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First Aid Merit BadgeLesson OneLesson One - Goals Basic First Aid Identify the Meaning of First Aid. Explain how to use 911. Explain the first care when providing first aid. Explain when to move and when not to move the victim. List four stages of victim evaluation. What is The Triage? Basics of First Aid 1. What is the purpose of first aid: First aid is provided to the victim to stabilize and keep him/her safe until he/she can get professional medical care. The basics of the first aid scenario: a man was hit by a car and thrown into the street. He wears shorts, and blood flows, but not a jerk, out of his leg. What looks like a bone sticks out of his leg. What are the two main problems in first aid for this victim? Basic First Aid Response: First, the safety of the road lifeguard and the safety of the victim. Secondly, if the victim is not in a life-threatening situation, he should not be moved. Basics of First Aid 2. List two main problems in first aid: - First rule of first aid and primary care: Second care if the victim is in a life-threatening situation, he or she should: Safety not to be MovedGiving First Aid RAP ABCH R is for the responsible Is the victim conscious? Touch their shoulder, ask if he's okay. Ask them if they need help. If they say no, then don't go on if yes or no answer, then go to AGiving first aid RAP ABCH is to activate EMS or 911 How to use 911 System 4. What are the four things you should remember when calling 911? Your name - Emergency - Emergency Place - Victim's Condition Stay on the line with the operator until help arrives. How to use 911 When should I be called EMS/911? Check the victim for responsiveness. If they don't respond or if they tell you they need help, then contact EMS. When to move the injured person P to the position only re-position the victim if the victim is in further danger in their current location. And/or there doesn't seem to be spine injuries and the extra care required by moving them. Explain when the victim should and should not move? If there is a suspected spinal injury, do not move the victim (except when the victim is in a life-threatening situation). Seek medical attention immediately. Four Steps AssessmentVictim Use Mnemonic ABCH - A for Airway - to check if the airways are blocked. Use your finger to sweep your mouth to remove any noticed object. If this fails, then perform a Heimlich maneuver or abdominal thrust. We will study these methods in later lessons. Four Steps AssessmentVictim - B for Breathing Look, Listen and Feelby behind the chest and placing the cheeks a few inches above the victim's mouth any movement of air. If the victim is not breathing, they may need their head repositioned. If they are still not breathing they need a life-saving breath, do not give if you are trained, instead, to find an adult. Four steps of assessment - C for circulation If there is no pulse, then this person needs CPR. The best place to check the pulse of the carotid artery along the side of the neck along the trachea. If you are not trained by PPC, then find someone who is. Four steps of assessment - H for hemorrhage If the victim bleeds, and then provide the necessary care. If not, start a secondary assessment. What is The Triage? The process of prioritizing patients according to the severity of their condition in order to treat as much as possible when the resources are insufficient for everyone to be treated immediately. Lesson One Review First Aid is the first response activity, no more. This is the only goal to keep the victim until they receive professional help. Safety for all is the first priority! Blood from an incision or torn vein will flow, the incision of the artery will jerk. Lesson One true-false questions T F 1. Victim screening, call for help and care are three steps in the treatment of a person who has been seriously injured or ill. T F 2. It is normal to move someone who is seriously hurt to make them feel better. T F 3. Knowing first aid can save lives, and first aid should be accompanied by prayer. Lesson One true-false questions T F 4. The groove towards the neck (car artery) is a good place to check the pulse. T F 5. Calling for help may be the most important thing you do to help the victim. T F 6. First aid is temporary care, which you give until the arrival of professional assistance. Lesson TwoLesson Two - Goals of Choking, AED, Shock and Weather Related Diseases - Victim Assessment Review from Lesson 1. Explain and demonstrate Heimlich's maneuver and abdominal thrusts. What is AED and what is it used for? Explain the treatment of shock and hot and cold weather associated with injuries or diseases. RAP ABCH Review - Safety is a major concern. R - Responsibility (Is the victim conscious?) - Activation EMS or 911 - P - Position (no spinal injury, position depending on injury) - Air ways (is it? check head position)RAP ABCH Review - B - Breath (Is the victim breathing? C - Circulation (Is there a pulse? H - Hemorrhage (Is the victim bleeding?) - Perform a secondary examination. Examine the victim for other injuries and wait for medical attention to arrive. Heimlich's manoeuvre is only used when the victim is conscious and unable to breathe or cough. Affected cough, encourage to continue. If the victim loses consciousness, use the abdominal cavity ManeuverHeimlich Maneuver - Stand behind the victim. Wrap your arms around the victim's waist, not around Edges. Make a fist and place the thumb side of your fist just above the navel. Grab your fist with your other hand. Heimlich Maneuver - Tap on the victim's stomach with five quick upwards. Each thrust should have a pause between them. After every five aftershocks, double-check the victim. Repeat until the object is dislodged until the victim loses consciousness. It's time to practice! Abdominal Pull - Place the victim on your back. - to dodus the victim, sitting on his hips. Place the heel of one hand just above the navel. Your fingers should be slightly angled upwards, pointed at the victim's head. The abdominal thrust and hold hands by putting the other hand on top and lacing your fingers in the first hand. Press inside and up with five quick jolts. Each thrust should have a pause between them. Abdominal thrust - After every five aftershocks, double-check the victim. Repeat until the object is released by another person or ambulance. Sweep your fingers after each set of five tremors. It's time to practice! What is AED and what is it used for? A portable electronic device that automatically diagnoses potentially life-threatening cardiac arrhythmias of ventricular fibrillation and ventricular tachycardia in a patient, and is able to treat them with defibrillation, an electrical therapy that stops arrhythmia, allowing the heart to regain an effective rhythm. AEDs are designed to be easy to use for non-specifics, and the use of AEDs is taught in many first aid, rapid response and basic life support (BLS) level PPC classes. Shock - Treatment - Keep body heat by putting a blanket or lid over the victim. Provide insulation, or move the victim, if possible, to a warmer environment. Shock - Treatment shock - Treating an allergic reaction The first question: Is shock the result of an allergic reaction? If the shock is the result of an allergic reaction, then follow the victim's instructions to treat allergies and monitor ABCH's until medical attention arrives. Shock - Treatment and spinal injury - do not move the victim. If the victim has difficulty breathing as a result of a head injury or if the victim has difficulty breathing, lift your head and shoulders by placing a pillow or blanket under your head. If the victim is unconscious or vomiting, then turn the victim to the left side so that the stomach is on the left side of the body. Shock - Treatment - If not, lift your feet eight to twelve inches off the ground. If less than two hours away from medical care, then do not give fluids (except those who are conscious and badly burned). If not, give a small and periodic amount of water (only if conscious). Wait for medical attention to arrive. Weather Related Emergencies - Weather Emergencies Include: - Hyperthermia: Heat Related, to cool yourself - Heat exhaustion: Skin cold and stickiness, human alert - Heat stroke: Skin hot, altered state of awareness - Hypothermia: Cold-bound, body unable to keep warm - Frostbite: Freezing limbs (fingers and toes) - Frostnip: First stage of freezing the outer layers of the skinWeather Related Emergency Treatment of Hyperthermia KUL Remove excess clothing Cold victim with either water, bloating, or cool packets under your armpits or groin; wait for medical attention, in case of heatstroke. Weather Related Emergency Treatment of Hypothermia Body Core Temperature drops below degrees. Ninety-Five-Year-Old Emergency Treatment of Hypothermia - Move Victim Out of the Cold; Treat the victim carefully. Replace wet clothing with dry clothing. You may have to be forcibly verbally verbal to force a person to comply; Isolate from the cold multi-layered clothing and/or an isolated sleeping bag. Lesson 2 Review Issues True-False Issues T F 7. Hyperthermia occurs when the body loses the ability to cool and overheat. T F 8. If you have frostbite, rub your hands together slowly to warm them up. T F 9. Hypothermia occurs when the body loses the ability to keep itself warm. T F 10. Shock can occur in any injury, illness or injury. Lesson 2 Review Issues True-False Issues T F 11. Eye itching is a sign of hypothermia. T F 12. Clammy skin is a sign of heat exhaustion. 13. Describe the treatment required for the following scenario: You have arrived at the scene of an accident and the victim is sitting on the side of the road. He or she seems a little upset, shivers, and there is some discoloration of the skin. How do you feel about this person? Check out RAP ABCH. Cover with a blanket. Ask if it's an allergic reaction. Seek medical attention. Lesson ThreeLesson Three - Goals - Explain and demonstrate first aid for the cut. Explain how to treat a blister. Explain and demonstrate first aid for a puncture wound. Explain and demonstrate first aid for arterial bleeding of the arm or leg. The dangers of the turnstile. Blister Treatment - Remove the object or clothing that causes the blister. Wash with warm water and soap. Use a sterile needle to pop the blister at its base and drain. Place a doughnut-shaped piece of mole foam around it to keep it from further irritation. Blister Treatment - Treating a blister - Remove the shoes, then - The best place to pop a blister - tear off the roof of the blister. The best way to prevent blisters is to wear fitted shoes. wash the blister with warm water and soap. At the base. Not properly treated wounds - Large wounds - never remove barriers (can cause the wound to bleed again). Wash gently with strokes to move dirt and bacteria away from the wound. Use a stream of water to wash it off. Dry thoroughly, apply antibacterial ointment (for small wounds) and sterile bandage. Bandage.

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