

## FIRST AID REVIEW

- 1) A knocked out tooth should be put back into the socket or in milk, a cold compress should be used to reduce swelling, and a dentist should be consulted as soon as possible.
- 2) To treat a blister, one should put moleskin around it, or protect it in some way. Never break it.
- 3) Prevention of any injury is the best cure.
- 4) A choking person never makes a noise or sound.
- 5) If you get a fish hook caught in the skin, you push the hook through the skin, cut off the barb, and pull the shank back out.
- 6) Anaphylactic shock is caused by a bee sting because the person has an allergy to the bite. It is life threatening and needs to be treated by medical personal as soon as possible.
- 7) A tourniquet should only be used as a last resort, and when you feel the loss of life outweighs the loss of the limb.
- 8) "Hurry-up" cases of first aid include no pulse, no breathing, shock, and severe bleeding. These are life threatening, and need to be treated first. Then treat other injuries ranked by their severity.
- 9) Always protect yourself first when entering an accident scene by surveying the area.
- 10) During a seizure or convulsive episode, one should catch the falling person, loosen tight clothing, clear the area of hazards, and keep the airway clear. (Do not force anything into the person's mouth.
- 11) Before doing CPR, you should absolutely make sure that there is no pulse.
- 12) Carries include the pack strap carry, the fireman carry, four-handed seat, arm-over-shoulder walking help, two-handed seat, chair carry, and hammock carry. The shoulder drag can also be used.
- 13) The best way to treat frostbite is to prevent it. If you freeze your extremities, place them in tepid water.
- 14) Hypothermia is when the internal temperature of the body drops. The person stops shivering, and becomes dazed and confused. Lips and fingernails may be blue. Warm this person as quickly as possible by wrapping in blankets, give warm fluids if conscious, and get them out of wet clothes. Make sure they are dry!
- 15) Treat burns with cool, running water, and bandage loosely with clean, dry cloth.
- 16) To treat fractures, you must immobilize it in the position it is in.
- 17) For severe bleeding, you should elevate the wound, put pressure on it, and use pressure points if necessary.
- 18) First degree burns are characterized by red skin (like sunburn).  
Second degree burns are characterized by blisters.  
Third degree burns are charred and black.
- 19) Heat stroke is when the internal temperature of the body gets to hot. It is characterized by no sweating, rapid pulse, red hot dry skin, confusion fainting and convulsions. Treat by cooling as quickly as possible (even packing in ice).
- 20) Simple fractures are broken bone characterized by pain and bruising. Compound fractures include a bone break plus a skin break or cut.
- 21) Shock is life threatening and is characterized by clammy, cool skin. Treat by having the person lie quietly, keeping them warm, elevate their feet, give sips of water. Eliminate the reason for the shock.
- 22) If a neck or back injury is suspected immobilize the back and neck by backboarding and collaring. Treat for life threatening situations before backboarding!
- 23) Heat exhaustion is when a person becomes dehydrated and overheated. It is characterized by heavy sweating, pale and clammy skin, dizziness and fainting, tiredness and weakness, nausea, headaches, and muscle cramps. Treat by removing to the shade and give cool water and compresses. Make them rest quietly.