

WNC FireWood

Basic First Aid Guide

Need to rewrite to recognize lack of water on site. No sink for sashing hands.

Before providing care, put on protective gloves or use a barrier between you and the victim, to reduce the chance of disease transmission while assisting the injured person. Cleanse your hands thoroughly with **soap and water** when finished.

BASIC FIRST AID TREATMENT

CALL 911 for medical assistance.

Keep victim lying down.

Apply direct pressure using a clean cloth or sterile dressing directly on the wound.

DO NOT take out any object that is lodged in a wound; see a doctor for help in removal.

If there are no signs of a fracture in the injured area, carefully elevate the wound above the victim's heart.

Once bleeding is controlled, keep victim warm by covering with a blanket, continuing to monitor for shock.

CLEANING & BANDAGING WOUNDS

Wash your hands and cleanse the injured area with **clean soap and water**, then blot dry.

Apply antibiotic ointment to minor wound and cover with a sterile gauze dressing or bandage that is slightly larger than the actual wound.

EYE INJURIES

If an object is impaled in the eye, CALL 911 and DO NOT remove the object.

Cover both eyes with sterile dressings or eye cups to immobilize.

Covering both eyes will minimize the movement of the injured eye.

DO NOT rub or apply pressure, ice, or raw meat to the injured eye.

If the injury is a black eye, you may apply ice to cheek and area around eye, but not directly on the eyeball itself.

How to flush the eyes: If chemical is in only one eye, **flush** by positioning the victim's head with the contaminated eye down. to prevent flushing the chemical from one eye to another. Flush with cool or room temperature water for 15 minutes or more. Remove contact lenses after flushing.

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I presume does not call to use anything not supplied in first aid kit.

BURNS

First Degree Burn: Skin will appear red and may be swollen or painful. Generally does not require medical attention.

Second Degree Burn: Skin will appear red, blistered and swollen. May require medical attention. Third Degree Burn: Skin will be visibly charred and may be white. Usually very painful. **REQUIRES MEDICAL ATTENTION.**

Basic first aid treatment for 1st degree & some 2nd degree burns:

Submerge burn area immediately in cool water until pain stops. If affected area is large, cover with cool wet cloths. Do not break blisters if they are present. If pain persists but no medical assistance is needed, apply medicated first aid cream or gel and cover with sterile dressing. If medical attention is needed, do not apply any cream. Just cover with a dry, sterile dressing and seek medical help immediately. Basic first aid treatment for 3rd degree & some 2nd degree burns: **CALL 911!! Third degree burns MUST RECEIVE MEDICAL ATTENTION IMMEDIATELY! DO NOT** try to remove any clothing stuck to the burned area. Cover with sterile dressing or clean sheet. **DO NOT** apply any creams or gels.

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CHEMICAL BURNS

Flush the affected area with cool running water for at least 15 minutes.

Remove all clothing and jewelry that has been contaminated.

Monitor victim for shock and seek medical assistance.

If chemical burn is in the eyes, flush continuously with water and seek medical attention immediately.

[What chemicals do we have on site to cause burns?](#)

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SUNBURN

Avoid any further exposure to direct sunlight.

Drink plenty of water to prevent dehydration.

Do not apply cold water or ice to a severe burn.

Use over-the-counter remedies to remove discomfort.

If burn is severe and blisters develop, seek medical attention.

UNCONSCIOUSNESS

Do not leave an unconscious victim alone except to call 911 for medical help.

Assess victim's state of awareness by asking if they are OK.

Check the victim's Airway, Breathing, and Circulation (ABC's).

If the victim's ABC's are not present, perform CPR. **IMPORTANT:** only a trained & qualified person

should administer CPR.

If ABC's are present and spinal injury is not suspected, place victim on their side with their chin toward the ground to allow for secretion drainage.

Cover the victim with blanket to keep warm and prevent shock. If victim communicates feeling warm, remove blanket.

CHOKING

Ask the victim, "Are you OK?"

Do not interfere or give first aid if the victim can speak, breathe, or cough.

If the victim cannot speak, breathe, or cough, ask for someone to call 911 and then perform the Heimlich maneuver (abdominal thrust).

How to perform the Heimlich maneuver: Position yourself behind the victim with your arms around victim's stomach. Place the thumb-side of your fist above the victim's navel and below the lower end of the breastbone. Take hold of your fist with your free hand and pull fist upward and in, quickly and firmly. Continue with thrusts until the object is dislodged or airway is clear.

POISON

Call your local Poison Control Center or 911 for immediate medical attention.

Antidotes on labels may be wrong!! Do not follow them unless instructed by a physician.

Never give anything by mouth (milk, water, Ipecac, etc.) until you have consulted with a medical professional.

Keep a one ounce bottle of **Ipecac** on hand at all times in case of an emergency, and give only when instructed by a physician.

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If the poison is on the skin, flush skin with water for 15 minutes, then wash and rinse with soap and water.

If poison is in the eye, flush with lukewarm water for 15 minutes. Adults can stand under the shower with eyes open. Always consult medical professionals after any eye injury has occurred.

ANIMAL BITES

Control any bleeding by applying direct pressure or with elevation. To avoid risk of infection, do not close wound.

Rinse the bite thoroughly, holding it under running water. Cleanse with soap and water and hold under water again for five minutes.

Do not put ointments or medicines on wound. Cover with dry sterile bandage or gauze. Seek medical assistance immediately.

Note: report animal and human bites to local police and/or health authorities.

BEE STING

If possible, remove stinger by scraping it off with a blunt edge (e.g. credit card). Clean wound and apply cold compress to reduce swelling.

Remove tight clothing and jewelry from areas near the bite in case swelling occurs.

Watch for signs of shock or allergic reaction. Signs include swelling or itching at the wound site, dizziness, nausea or difficulty breathing. Seek medical attention immediately if any of these signs occur.

Continue monitoring victim for shock until medical help arrives.

Check victim's Airway, Breathing, and Circulation (ABC's). If ABC's are impaired then call 911 and begin CPR. **IMPORTANT:** only a trained & qualified person should administer CPR.

COPPERHEAD SNAKE BITES

Copperheads are venomous, but their venom is relatively mild compared to other venomous snakes. Bites are not usually life-threatening, but if bitten you should always seek medical attention. These snakes produce hemotoxic venom, which affects

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the immediate area around the bite and causes painful but usually temporary tissue damage.

You will still want to get medical attention immediately if you have been bitten by a snake, whether that snake is a copperhead or not. Children, older adults and those with weakened immune systems can react more strongly to snake bites, and even healthy adults can have a negative reaction.

How Deadly Is a Copperhead Snake and What Should You Do if Bitten?

While a copperhead is generally not considered deadly, especially with proper treatment, its bite will hurt. Here are some do's for dealing with any snake bite:

- **Stay calm:** Try to stay still and lower the part of the body that was bitten below heart level. This will limit how much the venom travels through the body.
- **Remove any restrictive clothing or jewelry from the bitten area:** The affected area will begin to swell, and you'll want to provide room for that to happen.
- **Get medical help immediately:** Contact 911, go to an emergency room or call the National Poison Control Center at 1-800-222-1222 for help.
- **Remember what the snake looked like:** Try to get a picture of the snake if you can do so without putting yourself in harm's way. Knowing what venom you were exposed to can help medical professionals administer the right treatment.
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If you have been bitten by a copperhead or any of the venomous snakes, here are a few don'ts to keep in mind:

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- **Don't suck the venom out:** Cutting or sucking the venom out only increases the chances of infection or damage.
- **Do NOT use a tourniquet:** Restricting the blood flow can increase tissue damage and may increase your chances of amputation.
- **Don't drink alcohol:** Drinking can cause the venom to spread more quickly through your body.

Adapted from: www.firstaidproduct.com