



SAFETY COUNCIL OF SOUTHWESTERN OHIO'S

FIRST AID 101

BASIC FIRST AID AND RESPONSE
SKILLS FOR USE IN DAILY LIFE

Sources: CDC, American Red Cross, Mayo Clinic



WHAT IS IT?



First aid is aid or assistance given to an injured or sick individual until full medical treatment is available.

There are a few key goals to first aid: preserve life, prevent deterioration, and promote recovery.



WHO CAN PERFORM IT?



In the workplace, your employer may have designated individuals with first aid certification to respond in case of emergency, but first aid principles can still be applied to your everyday life when with friends and family.



TYPES OF FIRST AID



- ~ Minor cuts and scrapes
- ~ Major bleeding
- ~ Chemical burns
- ~ Allergic reaction/anaphylaxis
- ~ Head injuries
- ~ Bone dislocation and fracture
- ~ Cardiopulmonary resuscitation

NOTE:

This document does not aim to replace any official certification for first aid, CPR, or any other skills. Please pursue the appropriate certification for your circumstances.

STEPS TO PERFORMING FIRST AID:

1

Check the scene: make sure there are not any hazards for you when entering the area. If a hazard forms after you enter the scene, move the victim to a safe location.

2

If the victim is conscious, obtain their consent. Ask if you can help them, even if they are an adult. If assisting a child, ask their parent or guardian for consent. If the person is unresponsive, check for responsiveness and breathing for 5-10 seconds.

3

For conscious individuals, gather information about events leading up to the injury by asking SAMPLE questions: signs and symptoms, allergies, medications, pertinent medical history, last food or drink and events leading up to the incident.

4

For unconscious individuals that are breathing, send someone to call 911 and get an AED (automated external defibrillator) and gather information about SAMPLE questions from bystanders. Place them in a recovery position on their side, as long as a head or neck injury is not suspected.

5

For unconscious individuals that are NOT breathing, send someone to call 911 and get an AED (automated external defibrillator) and gather information about SAMPLE questions from bystanders. Begin CPR immediately, using the AED if available and you are trained to do so. Continue CPR until first responders arrive, unless you become too exhausted to continue or the scene becomes unsafe.

WHAT'S NEXT?

Learn about some of the different first aid techniques and responses for different situations!

TYPES OF FIRST AID:

Cuts and Scrapes

Make sure to use PPE, personal protective equipment, such as gloves. Stop the bleeding by applying pressure, clean the wound with water, apply an antibiotic, and bandage.

Choking

If an individual is able to talk or cough, allow them to continue coughing. If they are unable to talk, have difficulty breathing, and their skin is turning blue, provide 5 back blows (between the shoulders) and 5 abdominal thrusts until item is dislodged.

Joint Dislocation

Don't delay care! Splint the affected joint in its position - attempting to force a joint back can damage muscle, ligaments, nerves, and blood vessels. Put ice on the injured joint to reduce swelling and potential internal bleeding.

Chemical Burns

Flush the contaminated skin with cool running water for at least 10 minutes. Remove any jewelry or clothing contaminated by the chemical. Cover with a sterile gauze. In case of eye burn, make sure to remove any contacts from the eye.

Major Bleeding

After protecting yourself with PPE, cover open wounds with gauze, leaving any embedded objects in. If the victim bleeds through dressing, apply new dressing over the old bandage. Immobilize the injured body part if possible.

Head/Neck Injury

Call 911 or emergency services immediately. Keep the person still - have them lay on the ground and stabilize their neck. Stop any bleeding, unless on the skull and a fracture is suspected. Watch for changes in alertness and consciousness.

Bone Fracture

If the bone fracture is result of major trauma or injury, call emergency services. Immobilize the suspected fracture and apply ice to reduce swelling and pain. For compound fractures (bone through skin) gently cover the wound with sterile dressing.

Lightning Strike

Getting struck by lightning often causes a heart attack, call 911 immediately, move to a safe location if necessary, and begin CPR or use of and AED with CPR iif the victim has no pulse.