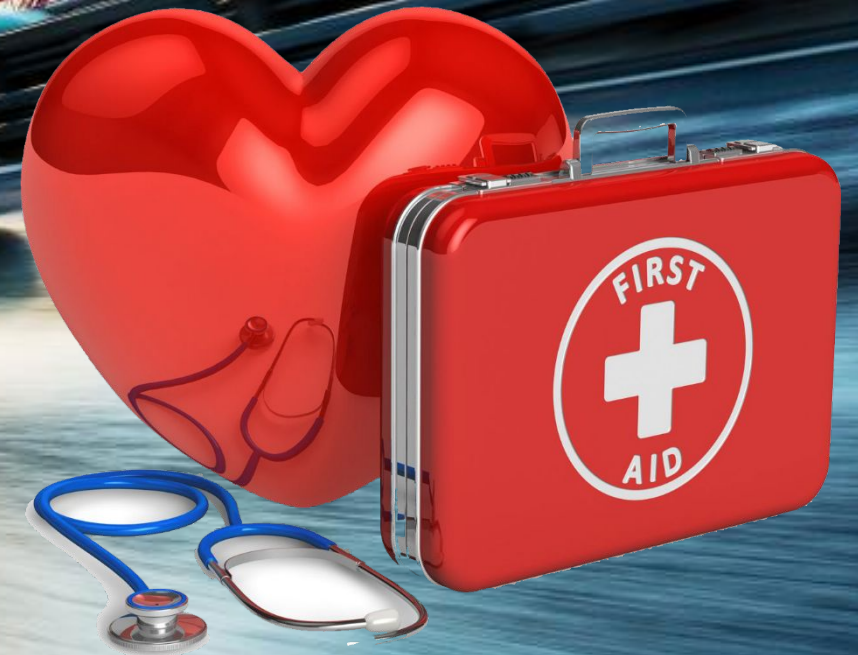


# First Aid Procedures



# Types of bleeding

## Capillary bleeding

Bleeding from capillaries occurs in all wounds. Although the flow may appear fast at first, blood loss is usually slight and is easily controlled. Bleeding from a capillary could be described as a 'trickle' of blood.





# Types of bleeding

## Venous bleeding

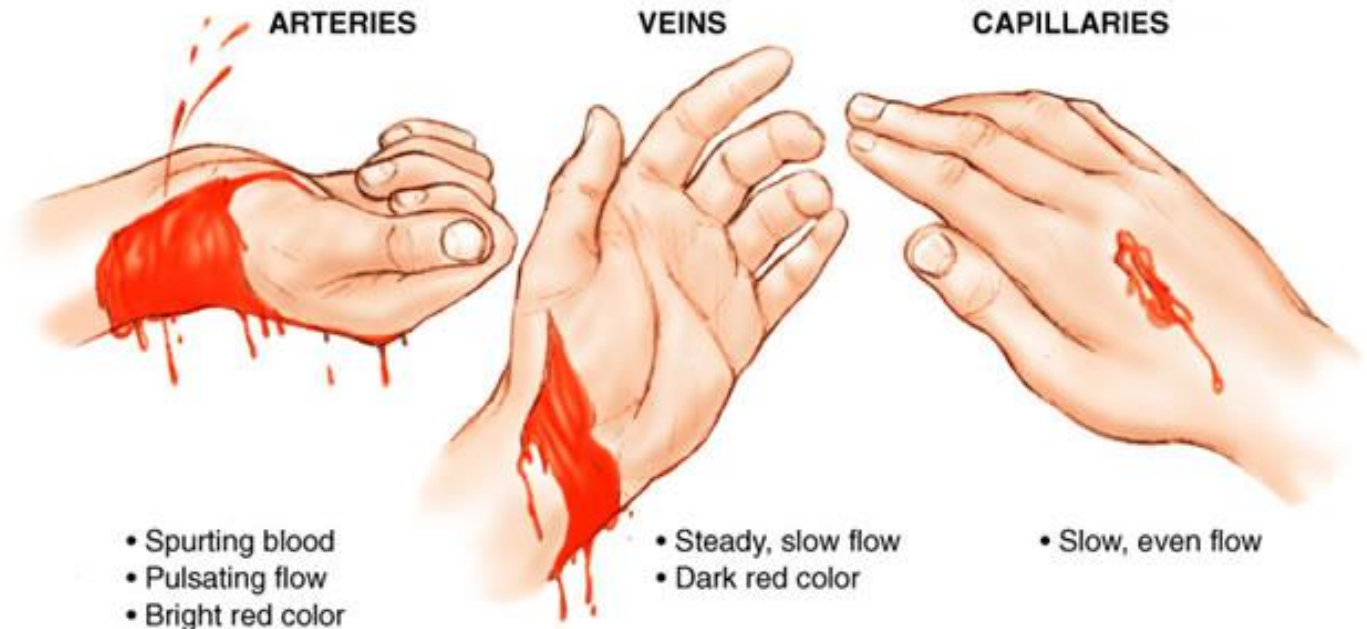
Veins are not under direct pressure from the heart, but veins carry the same volume of blood as the arteries. A wound to a major vein may 'ooze' profusely.



# Types of bleeding

## Arterial bleeding

Blood in the arteries is under direct pressure from the heart pumping and spurts in time with the heartbeat. A wound to a major artery could result in blood 'spurting' several meters and the blood volume will rapidly reduce. Blood in the arteries is rich in oxygen and is said to be bright red', however, this can be difficult to assess.





The key first aid treatment for all of these types of bleeding is **direct pressure** over the wound.

# First Aid Treatment of bleedings.

## Capillary Bleeding:

- Clean and disinfect the wound;
- Put clean bandage on the wound;
- Generally, no special treatment required.

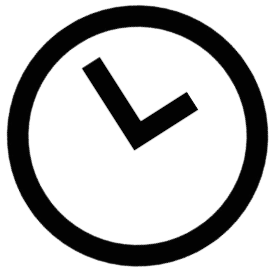




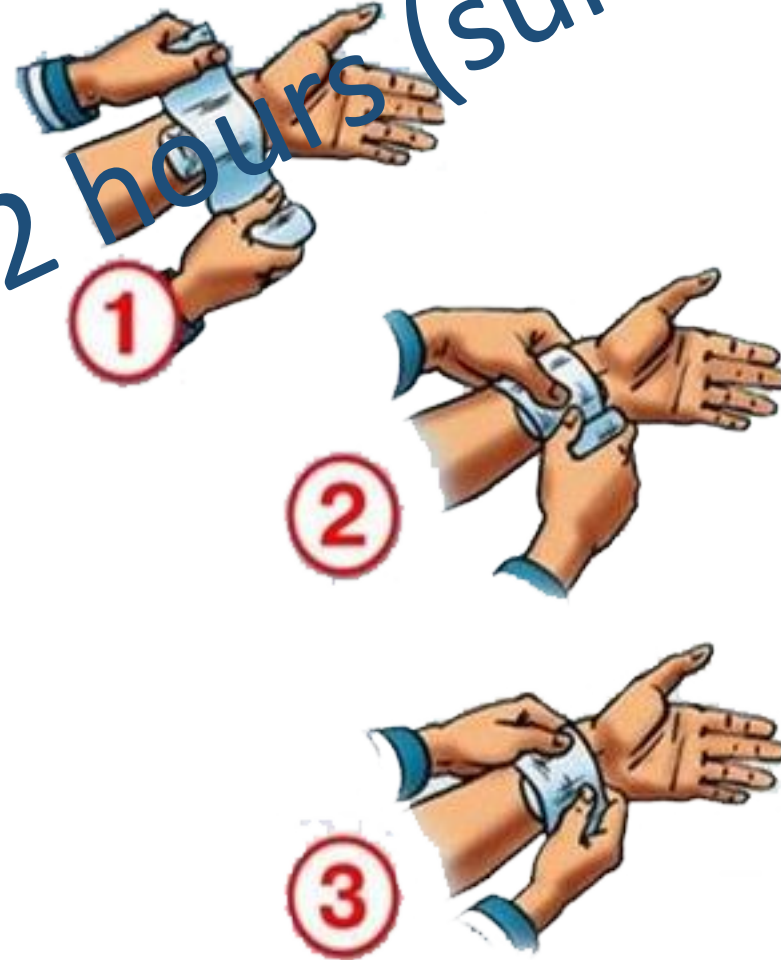
# First Aid Treatment of bleedings.

## Venous Bleeding:

- Raise the injured limb above level of heart;
- Put the pressing bandage on the wound;
- If the bleeding is severe the tourniquet above the wound;
- Take the wounded to the hospital asap.



1 hour (winter) – 2 hours (summer)



# First Aid Treatment of bleedings.

## Arterial Bleeding:

- Press the artery to the bone above the wound;
- Put the tourniquet above the wound to stop or decrease the bleeding;
- Notice the time you put the tourniquet and pass this info to the doctor;
- Put the bandage on the wound;
- Take the wounded to the hospital asap!



30 minutes (summer) – 1 hour (winter)





## FRACTURES

### HOW TO TELL

Swelling, bruising, or a sharp pain may appear; the bone might also lie in an unnatural position. In a worst case scenario, the limb may be deformed or have an open wound.

### WHAT TO DO IN CASE OF A CLOSED FRACTURE



1. Ask the person to support the injured limb with his/her hand, and place the limb on a cushion or several layers of clothes to prevent excess movement.
2. Apply cold (a pack of ice) to the injured place.
3. If the injured limb is obviously deformed or is extremely painful, call an ambulance.
4. Make sure the injured limb is at rest until help arrives.
5. If there is no way to call an ambulance and you have to transport the injured person by yourself, apply a splint to the broken limb.

### WHAT TO DO IN CASE OF AN OPEN FRACTURE

1. First stop the external bleeding.
2. Secure the place of the bone fracture with splints or anything else at hand (a branch or a plank) over the clothes.
3. Call an ambulance.



4. Apply a loose aseptic bandage to the wound.
5. Place something cold (a pack of ice) on the bandage above the wound.
6. Wrap the injured person in a warm blanket or warm clothes.

## HOW TO APPLY A SPLINT



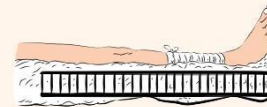
A splint is applied so that the joints above and below the place of the fracture is secured.



You can use sticks, planks, rulers, bars, cardboard, plywood, etc. as a splint. If the fracture is closed, the splint can be applied over the clothes.



If the fracture is open, you shouldn't apply the splint to places where bone fragments are visible.



The whole length of the splint (except the fractured area itself) should be fixed to the limb with a bandage, but not too tight so as not to hinder the blood flow. In the case of a lower limb fracture, place a splint on both sides.



If there is nothing to use as a splint around, you can secure an injured leg by bandaging it to the other one, and an injured arm can be bandaged to the body.

### IMPORTANT!

If the bone looks unnatural or you see a shift in it, do not attempt to set it yourself.



## HEAT STROKE

### HOW TO TELL

Sweating stops, increased body temperature (up to 104°F or 40°C), the skin is pale and hot, lowered blood pressure, weak and rapid pulse, convulsions, vomiting, diarrhea, and fainting.

### WHAT TO DO

1. Call an ambulance.
2. Carry the person to a cooler place.
3. Ensure there is enough fresh air.
4. Strip the person or unbutton tight-fitting clothes.
5. Wrap the person in a cool, moist cloth or put cool, wet towels onto his/her head, neck, and crotch.



6. Let the person drink some cool mineral or slightly salted water.
7. Cool down the person further if necessary, applying ice or a cold object wrapped in a cloth to his/her wrists, elbows, crotch, neck, and armpits.

## HYPOTHERMIA

### HOW TO TELL

The skin is pale and cold to the touch. The person may not shiver, but breathing is slow, and his/her body temperature is below 95°F or 35°C.

### WHAT TO DO

1. Call an ambulance.
2. Carry the person to a warmer place and wrap him/her in a blanket.
3. Give the person something hot to drink, but no caffeine or alcohol. Offer them some high-calorie food.

### IMPORTANT!

If there are signs of a freeze burn (loss of sensitivity, skin whitening, or a tingling sensation), do not rub the frozen area with snow, oil, or petroleum jelly as this can damage the skin. It is best to wrap such an area in additional layers.

# DROWNING

## WHAT TO DO

1. Make sure there is no threat around and drag the drowned person out of the water.
2. Lay the person on your knee and let the water flow from their airway.



3. Clear the person's mouth from any foreign matter, e.g. mucus, vomit, etc., and call an ambulance immediately.
4. Check the pulse of the carotid arteries, their pupil's reaction to light, and breathing.
5. If there is no pulse, pupil reaction, or breath, then start doing CPR and continue until the ambulance arrives or the person starts breathing and his/her heart is beating.
6. When the breathing and heartbeat are restored, turn the person on his/her side, wrap him/her up and make him/her warm.

## IMPORTANT!

- If you suspect a broken spine, drag the drowned person out of the water on a plank or shield.
- Don't waste your time emptying the lungs and stomach from water if the carotid artery shows no pulse.
- The resuscitation should be done even if the person has spent more than 5-20 minutes underwater.



# CPR GUIDELINES

## ADULTS & CHILDREN 8+ YEARS

### 1 Dial 911

- If possible, ask someone else to call.



### 2 30 Compressions

- Interlock fingers & lock elbows, push firmly at least 2 inches deep.
- Perform 30 compressions, at a rate of at least 3 compressions every 2 seconds.



### 3 Open Airway

- Place your palm on their forehead & gently tilt their head back. With your other hand, gently lift their chin forward to open airway.



### 4 Two Breaths

- Keep their airway open, pinch nostrils shut & cover their mouth with yours.
- Give two gentle breaths.
- Each breath should last 1 full second. Look to see if chest rises with each breath.

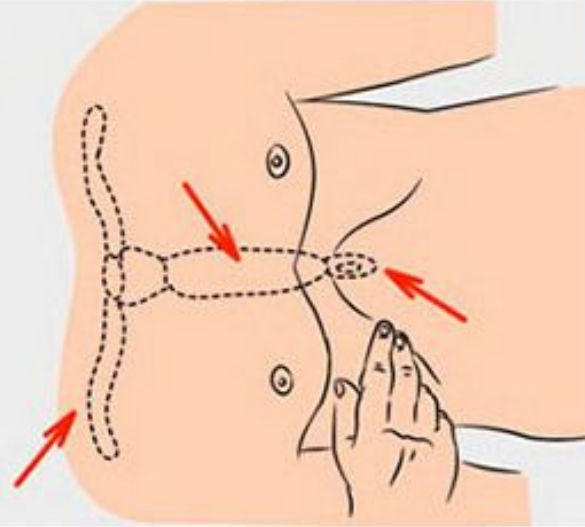


### 5 Perform 5 Total Cycles

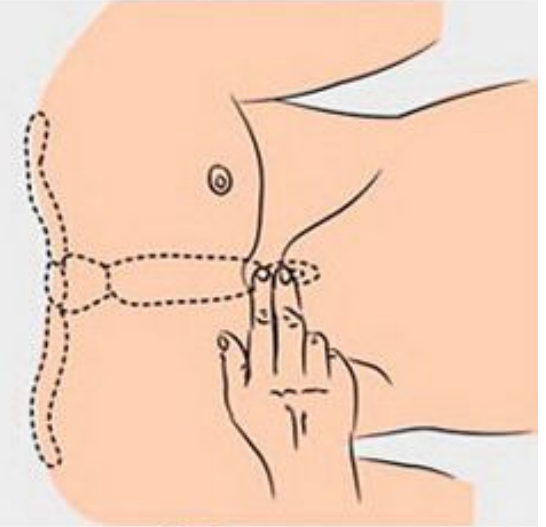
- Repeat each compression and breath cycle up to five times or until the person begins breathing.
- Use an AED if available.



1



2



3



# CPR Video guide

