**First Aid**

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**I. Types of Injuries**

**A. Bleeding**

**1. Use pressure points**

**2. Use direct pressure**

**3. Raise limb affected above the heart**

 **B. Electric shock**

 **1. Do not touch the victim**

 **2. Remove the electrical source with an insulated material**

 **3. Use CPR or artificial breathing on the victim**

 **C. Eye Injury by Chemical**

 **1. Do not use an eye cup**

 **2. Get professional help**

 **3. Do not use eye drops**

 **D. Burns**

 **1. Small burns – Immerse in cold water or ice**

**2. Larger/Deeper Burns – Do not remove stuck clothing and get**

 **professional help**

**3. Do not use ointments**

**4. Do not use tightly wrapped cloth**

**5. Use only loose gauze**

 **E. Fractures**

 **1. Keep from moving**

 **2. Get professional help**

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 **F. Puncture wounds**

 **1. May need tetanus shot**

 **2. More dangerous because they do not bleed**

 **G. Eye injury from objects**

 **1. Try to remove**

 **2. If lodged in the eye see a doctor**

 **3. Do not rub the eye**

 **H. Poisoning**

 **1. Have an antidote sheet if possible or read the container**

 **2. Do not induce vomiting if the substance is corrosive**

 **3. Get professional help**

**I. First Aid Equipment**

 **1. Bandages**

 **2. Isopropyl Alcohol**

 **3. Gauze**

 **4. Tweezers**

 **5. Antiseptic**

 **6. Aromatic spirits**

 **7. Scissors**

 **8. Instruction booklet**

 **9. This is not a medicine chest (no drugs because of accessibility to**

 **children)**

F:first aid notes