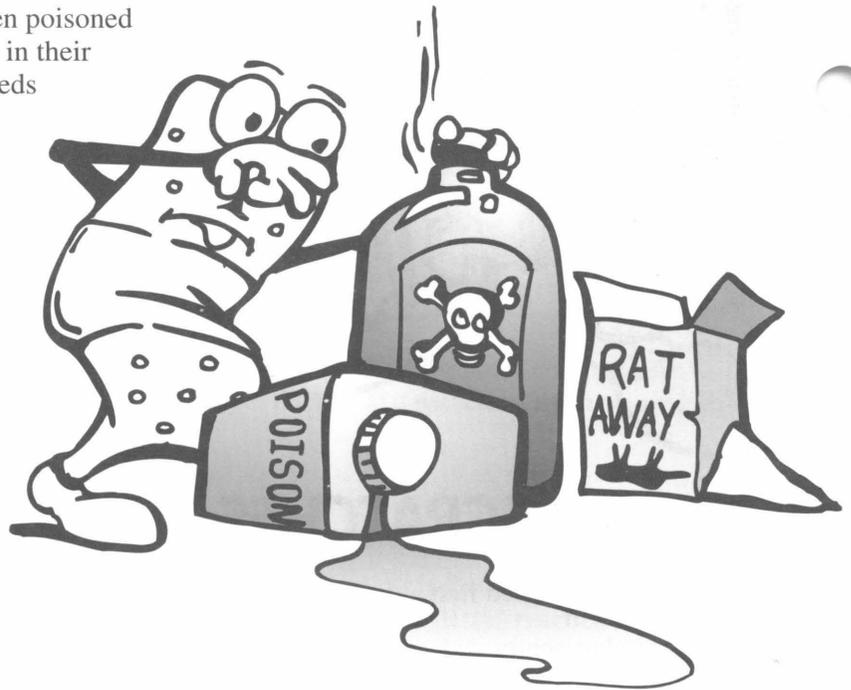
Keep your doctor's number and the Poison Control Center's number (if there is one in your area) near the phone so that you can find them in a hurry.

If someone has taken poison, find the box or bottle containing the poison.

It may help you to tell how much poison was taken.

The label on the bottle may tell you what to do.

It can help you to tell the doctor what kind of poison was taken.



FIRST AID KIT

Every home should have a first aid kit with basic supplies for treating emergencies. You can put together your own kit, or you can purchase one. You should also have first aid kits for your car and your hiking and camping trips. Some of the items you may want to include are:

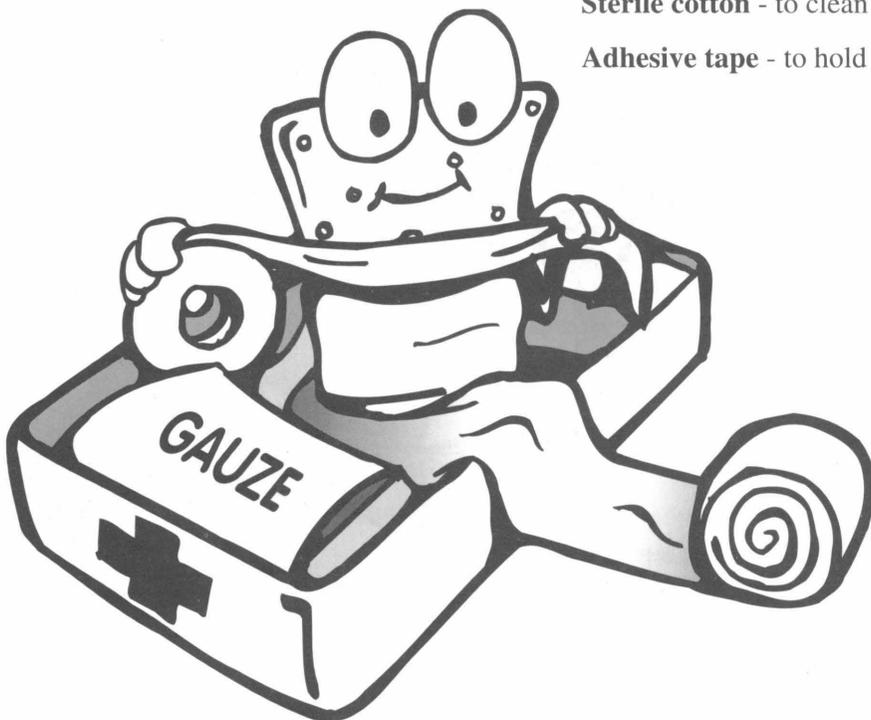
Adhesive bandages - various sizes and shapes to cover small cuts and bruises.

Antiseptics - to clean and disinfect cuts and scratches.

Sterile gauze pads - various sizes and shapes - to cover cuts and large skin breaks.

Sterile cotton - to clean wounds or apply antiseptics.

Adhesive tape - to hold gauze or dressing in place.



YOU MAY ALSO INCLUDE:

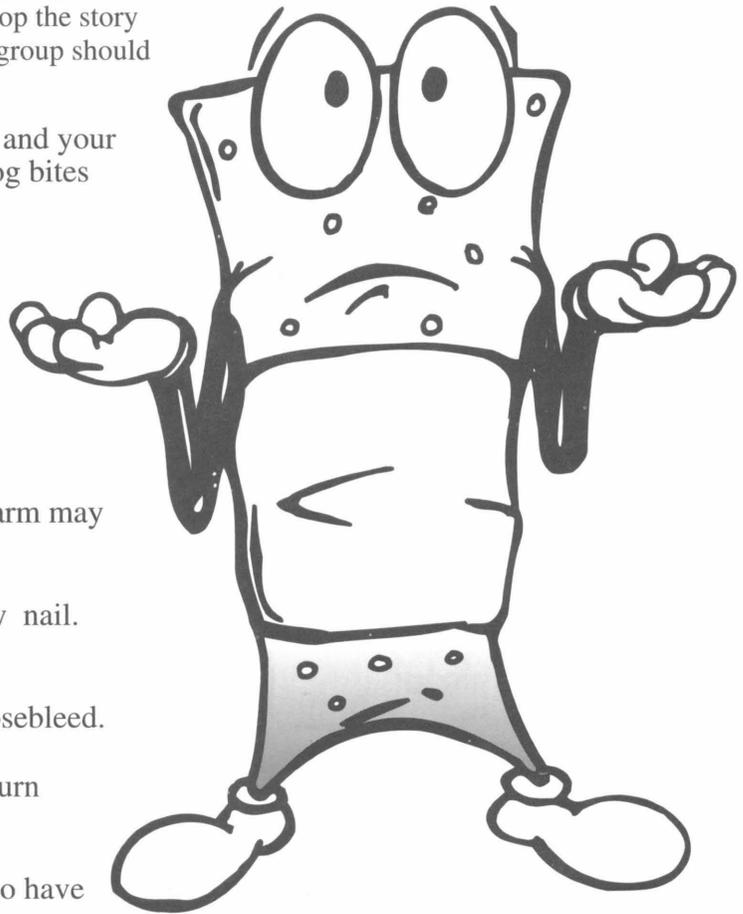
- Tweezers
- Thermometer, oral or rectal
- Soap
- Ice bag
- Tongue Depressors
- Hot water bottle
- Blunt scissors
- Petroleum jelly
- Rubbing alcohol
- Acetaminophen
- Calamine lotion
- Emergency first-aid book

ACTIVITIES OR THINGS TO DO

A. What would you do?

Given the following situations, what first aid help would you give? Two club members may want to work together and develop the story as they think it might have happened. After the skit, the group should decide if the proper first aid was given.

- (1) While on your way home from school, you and your friend stop to play with a stray dog. The dog bites you on the leg.
- (2) While cleaning weeds off a vacant lot you step on an old rake. It hits your leg, making a bad bruise.
- (3) You spill hot grease on your finger while helping your mother cook.
- (4) You fall off your bicycle. You think your arm may be broken. Your friend is with you.
- (5) While playing in a field, you step on a rusty nail. Your foot hurts.
- (6) A friend is at your house and develops a nosebleed.
- (7) When taking a pizza out of the oven, you burn your fingers.
- (8) Your grandmother has fallen, and appears to have broken her hip. You are alone with her.
- (9) You find a tick on your leg. You do not know how long it has been there.
- (10) You feel as though you are going to faint.
- (11) Your little sister is stung by a bee. She is crying.
- (12) You are washing dishes when a glass slips out of your soapy hands and breaks into pieces. When you start to pick up the pieces, you cut your thumb.
- (13) You fall off your bicycle and cut your arm. Your arm is bleeding.
- (14) Your little sister is playing in the bedroom. You are talking on the telephone. After you hang up, you discover that she has been eating the pills that your mother takes.



B. Invite someone who is trained in first aid to come to your 4-H club meeting and discuss any first aid area that your club wants to know more about.

C. Invite a veterinarian to your club or interview a veterinarian to learn more about immunization for pets and how you should act around strange animals.

D. Update your first aid kit.

E. List 2 accidents that have occurred in your home, school or community during the past year.

F. First Aid Puzzle



Answers. (1) swimming, (2) pressure, (3) first, (4) butter, (5) are, (6) ice (7) cold

1. _____ can be lots of fun, but never swim alone.
2. To stop bleeding, apply _____ on the cut or wound.
3. First aid is the _____ help.
4. Do not put _____ on a burn.
5. Accidents can happen when you _____ not careful.
6. Put _____ on a bruise.
7. Put a small burn in _____ water. Keep it there until the pain stops.

RESOURCES:

1. American National Red Cross, Standard First Aid and Emergency Care, Garden City, N.Y., Doubleday and Company, Inc., 1973.
2. American National Red Cross, Basic First Aid, Books 1, 2, 3, 4, Garden City, N.Y., Doubleday and Company, Inc. 1975.
3. Green, Martin, A Sigh of Relief, 666 Fifth Avenue, New York, Bantam Books, 1977.
4. First Aid For Little People, Consumer Services Johnson and Johnson, Health Care Division, 501 George Street, New Brunswick, N.J. 1976.