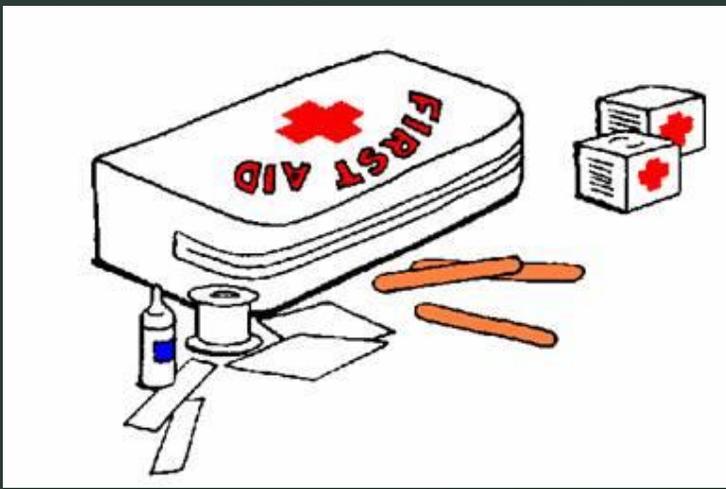




FIRST AID

St. Mark's Scouts 2017



WHY IS IT IMPORTANT?

- First Aid - caring for an injured or ill person until they can receive professional medical care
- With some knowledge of first aid, a Scout can provide immediate care and help to someone who is hurt or who becomes ill
- First aid can help prevent infection and serious loss of blood
- It could even save a limb or a life



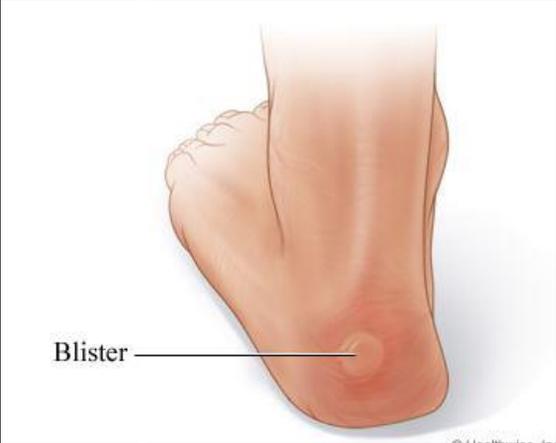
Part 1 (Tenderfoot)





Simple Cuts and Scrapes

- **Small Cuts**
 - Wash small cuts/scrapes with soap and water
 - Apply antiseptic to prevent infection
 - Keep the wound clean by applying an adhesive dressing (Bandage)
 - Clean and re-bandage the wound daily
- **Large Cuts**
 - Apply direct pressure until bleeding stops
 - Follow above steps



Blisters on the Hand and Foot

- Prevention is KEY!
 - Wear shoes or boots that fit properly
 - Change sweaty or wet socks
 - If your hands or feet feel irritated, inspect the area and adjust what is causing the irritation
- Blisters
 - DO NOT pop blisters – the liquid in the blister is a protective physiological dressing
 - Cover the blister with bandage and allow it to heal on its own

5 BLISTER STAGES

You are here



NO BLISTER



HOT-SPOT



ROOF INTACT



ROOF TORN



DEROOFED



Prevention

The aim is to start & finish blister-free

This comes from the work you've done in the weeks and months leading up to your event.



STOP! This is your tiny window of opportunity

Empty your shoe, apply tape to your hot-spot, readjust your sock, firm up your laces. Do something to stop this hot-spot from becoming a blister!



Protect the roof

As long as the blister roof is intact, your blister can't get infected. Protect it!



Treatment

Warning!

Infection is now possible. Apply antiseptic, a non-adherent dressing and monitor regularly for signs of infection.



Keep it moist

Dry skin and scabs are brittle and fragile. A moist wound environment allows strong skin to form. Hydrocolloid dressings can help.



Minor Burns or Scalds

- Get the victim **AWAY** from the source of the heat that caused the burn
- First degree burn
 - a burn that causes the skin to become tender and possibly red
 - Treat immediately by placing the burn under cold water or applying cool, wet compresses until there is little or no pain



STOP

First Aid for burns and scalds

S **Strip** hot clothes and jewellery if possible.



T **Turn on cold tap** (never use ice). Run the burn under cool water for 10-20 minutes. Keep the rest of the person warm.



O **Organise** medical assistance. Contact NHS 24 – dial 111, attend A&E or dial 999.



P **Protect** burn with cling film or clean cloth (**NO** dressings, fluffy cloth, creams/lotions).
Give Painkillers.





Bites and Stings

- Bees/Wasps
 - Scrape away the stinger with the edge of a knife blade or credit card
 - Squeezing it puts more venom into the skin
 - Ice may reduce the pain and swelling
- Ticks
 - PREVENTION – Wear Long Pants and a long sleeved T-shirt
 - Inspect yourself daily, especially hairy areas
 - Remove any ticks immediately by grasping it with tweezers close to the skin and gently pull it until it comes loose
 - DO NOT twist, squeeze forcefully or suddenly pull the tick (leaves mouth parts in the skin)
 - Wash the remaining wound with soap and water and apply antiseptic
- Spider bites can be VERY deadly and don't always hurt immediately – see physician ASAP

Snake bite



Snake Bites

- Nonpoisonous snake bites should be scrubbed with soap and water and have an antiseptic applied
- Poisonous snake bites
 - Seek medical care ASAP so they can neutralize the venom
 - Remove rings and jewelry that might cause problems if the area around the bite swells
 - If there is a delay, have the victim lie down with the bitten part lower than the rest of the body
 - Treat for shock if necessary (part 2)
 - DO NOT apply a venom extractor – recently proven to do no good and can actually cause harm
 - DO NOT apply ice – can damage skin and the surrounding tissue

Nosebleeds



- Have the victim sit up and lean forward to keep the blood from draining into the throat
- Have him/her softly blow out any clots
- Pinch the soft part of the nostrils together to prevent the flow
- Apply a cool wet cloth or ice to the nose and adjacent parts of the face
- If the bleeding is severe or there are other injuries to the face, position the victim to keep the blood out of the airway and call for help!

AVOID*SPOT*TREAT FROSTBITE & HYPOTHERMIA

In cold temperatures, your body begins to lose heat faster than it can be produced, which can lead to serious health problems.

AVOID

When the weather is extremely cold, try to stay indoors. If you must go outside, dress properly and know who is at high risk for hypothermia or frostbite.

When going outside be sure to wear:



When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing.

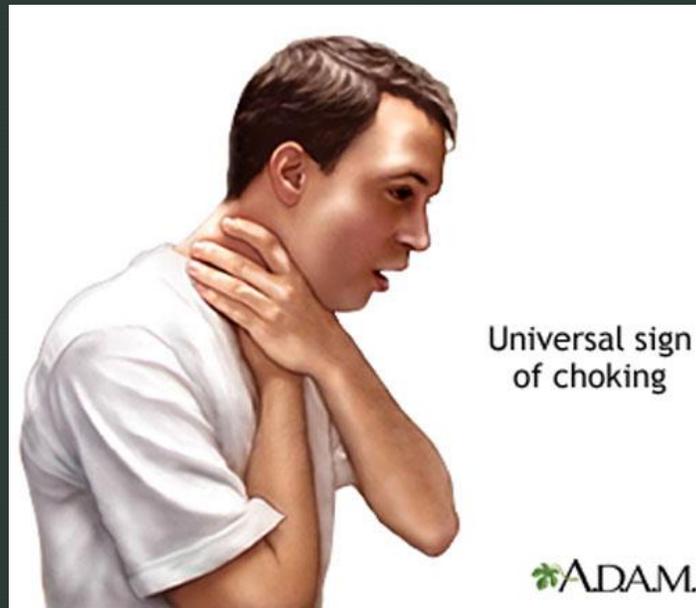
NOSE EARS TOES CHEEKS CHIN FINGERS

Know who is at high risk:



- Frostbite
 - Get indoors then warm the injury and keep it warm
 - For an ear or cheek, remove a glove and warm the injury with the palm of your hand
 - A frostbitten hand can be placed under your clothing and/or tucked beneath the armpit
 - Treat frozen toes by putting the victim's bare feet against the warm skin of your belly
 - Avoid rubbing frostbitten flesh – can damage tissue and skin!
 - You can also warm a frozen part by holding it in warm – NOT hot – running water and then wrap it in a dry blanket
 - Have the victim exercise injured toes or fingers and don't let the injured area freeze again; get the victim to a doctor
- Sunburn is a first degree burn and should be treated as such; lighter skin people are more susceptible

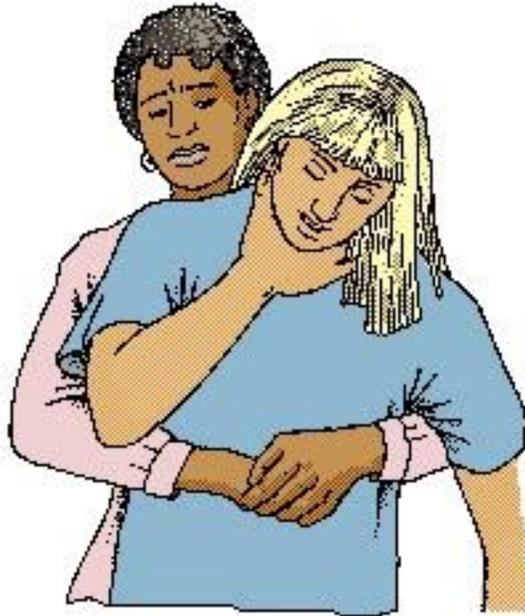
Choking



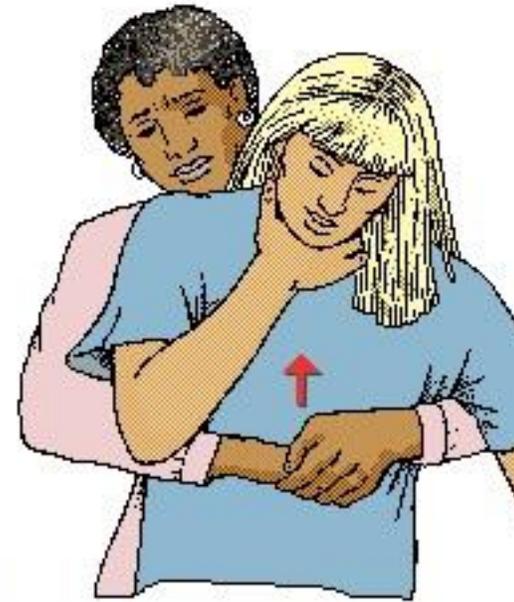
- If someone appears to be choking, ask if they can speak!
 - Someone with an obstructed airway won't be able to speak even if he/she is unconscious
 - If they do not respond or shake their head, start abdominal thrusts immediately (Heimlich Maneuver)



Stand or kneel behind the person choking. Place one arm around her waist with the fist positioned between the navel and ribcage. The thumb should be inward directly against her abdomen.



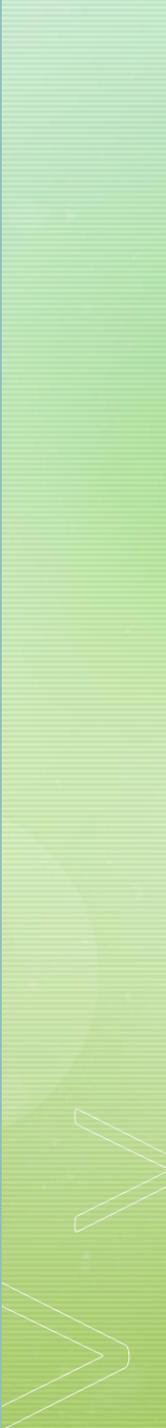
Place the other hand over the first.



Use the outer hand to increase the force as you press inward and upward, quickly forcing air out of the victim's lungs. If this fails to eject the obstruction, repeat the maneuver as many as 4 times.



Part 2 (Second Class)



Object in the Eye

- Have the person blink the eye
- Together with tears, this may help remove the object
- If it doesn't work, wash hands with soap and water and gently pull the upper eye lid down over the lower eye lid
- For an object under the lower lid, place your thumb just below the lid and gently pull the lid down
 - Use the corner of a sterile gauze pad or clean handkerchief to lift out the object
 - If that fails, get the person to medical care

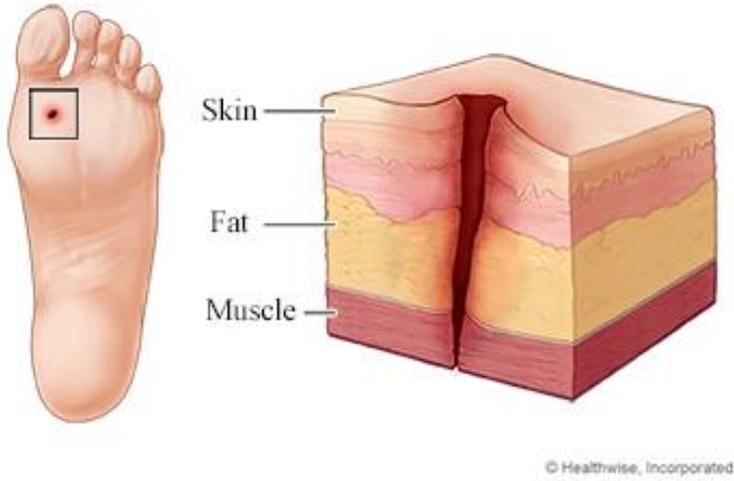


Bite of a Warm-Blooded Animal



- Scrub the bite with soap and water to remove saliva
- Cover the wound with a sterile bandage and get the victim to medical care immediately

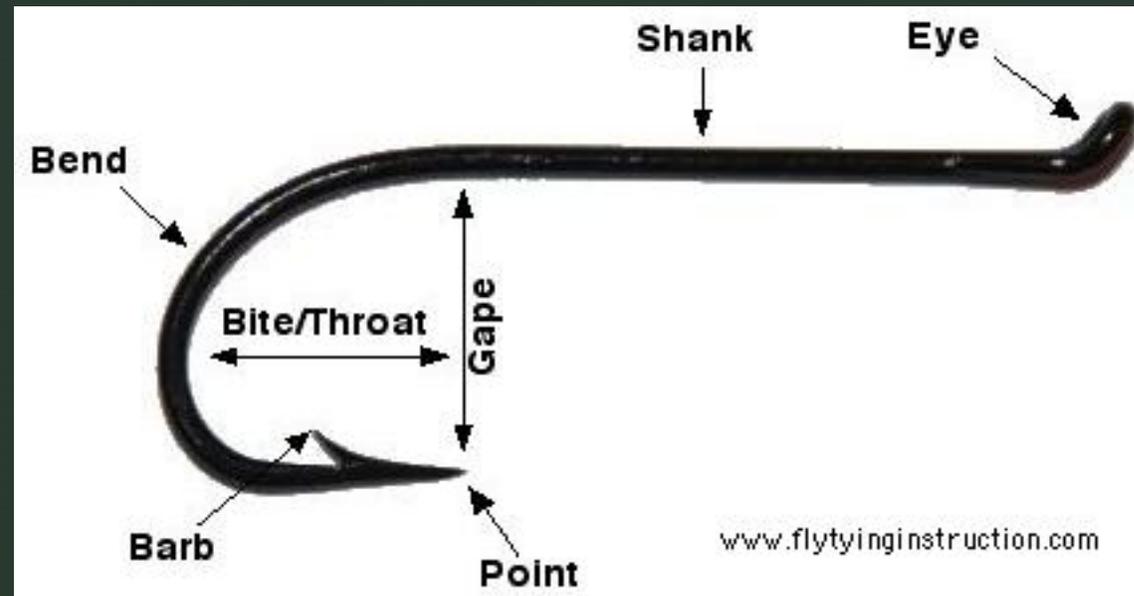
Puncture Wound - Splinter and Nail



- Use tweezers sterilized over a flame or in boiling water to pull out foreign objects you can see
- Encourage the wound to bleed to help cleanse the wound (for up to 5 minutes)
- Wash the area with soap and water, apply a sterile bandage and get the victim to a doctor (ESPECIALLY if bleeding is severe)

Puncture Wound - Fishhook

- Push the hook further in until the barb comes through the skin
- Snip off the barb with pliers, wire cutters or nail clippers
- Ease the shank of the hook back out through the point of entry
- Wash and bandage the wound



Serious Burns

- Second-degree Burns
 - If blisters form, place the injured area in cool water until the pain goes away
 - Let the burn dry, then protect it with a sterile nonstick bandage
 - Do NOT break blisters! Do not apply butter, creams, ointments, or sprays
- Third-degree burns
 - Damage to all three layers of the skin – charring is evident
 - May or may not feel pain
 - Do NOT try to remove the clothing or apply any creams, ointments, or sprays
 - Aloe vera gel or cream can soothe the skin
 - Wrap a clean sheet around the victim and treat for shock – get immediate medical attention
 - (A gel burn pad may be applied)
- Prevention is KEY
 - Use sunblock on all exposed areas of an SPF 36 or greater
 - Reapply after swimming or perspiring
 - A broad brimmed hat, long-sleeved shirt, and long pants provide good protection

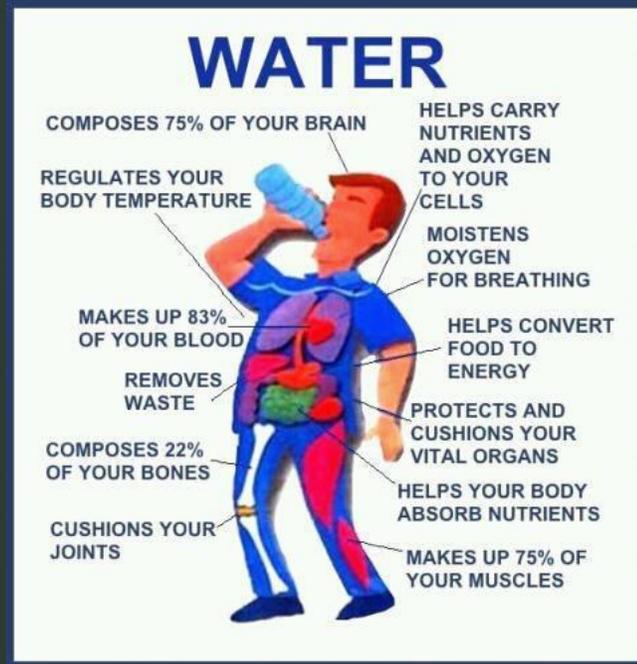
Epidermis
Dermis
Hypodermis

First degree burn

Second degree burn

Third degree burn

The diagram illustrates the three layers of skin: the Epidermis (outermost), Dermis (middle), and Hypodermis (innermost). It shows three degrees of burn: 1. First degree burn: Only the epidermis is affected, showing redness and pain. 2. Second degree burn: The epidermis and part of the dermis are affected, showing blisters and severe pain. 3. Third degree burn: All three layers are affected, showing charred, necrotic tissue and loss of sensation. The ADAM logo is visible in the bottom right corner.



Dehydration

- Protect yourself by drinking plenty of fluids
- Avoid beverages that contain alcohol, caffeine, or high amounts of sugar
- Good rule: Drink enough so that your urine stays clear

AM I DEHYDRATED?

HERE'S HOW TO TELL

SIGNS OF MILD TO MODERATE DEHYDRATION INCLUDE:



THIRST



DRY MOUTH



FATIGUE



HEADACHE

SIGNS OF SEVERE DEHYDRATION INCLUDE:



RAPID BREATHING



RAPID HEARTBEAT



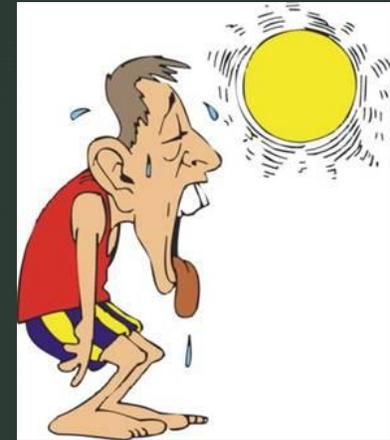
**SEVERE DIZZINESS OR
LIGHTEADEDNESS**



**UNCONSCIOUSNESS
OR DELIRIUM**

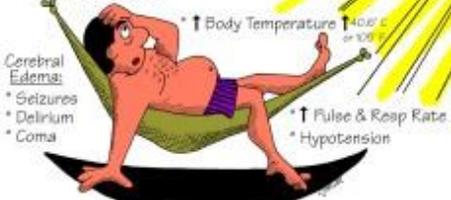
Heat Exhaustion (Salt Depletion)

- Signs – faintness or dizziness, nausea or vomiting, heavy sweating with cold clammy skin, weak rapid pulse, pale or flushed face, muscle cramps, headache, weakness or fatigue
- Caused by perspiring heavily or being dehydrated
- Move the victim to a cool, shady spot with the feet raised
- Remove excess clothing
- Cool the victim down any way you can
- Sponge with cool water and fan the victim
- If the victim is fully alert, give sips from a glass of water into which is stirred a pinch of salt
- Recovery should be rapid
- If symptoms persist, call for medical help
- Can lead to heatstroke (next) if not managed properly



HEAT STROKE

- * Anxiety - Confusion
- * Skin Hot & Dry
- * Impaired Sweating
- * Lethargy



Cerebral Edema:
* Seizures
* Delirium
* Coma

* ↑ Body Temperature

40.0°C
or 104°F

* ↑ Pulse & Resp Rate

* Hypotension

(Management - Cooling, Rest,
Fluid & Electrolyte Support.)

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Heatstroke

- Body temperature of 104 F or higher
- Life-threatening! – seek medical attention immediately
- Move the victim to a cool, shady spot
- Cool the victim down any way you can
- Remove outer clothing and sponge with cool water
- Cover with wet towels, wet clothing and fan the victim
- Place in a steam, a bath tub, or in front of an air conditioner
- Keep the victim lying down with the head and shoulders slightly raised
- Monitor the victim closely – the temperature might rise again or there might be vomiting or rescue breathing might be required –get emergency medical care right away

HEAT EXHAUSTION OR HEAT STROKE?

HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses



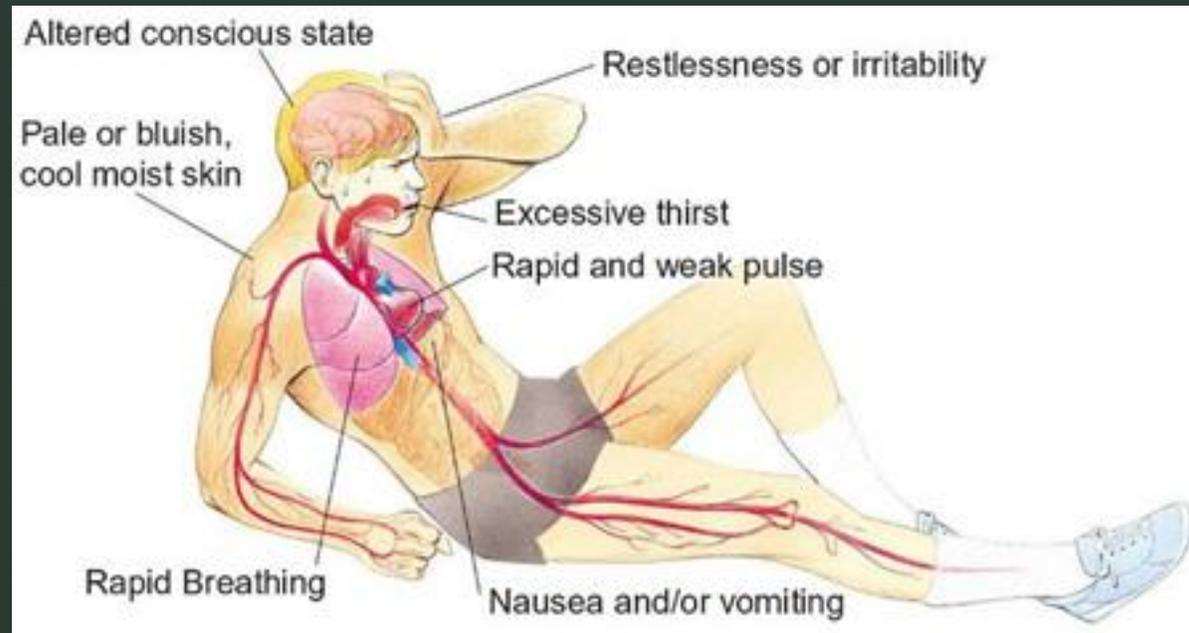
HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103°
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated

Shock



Shock

- Eliminate the cause of shock by restoring breathing, heartbeat, controlling bleeding, relieving severe pain, and treating wounds
- Make sure the airway remains open for breathing
- Have the injured person lay down
- Raise the feet ten to 12 inches to move blood from the legs to vital organs
- Keep warm by placing plenty of blankets, coats, or sleeping bags under and over the victim.
- Call or send someone for emergency care



Hypothermia

It is a condition which occurs when the body starts losing heat more quickly than it can produce it resulting in the body temperature going down rapidly.

Symptoms of Hypothermia

- Shivering
- Dizziness
- Feeling hungry
- Nausea
- Rapid breathing
- Problems speaking
- Confusion
- Coordination difficulties
- Fatigue
- Rapid heart rate
- Shivering, as the condition worsens
- Drowsiness
- Weak pulse
- Shallow breathing.

ePainAssist.com

Hypothermia

- Take the victim into a shelter or a building and get the person into warm, dry clothing
- Zip the victim into a warm, dry sleeping bag
- Offer an alert victim warm fluids
- Place warm war bottles into armpits and groin
- If hypothermia is advanced, helping the victim breathe warm, moist air will aid in rewarming.
- Seek medical care for the victim



Hyperventilation

- Talk quietly to the victim and encourage calmness and breathing slowly
- Having the victim breathe into a paper bag might help restore CO₂ levels to the body
- Dizziness and anxiety can be warning signs of a heart attack
- The victim should be examined by a physician

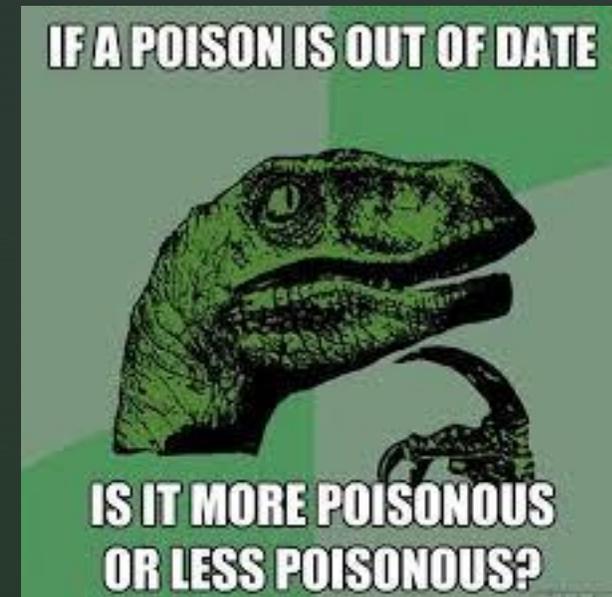
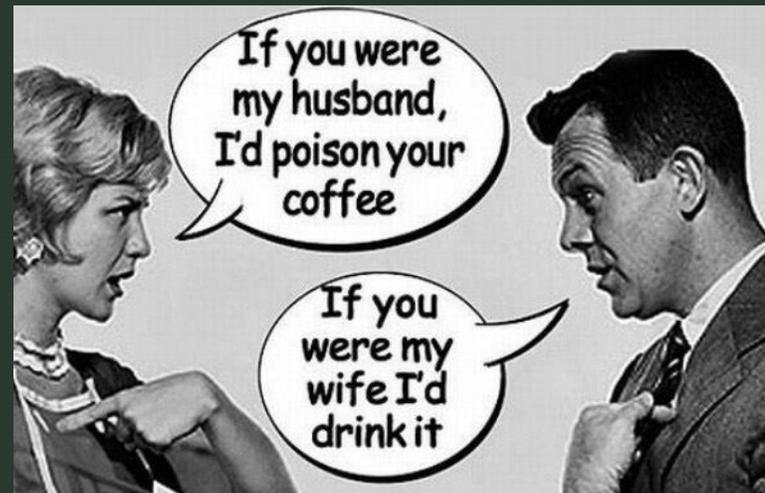


Severe Bleeding

- With a clean cloth or sterile dressing as a pad, use the palm of your hand to apply firm **pressure** directly over the wound
- While pressing on the wound, raise the injury above the level of the victim's heart
- Do not remove a pad that has become soaked with blood. Instead place a fresh pad over the first one and continue applying **pressure**
- When the bleeding has stopped, place a bandage or other material around the wound to bind it – do NOT place it so tightly that circulation is cut off (you can periodically check the limb for a pulse – no pulse is an indication that the bandage is too tight)
- In ALL cases of serious bleeding, get the victim under medical supervision
- If you have touched any body fluids, wash your hands thoroughly with soap and water or an antiseptic as soon as possible; change any clothing that might be contaminated

Ingested Poison

- Call poison control! 1-800-764-7661
- Or 911 if you can't find the number right away
- Follow the instructions you are given
- Prepare to treat the victim for shock and monitor breathing – make him/her comfortable
- Do NOT give anything by mouth unless told to do so
- Save any vomit as it may help a physician identify the poison





The End!!!

