

Adult First Aid

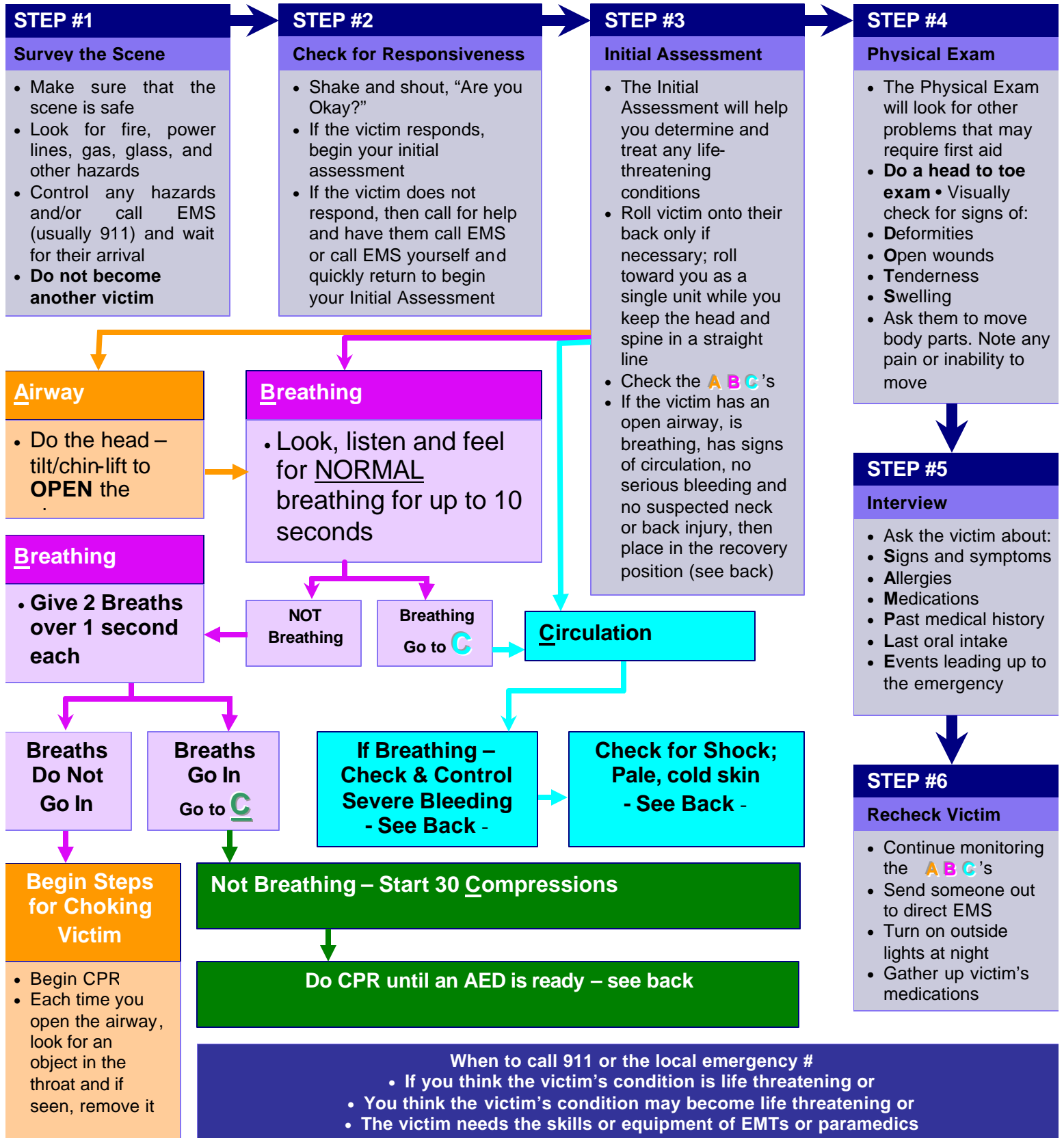


South Carolina Chapter

Your Safety & Health Leader for 90 Years

FIRST AID and CPR
 SC Chapter
 National Safety Council
 www.scnsc.org
 803-732-6778

Would you know what to do in an emergency situation? Your response during the first few minutes of an emergency may help to save someone's life. Remember to stay calm and follow these basic steps to First Aid: **Check, Call and Care.**



Conscious Choking Victim

- Ineffective or no cough noted
- **Give abdominal thrusts.** Stand behind the victim and wrap your arms around their waist
- Place the thumb side of your fist just above the navel, below the ribs
- Grab your fist with your other hand and press into the victim's abdomen with quick inward and upward thrusts
- Repeat the thrusts until the object is dislodged or the victim becomes unconscious
- If victim becomes unconscious, call EMS and begin CPR
- Each time you open the airway to give breath, look for an object in the throat and if seen, remove it

Recovery Position

- Raise their left arm over the victim's head
- Raise the right knee
- Support the victim's neck with one hand as you pull the raised knee toward you
- Place them on their left side with the knee in front
- Tilt the victim's head and ensure the airway is open

Seizure Care

- Prevent injury
- Loosen clothing
- Turn on one side in the recovery position
- DO NOT: Place anything in the victim's mouth or try to stop the victim's movement

Adult CPR Guidelines 2005

- Place the heel of one hand on the chest between the nipples
- Place your other hand on top of the first
- Using two hands, depress the chest 1½ to 2 inches
- Give 30 Compressions at a rate of at least 100 per minute
- Open airway and give 2 breaths (1 second each)
- Continue cycles of 30 and 2 breaths
- If an **AED** is available. Apply it ASAP.
- Early CPR and early Defibrillation are key to resuscitation

AED

- Ensure that the victim is unresponsive and not breathing
- Turn on the AED
- Follow voice prompts
- If shock is advised, shout "Clear" and check prior to pressing the shock button
- Immediately start compressions
- Continue with 30 compressions and 2 breaths

Bleeding

- **Apply direct pressure**
- Place a sterile or clean cloth over the wound
- Press firmly on the area
- Do not remove blood-soaked bandages; add another on top of the old one
- **Care for Shock**
- See below
- **Nosebleeds**
- Pinch the nostrils together and lean victim's head forward
- Maintain for 10-15 minutes
- Seek help if bleeding persists

Shock

- **Symptoms**
- Pale, cold, clammy skin, anxiety, confusion, rapid breathing and pulse, nausea and vomiting
- **Treatment**
- Keep victim warm and elevate the feet 8-12", loosen tight clothing, give oxygen if available

Head and Spinal

- **Call EMS**
- Do not move the victim
- Open the airway by slightly lifting the chin
- Immobilize the head and neck in the position found

Bone, Joint and Muscle Injuries

- **Symptoms**
 - Pain, tenderness swelling, loss of use, deformity, open wounds, bruising
 - **Treatment**
 - **RICE**
 - **R**est
 - **I**ce
 - **C**ompression and
 - **E**levation
- Apply cold for 20 minutes then remove it for at least 30 minutes
- Apply a compression bandage
 - Maintain elevation continuously

Burns

- **Symptoms**
- 1st degree burn is red
- 2nd degree burn is red with blisters
- 3rd degree burn is charred/black in appearance
- **Treatment**
- **1st Degree**
- Cool with water; keep clean and apply burn ointment or aloe vera gel
- **Small 2nd Degree**
- Cool the burn. Apply thin layer of topical antibiotic ointment and cover with a dry, non-stick dressing
- **Large 2nd Degree**
- Cover the burn with a dry, non-stick dressing
- Seek Medical Attention
- **3rd Degree**
- Cover the burn with a dry, non-stick dressing
- Treat for shock
- Seek Medical Attention
- Do not remove pieces of cloth stuck to the skin, do not use grease or ointment on severe burns, do not break blisters

Heart Attack

- **Symptoms**
- Chest pain or unusual sensation, pressure, heaviness or tightness, difficulty breathing, pale or bluish skin, sweaty, pain down the arms, into the neck, jaw or back
- **Call EMS**
- Get the victim to rest; Give oxygen if it is available; If victim has their own nitroglycerin, make sure they take it; Encourage them to take an aspirin
- Have an **AED** standing by and be ready to provide CPR

Stroke

- **Symptoms**
- Sudden weakness/numbness on one side of the body, slurred speech or difficulty speaking, extremely severe headache, dimness or loss of vision, dizziness or confusion
- **Treatment**
- Don't delay, rapid transport to an emergency room is necessary
- Call EMS if distance or traffic is a problem and note the time of onset

Fainting

- **Check the ABC's**
- Make sure that life-threatening problems are not the cause
- **Treatment**
- Treat for **shock**

More Information

For more information or to schedule classes, contact the SC Chapter of the National Safety Council at 803-732-6778 www.scnsc.org