

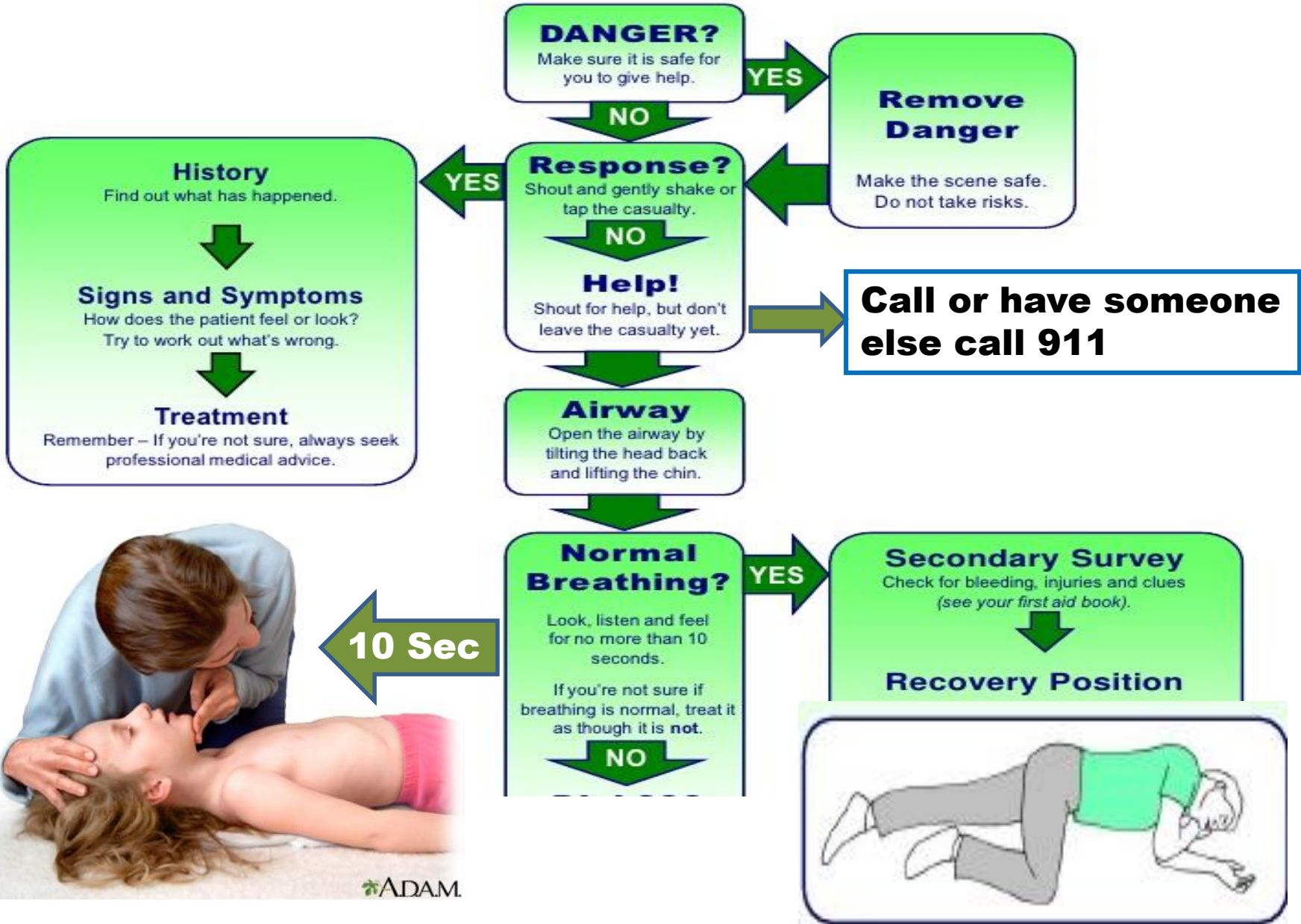
Don Ericson

**Director of Religious
Education**



First Aid Training

emergency action plan



Adult and Child CPR



1. Give 30 CHEST COMPRESSIONS in the center of the chest at least 2 inches deep and at least 100 compressions per minute. Use two hands for adult and 1 or 2 hands for a child depending on their size and your strength.

2. Give 2 RESCUE BREATHS. Tilt head back and lift chin up. Pinch the nose and completely seal your mouth over theirs. Blow in for about 1 second. Watch for chest to rise.



Infant CPR



- 1. Give 30 CHEST COMPRESSIONS** in the center of the chest at least 1½ inches deep and at least 100 compressions per minute. Use two fingers just below the nipple line.

- 2. Give 2 RESCUE BREATHS.** Tilt head back and lift chin up. Make a complete seal your mouth over the infant's mouth and nose. Blow in for about 1 second. Watch for chest to rise.



Conscious Choking Adult or Child

Give 5 Back Blows



Place fist with thumb side against abdomen, just above the navel and cover with other hand.

Give 5 Abdominal Thrust

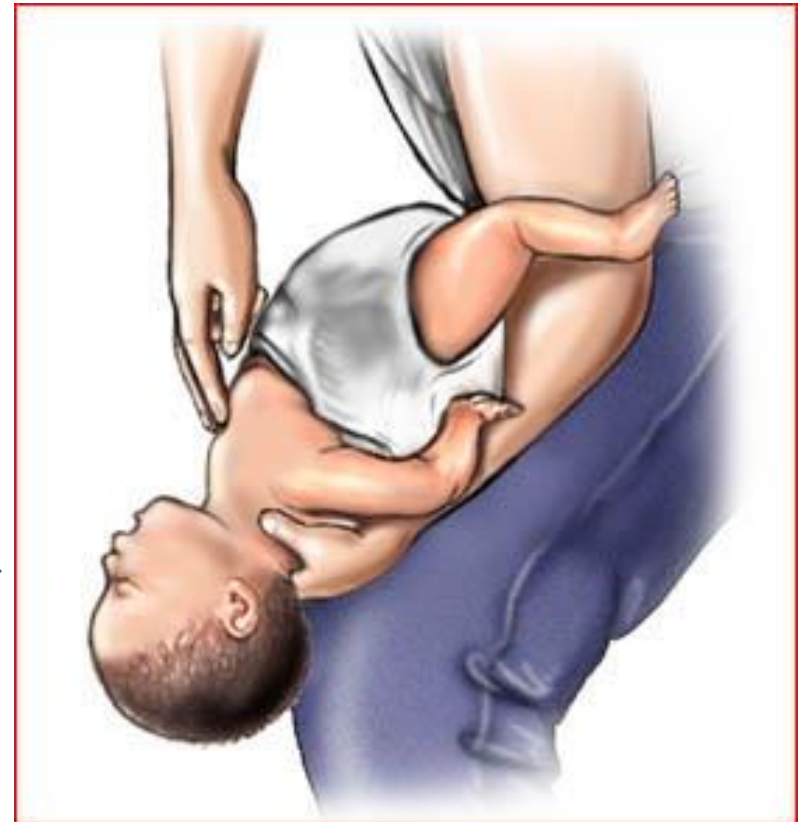


Conscious Chocking Infant



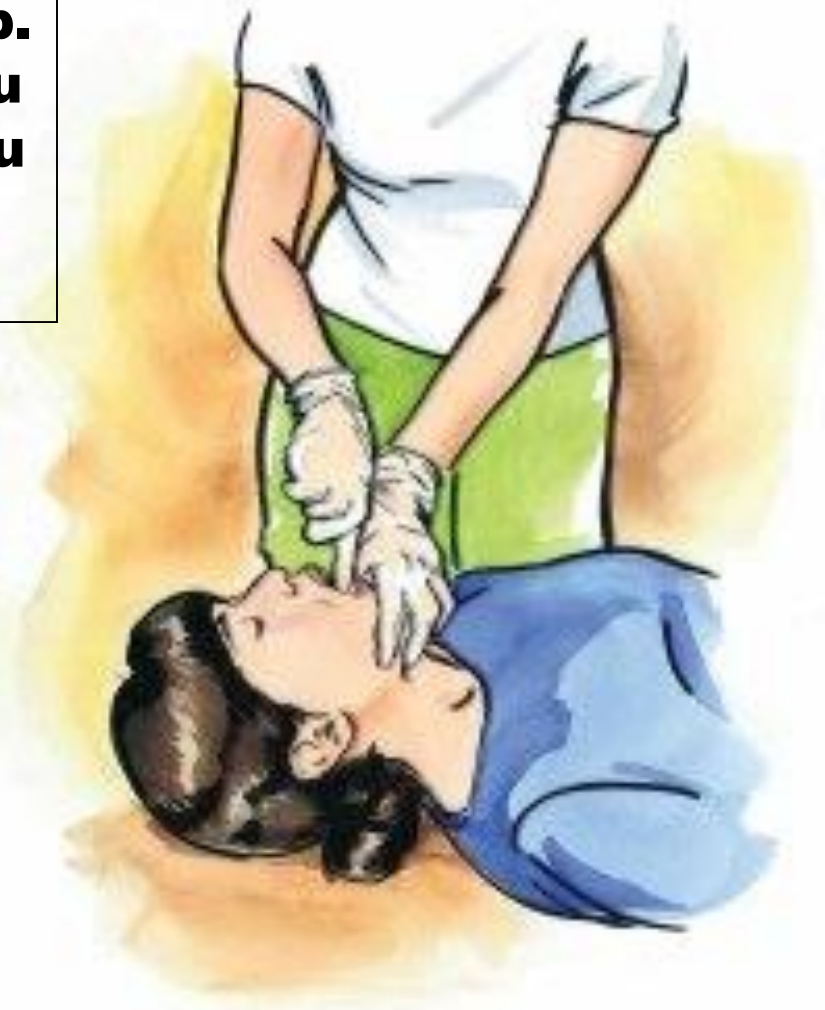
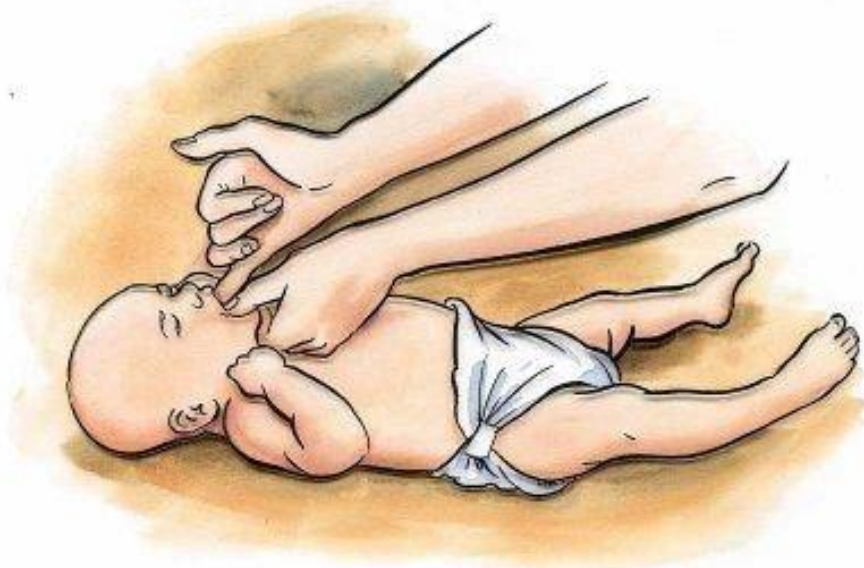
Give five firm back blows with heel of one hand between the infant's shoulder blades.

Give 5 Chest Compressions



Unconscious choking adult, child & infant

Technique is the same as for CPR with one additional step. You must check to see if you see the obstruction after you have completed your 30 compressions.



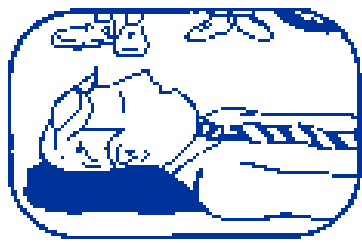


Fainting (temporary loss of consciousness resulting from insufficient supply of blood to brain): Prevent by lying down and raise their feet above their head or have them sit with head level with knees.

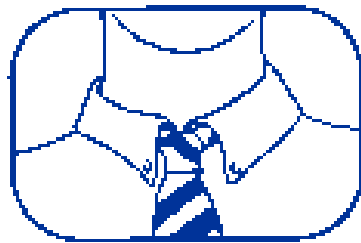


Seizures (Epilepsy):
When normal functions
of the brain are
disrupted causing
decrease oxygen or
abnormal electrical
activity in the brain
resulting in uncontrolled
body movement.

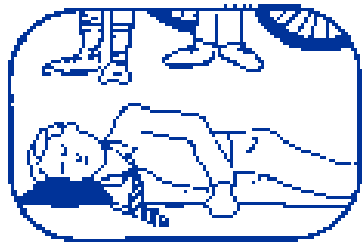
Febrile Seizures is
brought on by a rapid
increase in body
temperature. They are
most common in
children younger than 5
years of age.



Cushion Head



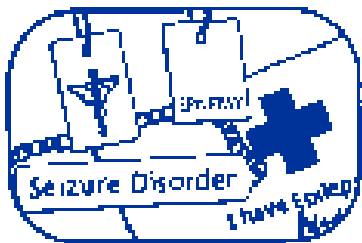
Loosen Necktie



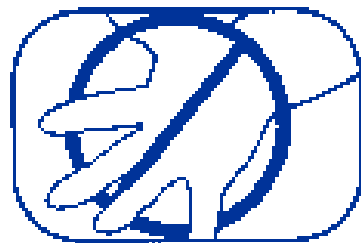
Turn On Side



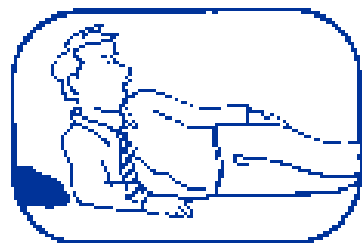
Nothing In Mouth



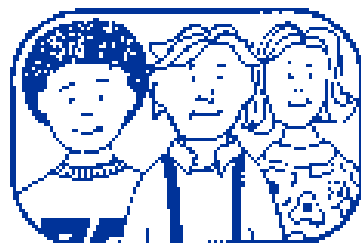
Look For ID



Don't Hold Down



As Seizure Ends



...Offer Help



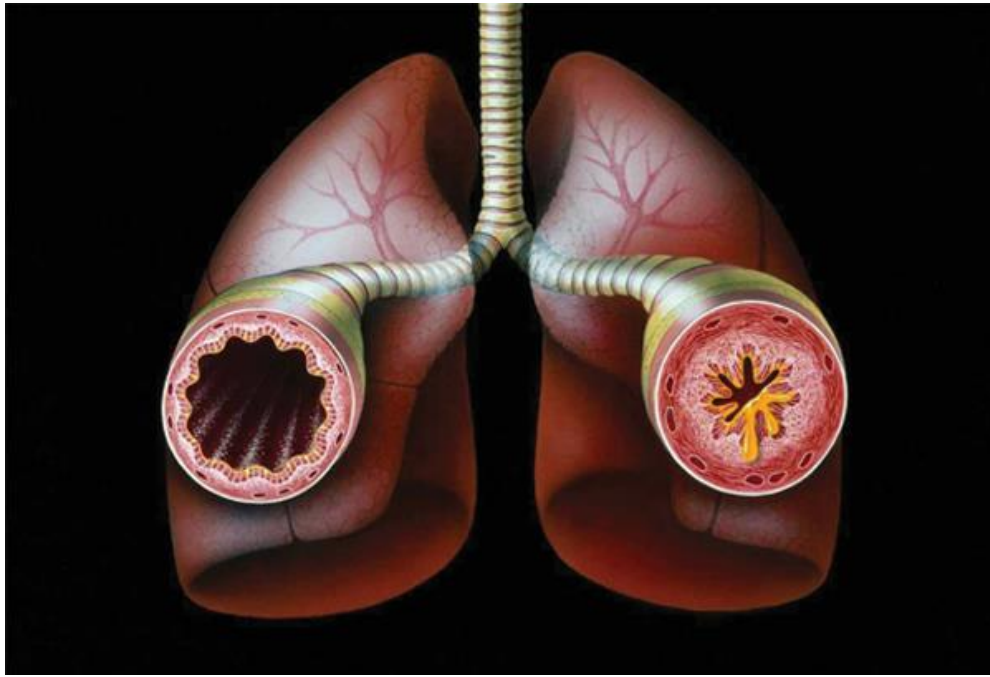
Diabetes is the inability of the body to properly utilize sugar/glucose. This process is regulated by insulin. Persons with diabetes may lose consciousness. Blurred vision, numbness in legs, feet, fingers, thirst, and frequent urination. Exercise can cause a drop in blood glucose levels. Treat with sugar, juice, soda (not diet), candy, etc.



Allergic Reactions are caused by over active immune system against specific antigens (foreign substances) such as insect bites/stings, pollen, animal dander, certain foods (peanuts, dairy, shellfish, gluten, etc).

Symptoms: Hives, itching, rash, nausea/vomiting/cramps, dizziness, trouble breathing, etc.

Anaphylaxis: Trouble breathing. Epinephrine auto-injector. Call 911.



Asthma: “triggers” that cause inflammation and constriction of the airway. Triggers can include cold air, allergens, irritants (perfumes, dust, pollen, molds, smoke), animal dander, exercise and strong emotions (fear/anger).

Prevention and Treatment:

- **Reduce exposure to triggers.**
- **Exercise/play carefully.**
- **Inhalers (short-acting bronchodilators).**





Poisoning Signs: chest or abdominal pain, nausea/vomiting, dizziness, trouble breathing, sweating, change in consciousness, seizures, headache, irregular pupil size, abnormal skin color, etc.

- **Inhaled toxic fumes: Skin may be pale/ashen=lack of oxygen. Treat: fresh air.**

- **Absorbed/contact chemicals: brush off and flush with cool water.**

- **Call Poison Control Center if conscious and alert - nonlife threatening, ingested or injected, stings, bites, etc.**

- **Call 911 if life threatening.**

POISON
Help
1-800-222-1222

National Poison Control Center

Sprains (torn ligaments) and Strain (torn muscle/tendons)

Seek medical treatment if severe pain, swelling, discoloration, cold, numb, tingly, deformity, open fracture, grating, snapping, popping sound, unable to move, etc.

Treat with **RICE** (Rest, Ice, Compression and Elevation).



Rest

helps limit movement that can worsen the injury;

Ice

applied to the area reduces swelling and helps stop any bleeding (heat has the opposite effect);

Compression

means applying pressure to the area (or wrapping with a cloth or bandage) to help stop the bleeding;

Elevation

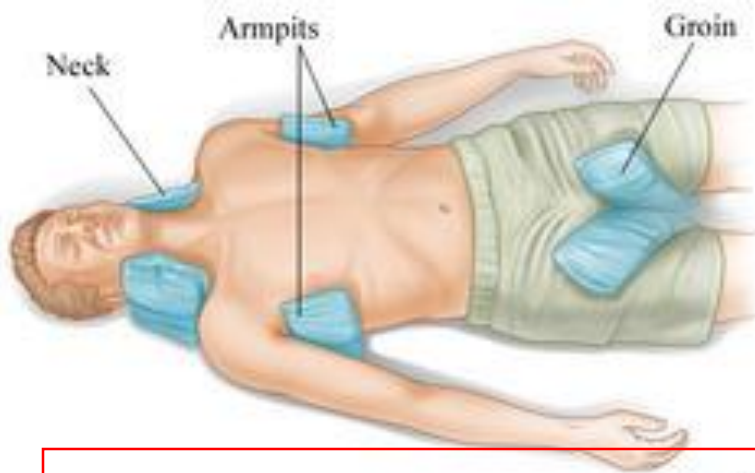
means raising the injured area above the rest of the body as a way to reduce swelling.

Heat Related Emergencies



Heat Cramps are painful muscle spasms that usually occur in the legs and abdomen.

Treatment: move person to cool place and rest. Give an electrolyte/carbohydrate fluid such as a sports drink, fruit juice or milk but nothing with caffeine. Water may also be given but the person should not be given salt tablets. Lightly stretch the and gently massage the muscle.



Heat Related Emergencies

Heat Exhaustion is a more severe heat related emergency. Warning signs include cool, moist, pale ashen or flushed skin; headache; nausea; dizziness; weakness; and exhaustion.

Treatment: Same as with Heat Cramps but may need to cool the body down quicker by applying cold packs or spraying with water and fanning.



Heat Related Emergencies



Heat Stroke is a most severe heat related emergency. Warning signs include high body temperature, red, dry or moist skin, changes in consciousness; rapid, weak pulse; rapid, shallow breathing; confusion; vomiting and seizures.

Treatment: Call 911 immediately. Rapidly cool body by immersing the person in cold water or douse with cold water and fanning or cover with ice.

Wounds, abrasions, lacerations: clean and dress. Pressure to control bleeding. Use ice to reduce swelling. Do NOT remove seriously imbedded objects.



Burns: Heat, Chemical and Electrical.

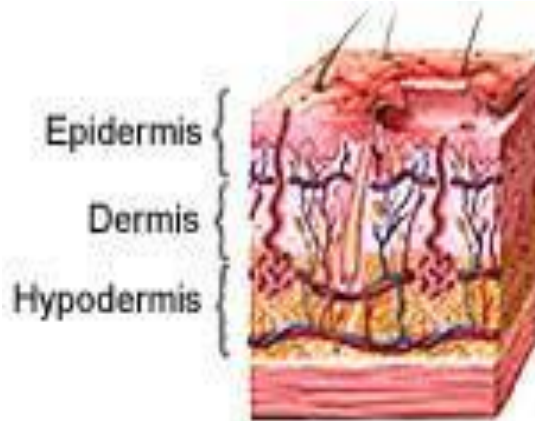
Treatment:

Remove source of burn, flush with cool water.

Do not apply ice or ice water to any burn. It can cause rapid heat loss and cause further damage to tissue.

Cover with dry sterile dressing.

Do not break blisters. Do not use any kind of ointment on a severe burn.



First degree burn



Second degree burn



Third degree burn



**Nose bleeds:
pinch nostrils
and sit with
head slightly
forward.**





Tooth Injuries

If a child's tooth is knocked out, rinse with cool water and control bleeding with rolled sterile dressing.

Save tooth by placing in milk, if possible or cool water.

Be careful to touch only the crown (white part) and not the root.

Any Questions?

