Basic First Aid for School Staff

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Session Objectives

• Chain of Survival
• What is First Aid?
• Scene Survey
• Initial Assessment
• Identify proper procedures for a variety of medical emergencies
• Assist in administering first aid when the need arises
• Do no further harm
Prequiz: True or False

• After an accident, immediately move the victim to a comfortable position?
• If a person is bleeding, use a tourniquet?
• Signs of a heart attack include shortness of breath, anxiety, and perspiration?
• All burns can be treated with first aid alone; no emergency medical attention is necessary?
Help!!!! Emergency!

Minutes could make a difference
Chain of Survival

- Early Access “911”
- Early First Aid/CPR You
- Early Defibrillation
- Early Advanced Care
- EMS Arrival
Basic First Aid

What is First Aid?

• The immediate care given to an injured or suddenly ill person.
• Four basic rules
• DOES NOT take the place of proper medical treatment.
• Legal Considerations
Assessing the Scene

Evaluate the scene
Assess safety
Prioritize care
Check for medical alert tags
Do head-to-toe check
Move only if necessary
Initial Assessment

- Goal of the initial assessment:
  - Visually determine whether there are life-threatening or other serious problems that require quick care.
  - Determine if victim is conscious - by tap and shout. Check for ABC as indicated:
    - A = Airway? – Check for breathing
    - B = Breathing? – Look and listen
    - C = Circulation? – Check for signs of circulation.
Asthma (Known Asthmatic)

- Signs of distress will be labored breathing, flaring of the nostrils, audible wheezing, cough, shortness of breath which results in rapid breathing.
- Asthmatic students who carry an inhaler should have it immediately available.
- Use inhaler ASAP
- Have the student lean forward with elbows on knees
- Call 911 if difficulty breathing continues after treatment and/or the student has trouble talking.
Bleeding Control

- Stop the flow of blood
- Wear gloves
- Cover the wound
- Apply pressure
- If a body part has been amputated, put it on ice
Nosebleeds

- Sit student down
- Pinch nostrils, lean forward and breathe through the mouth.
- Pressure should be applied for at least 10 minutes.
- No nose blowing
Fainting / Dizziness

- Check for breathing
- Administer CPR if necessary.
- Call 911 if more than a few minutes.
- If conscious, lay the victim down with feet elevated.
Shock

• Shock refers to circulatory system failure that happens when insufficient amounts of oxygenated blood is provided for every body part. This can be as the result of:
  – Loss of blood due to uncontrolled bleeding or other circulatory system problem.
  – Loss of fluid due to dehydration or excessive sweating.
  – Trauma (injury)
  – Occurrence of an extreme emotional event.
Shock Cont.

• What to Look For
  – Altered mental status
    • Anxiety and restlessness
  – Pale, cold, and clammy skin, lips, and nail beds
  – Nausea and vomiting
  – Rapid breathing and pulse
  – Unresponsiveness when shock is severe
Anaphylactic Shock

- Give the victim prescribed medication
- Call for help ASAP
- Start CPR if necessary

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Insect stings and bites

- What to Look For:
  - Check the sting site to see if a stinger and venom sac are embedded in the skin.
    - Bees are the only stinging insects that leave their stingers and venom sacs behind.
    - Scrape the stinger and venom sac away with a hard object such as a long fingernail, credit card, scissor edge, or knife blade.
  - Reactions generally localized pain, itching, and swelling.
  - Allergic reaction (anaphylaxis) occurs will be a life threatening.
Bites and Stings Cont.

- Insect stings and bites Cont.
  - What to Do:
    - Ask the victim if he/she has had a reaction before.
    - Wash the sting site with soap and water to prevent infection.
    - Apply an ice pack over the sting site to slow absorption of the venom and relieve pain.
      - Because bee venom is acidic, a paste made of baking soda and water can help.
    - Seek medical attention if necessary.
**Tick bites**

- Tick can remain embedded for days without the victim’s realizing it.
- Most tick bites are harmless, although ticks can carry serious diseases.
- Symptoms usually begin 3 to 12 days after a tick bite.
Burns have been described as:
- First-degree burns
- Second-degree burns
- Third-degree burns
Burns Cont.

- First-degree burns (Superficial)
  - Only the skin’s outer layer (epidermis) is damaged.
    - Symptoms include redness, mild swelling, tenderness, and pain.
    - Usually heals without scarring.
  - What to Do:
    - **Immerse in cold water 10 to 45 minutes or use cold, wet cloths.**
      » Cold stops burn progression
      » May use other liquids
    - Aloe, moisturizer lotion
Burns Cont.

- Second-degree burns (Partial Thickness)
  - Epidermis and upper regions of dermis are damaged.
    - Symptoms include blisters, swelling, weeping of fluids, and severe pain.
  - What to Do:
    - Immerse in cold water / wet pack
    - Aspirin or ibuprofen
    - Do not break blisters
    - May seek medical attention

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Third-degree burns (Full Thickness)

- Severe burns that penetrate all the skin layers, into the underlying fat and muscle.
  - Symptoms include: the burned area appears gray-white, cherry red, or black; there is no initial edema or pain (since nerve endings are destroyed)

- What to Do:
  - Usually not necessary to apply cold to areas of third degree
  - Do not apply ointments
  - Apply sterile, non-stick dressings (do not use plastic)
  - Check ABC’s
  - Treat for shock
  - Get medical help
Heat Exhaustion

- Move to cool place
- Lay victim down
- Elevate feet
- Loosen clothing
- Give fluids
- Apply cool compresses
Heatstroke

- Immediately call 911
- Cool the person down
- Monitor

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Broken Bones

- There are two categories of fractures:
  - **Closed (Simple) fracture**
    - The skin is intact and no wound exists anywhere near the fracture site.
  - **Open (Compound) fracture**
    - The skin over the fracture has been damaged or broken.
    - The wound may result from bone protruding through the skin.
    - The bone may not always be visible in the wound.
Broken Bones Cont.

• What to Look for:
  – General signs and Symptoms:
    • Tenderness to touch.
    • Swelling.
    • Deformities may occur when bones are broken, causing an abnormal shape.
    • Open wounds break the skin.
    • A grating sensation caused by broken bones rubbing together
      – can be felt and sometimes even heard.
      – Do not move the injured limb in an attempt to detect it.
    • Loss of use.
Broken Bones Cont.

• Treatment:
  – If bleeding at the site, stop bleeding by using direct pressure directly on the wound with sterile or clean bandage
  – Immobilize the areas; Immobilize the extremity above and below the joint.
  – Apply ice to extremity to decrease swelling.
  – Check for a pulse distal to the extremity.
Eye Injuries

• Splashes
• Particles in the eye
• Blow to the eye
• Cuts near the eye
• Penetrating objects
Epileptic Seizures

- Remove victim from hazards
- Check for breathing
- Nothing in the mouth
- Keep comfortable
- Call 911
Heart Attack

- Heart Attack – Usually that happens when one of the coronary arteries is blocked by an obstruction or a spasm.
  - Signs and symptoms of a heart attack include:
    - Pressure in chest, fullness, squeezing, or pain that lasts more than a few minutes or that goes away and comes back.
    - Pain spreading to the shoulders, neck, or arms.
    - Chest discomfort with lightheadedness, fainting, sweating, nausea, or shortness of breath.
Heart Attack

• What to Do:
  – Call EMS or get to the nearest hospital emergency department with 24-emergency cardiac care.
  – Monitor victim’s condition.
  – Help the victim to the least painful position, usually sitting with legs up and bent at the knees.
    • Loosen clothing around the neck and midriff.
  – Determine if the victim is known to have coronary heart disease and is using nitroglycerin.
  – If the victim is unresponsive, check ABCs and start CPR, if needed.
Not Breathing

• Administer CPR:
  – Lay the victim on their back.
  – Give chest compressions.
  – Continue until EMS personnel arrive on scene.
• Ask the person to speak or cough.
• Perform abdominal thrust.
• Goes unresponsive-CPR.
**EXERCISE**

- Match the problem with the correct first-aid procedure

<table>
<thead>
<tr>
<th>Problem</th>
<th>Procedure</th>
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<tbody>
<tr>
<td>Bleeding</td>
<td>CPR</td>
</tr>
<tr>
<td>Choking</td>
<td>Elevate feet</td>
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<tr>
<td>No Breathing</td>
<td>Keep victim still</td>
</tr>
<tr>
<td>Shock</td>
<td>Direct pressure</td>
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<tr>
<td>Heart Attack</td>
<td>Abdominal thrusts</td>
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</tbody>
</table>
Summary

• Medical emergencies can happen anytime.
• Assess the situation
• Act quickly and calmly
• Ask for permission to help if possible unless the person is unconscious, then use "implied consent"
• Call for help when necessary
• Stabilize the situation before help arrives
• Try to remain calm and do not panic