**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