



**Policies, Procedures, and Protocols**

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| <b>Title: Human First Aid</b> | Original Date:     | 4/10/2019 |
|                               | Last Review Date:  |           |
|                               | Last Revised Date: |           |

**Approved by: Sunshine Board of Directors**

**Date: 4/10/2019**

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|---------|---|
| Purpose | To provide immediate intervention, treatment or care to someone suffering from injury or illness until further advanced care arrives or individual recovers.  |
| Content | <p>Every Volunteer carries their medical insurance. Emergency Information is in the office.</p> <p>First assess situation: If person is responsive and there are no severe life-threatening bleeding or cardiac arrest, check for injuries and if responsive have person describe the injury-Signs, symptoms, allergies, last food or drink, events leading to incident</p> <p>If person is unresponsive check circulation and breathing for 5-10 seconds<br/>         -Check for medic alert bracelet<br/>         -Tell by-standers to obtain First Aid kit and if necessary, call 911<br/>         Give Name; Location; Type of Emergency; Condition of Victim; Medical History if known</p> <p>MINOR BLEEDING-<br/>         -Will usually stop on its own<br/>         -apply gloves, clean with soap and water, apply antibiotic ointment and non-adhering dressing</p> <p>MAJOR BLEEDING-<br/>         -Call 911<br/>         -Put on gloves<br/>         -Have person lie down with head lower than back<br/>         -If bleeding from extremity than raise above heart<br/>         -If organ has been displaced, do not push it back in. Simply cover the wound -To area bleeding apply direct pressure with gauze or clothing until bleeding slows. Do not release pressure for at least 20 minutes<br/>         -If object is embedded, apply pressure around the wound not over wound<br/>         -Do not remove gauze or clothing. Keep adding more as needed. The cover will help clots to form</p> |



-Severe bleeding can lead to shock

#### SHOCK-

Person is lightheaded, chills, skin pale, confusion.

-call 911

-Have person lie down, (on side if vomiting), with head lower than body, unless cardiac arrest or it causes pain, then have them lie flat.

-Treat any obvious injuries and start CPR if needed

-Keep person warm, applying blankets

-Do Not let person eat or drink

#### MINOR BURNS-

1 st degree=sunburn 2nd degree=Blistering

3rd degree=skin is charcoal

Stopping the burn comes before treating

Chemical=wash off; Electrical=turn off electricity;

-Heated area needs to be cooled down with cool running water for several minutes, not ice,

-Cover burn with cool, moist, non-adherent sterile bandage, do not apply ointments, butter or oily remedies

-Do Not break blisters if they have formed

-Take Ibuprophen or Tylenol

#### MAJOR BURNS-(Not Minor Burns)-3 rd degree burns

-Call 911

-Do Not remove clothing

-Do Not immerse in cold water, Do Not use ice

-Begin CPR if needed

-Elevate areas burned above level of heart

-Cover burn with cool, moist, non-adherent sterile bandage, do not apply ointments, butter or oily remedies

#### SUSPECTED FRACTURES

-Do Not try to straighten

-Stabilize limb using a splint and padding to keep it immobile

-Put cold pack on injury, avoid placing ice directly on skin

-Elevate extremity

#### SPRAINS-

-Same as fractured bones

-Immobilize

-Apply cold pack

-Elevate limb

#### NOSEBLEED-



- Lean forward, not back
- Pinch nose just below bridge, do not pinch nostrils
- Check after 5 minutes if bleeding has stopped, if not check in another 10 minutes
- Apply cold pack to bridge of nose while pinching

#### FROSTBITE-

- Tissues freeze deeply in the cold causing ice crystals to form in the tissues, damaging cells and skin
- Immersion of affected area in water 98-105 degrees F. for 20-30 minutes to re-warm. Do Not rub affected area.

#### HEAT EXHAUSTION

- Move to a cool place
- Lay victim down
- Elevate feet -Loosen clothing
- Give fluids
- Apply cool compresses

#### BEE STINGS-

- Attempt to remove stinger to prevent further venom from being delivered
- If person is allergic use EpiPen and call 911
- Use cold pack to reduce swelling
- Use antihistamine to decrease swelling and itching

#### EYE INJURIES-

- Call 911
- Flush the affected eye with the contaminated eye in lower position -Flush with cool or room temperature water for 15 or more minutes
- Cover both eyes to immobilize
- Do Not rub, or apply pressure or ice

#### UNCONSCIOUSNESS-

- Call 911
- Assess state of awareness
- Assess Airway, Breathing and Circulation (ABC'S)
- If NO ABC's then perform CPR
- If ABC'S are present and there is no suspected spinal injury place victim on side with chin down toward ground to allow secretions to drain
- Cover with blanket to keep warm

#### CHOKING-

- Ask "Are you Okay" —Do Not interfere if victim can speak, breathe or cough
- If they cannot speak, breathe or cough then perform the Heimlich Maneuver

#### POISONS-



- find out what the poison is if person is alert, check MSDS Manual for product,
- Check for any smells
- Call Poison Control

References