

Chapel Volunteer First Aid Training Outline

Fainting (temporary loss of consciousness resulting from insufficient supply of blood to brain):
Prevent by lying down or sitting 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.

Diabetic Emergencies: Person may lose consciousness. Blurred vision, numbness in legs, feet, fingers, thirst, and frequent urination. Treat with sugar, juice, soda (not diet).

Allergic Reactions: Hives, itching, rash, nausea/vomiting, dizziness, trouble breathing, etc.

Anaphylaxis: Trouble breathing. Epinephrine auto-injector.

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

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

- Poison Control Center 1-800-222-1222 if conscious and alert - nonlife threatening.
- 911 if life threatening.
- Inhaled Toxic fumes. Skin may be pale/ashen=lack of oxygen. Treat: fresh air
- Absorbed/contact Chemicals: brush off and flush with cool water
- Ingested: Call PCC
- Injected, stings, bites, etc.

Sprains (torn ligaments) and Strain (torn muscle/tendons): Treat with RICE (Rest, Immobilization, Cold and Elevation. Seek medical treatment if sever pain, swelling, discoloration, cold, numb, tingly, deformity, open fracture, grating, snapping, popping sound, unable to move, etc.

Heat and Cold Related Illnesses: Heat Cramps, Heat exhaustion and heat stroke.

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. Remove source of burn, flush with water, cover with dressing.

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

Concussion: temporary loss of brain function. Signs: sleepy, headache, memory loss, unconsciousness, nausea and vomiting, speech problems and blurred vision or light sensitivity.