

FIRST AID

FAMILY CAREGIVERS



First Aid Techniques

First Aid 101

Knowing some basic first aid tips and techniques can equip you to react in an emergency situation and help loved ones.

First Aid 101: What You Need to Know

What is First Aid?

First Aid is helping someone who is suffering from a sudden illness or injury. It can be a complete treatment such as applying ointment and bandages to a cut, or helping the individual with a more serious injury before they can get medical attention.

First Aid Tips: Proper first aid techniques can prevent a situation from escalating until a first responder arrives

- Be prepared: Have and know where the first aid kits are in your home, car and work.
- If an injury is serious, have someone call 911 while you help care for the victim.
- Learn the signs and symptoms of various illnesses including strokes and heart attacks.

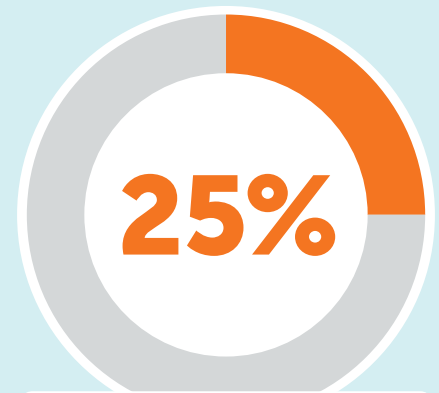
Get First Aid Certified Today

The National Safety Council offers online training ([source](http://www.nsc.org/learn/Safety-Training/Pages/Courses/first-aid-cpr-aed-online.aspx)) and a list of local classes ([source](http://train.nsc.org/tcd/TCDMain01.aspx)).

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First Aid Certification:



25% percent of all emergency room visits could have been avoided with **basic first aid certification**.

Through certification you will learn how to:



Care for wounds, burns, and other injuries



Help a victim who has ingested poison



Control bleeding



Help a victim who is choking



Blessings4Ever
Together Through Life's Transitions

FIRST AID



First Aid Techniques

First Aid Basics

Bleeding

- Stop the bleeding as quickly as possible by applying direct pressure to the wound with a clean cloth
- Use a tourniquet if blood loss seems to be life threatening. A belt or bandana can be used to pinch off the flow of blood.
- If the wound is very large, have the person lie down and elevate the part of the body that is bleeding.

Having a Heart Attack

- Call 911
- Give the person an aspirin to help with potential heart damage.
- Perform CPR if the person stops breathing

Burned

- If the burn is mild, treat it by running it under cool water for 10 minutes. Then cover loosely with gauze.
- Never apply ice or ointment to the area.
- Call 911 if the burn is third-degree burns.

Choking

- A person who is choking cannot speak and will often clutch their hands to their throats.
- Try to make them cough by hitting your fist between their shoulder blades.
- Perform the Heimlich maneuver on them.

Signs of a Heart Attack



Signs of a **heart attack** include stabbing chest pain, shortness of breath, fatigue, cold sweats, nausea, sudden dizziness, and chest discomfort.

First Aid Kit Checklist

Every home and workplace should have a First Aid Kit that is a well known location, accessible to everyone.

Anatomy of A First Aid Kit—What To Include In Yours ([source](#))

- | | |
|--|---------------------------------|
| • Absorbent compress dressings | • Non-latex gloves |
| • Various sized bandages | • Hydrocortisone ointment |
| • Adhesive cloth tape | • Scissors |
| • Antibiotic ointment | • Roller bandages |
| • Antiseptic wipes | • Sterile gauze pads |
| • Aspirin | • Oral thermometer |
| • Breathing barrier (with one-way valve) | • Tweezers |
| • Instant cold compress | • First aid instruction booklet |

Check and Update Your Kit

- | | |
|---|---|
| • Check and replace flashlight batteries frequently | • Check the kit for refills regularly |
| • Update emergency phone numbers | • Check expiration dates on medications |

Knowing proper first aid can help prevent bigger injuries and can help comfort an injured victim. Get certified today so you are prepared to help loved ones in a time of need.

<http://www.redcross.org/prepare/location/home-family/get-kit/anatomy>



Home Care Tip:

A "Caregiver First-Aid Kit" is an **essential to home safety** and care. Be sure your first-aid kit has all the critical supplies and is easily accessible to you at all times. Make a plan to check the kit regularly to discard and replace any expired or missing items.