



## Helpful First Aid Tips

The first thing you must do in any First Aid situation is remain calm. As you become stressed, your blood pressure rises and your ability to think clearly can be impaired. If you remember nothing else, remember to stay calm. Here are some helpful First Aid hints to guide you through common emergencies.

1. Should you witness or arrive on the scene of an emergency healthcare situation, act promptly, but do not be hasty. Look at the injured person from head to toe in a brisk but careful manner. The things you should look for are breathing obstructions, bleeding, and/or broken bones. In serious cases call, or have someone else call, 911.
2. If the person is conscious, ask if you can give care before assisting. For children, common emergencies can be very frightening. Always position yourself at their level so they do not feel intimidated. Introduce yourself and tell them you are there to help and ask them if you can.
3. Rescue breathing (mouth to mouth) and compressions should be learned in advance. CPR, Etc. can assist you with these and other lifesaving skills. Nonetheless, if you do not know CPR and there is no one to render assistance, just by attempting compressions you can save a life.
4. Losing blood is never a good thing in emergency situations, so the first priority of the first aid responder is to stop the bleeding. Generally, a snug bandage or pressure applied to the wound will stem the flow of blood. Use direct pressure on the point of bleeding for several minutes; a tourniquet is only called for in extreme circumstances.
5. Be aware that shock is possible and even likely in the wake of severe injury. If a person is suffering from shock, their face will be drained of color and the skin will be cold and moist. The pulse will be rapid and weak, and fainting is possible. To treat, wrap the victim in a blanket to keep them warm. Try to keep the patient calm and if you can, lay them down if possible.
6. Anyone with a potential neck, back, or leg injury should not be moved except by professionals, unless it is absolutely necessary.
7. Burns can result from not just heat but chemicals. In the case of a chemical burn, flush with water to remove the source of burning and to help cleans the wound of germs. For minor burns, run cool (not cold) water on the burn for several minutes and put antibiotic ointment or cream in it.
8. Under no circumstances should anyone swim alone, and children should never be left alone, even for just a moment, around any water.

## Helpful First Aid Tips, cont'd

9. Children can drown in less than three inches of water so make certain there is no supply of water, regardless of how small, to which a child can have unfettered access.
10. Nosebleeds are common ailments in children and sometimes in adults. If someone is suffering from a nosebleed, make certain they are sitting upright and have them lean forward. Pinch the person's nose with your thumb and index finger and have them breathe through their nose. Continue to pinch the nose for 5-10 minutes and the bleeding should stop. If it does not, seek emergency medical care.