

FIRST-AID

The purpose of first aid is to give immediate care to a person who has been injured or taken ill. It is administered for protection, rather than treatment, in order to prevent a condition from becoming worse.

GENERAL INSTRUCTIONS:

1. Unless an injury is so minor that it can be handled without professional attention, seek assistance from a supervisor.
2. Do not move an injured person until an injury evaluation is complete.
3. Apply artificial respiration when it is suspected that a person's breathing is not sufficient to maintain life.
4. Do not give food or fluids, including medicine (unless advised by medical personnel).
5. If necessary, immobilize fractures or suspected fractures.

FIRST-AID PROCEDURES

Burns - General

Immediately irrigate with a slow-running stream of cold water.

To Eyes

Wash with a continuous gentle stream of clear water for five minutes, while holding the eyes open. Use the tap, an eye wash bottle or an eye fountain, if available.

To Skin

Minor: Wash with cold water. Ice may be applied if the skin is not broken.

Major: 1. Wash with cold water under a tap until the part feels almost numb.

2. Cover lightly with a clean, lint-free dressing. Do not use gauze or cotton wool.

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Chemical

Wash with copious amounts of cool water to completely remove the chemical and relieve the pain. If a chemical is taken into the mouth, do not swallow. Spit out the material and rinse thoroughly with water. (See also "Acids" "Bases" below.)

Acids

Carry out procedure in "Burns - Chemical" above. Then further neutralize with a sodium bicarbonate solution. Flush with water.

Bases

As above, then further neutralize with an acetic acid solution, followed by a sodium bicarbonate solution. Flush with water.

Poisoning

Identify the poison. Consult First-Aid Charts and obtain advice from a Poison Control Centre. The phone number should be readily available.

Cuts and Lacerations

1. Wash the wound under running water.
2. Create pressure on the wound with clean gauze or cloth (if no foreign body is present).
3. Elevate the bleeding part.

Electric Shock

1. Turn off the power.
2. Do not attempt to release the victim unless the power is off or unless a suitable non-conductor is available. Otherwise, you could become a victim as well.
3. To restore breathing, apply mouth-to-mouth resuscitation at once. Do not stop until the patient resumes normal breathing.

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Fainting

Have the patient sit with head between the knees or lie down with feet elevated. Loosen all tight clothing around the neck, chest and waist.

Shock

Cover the victim with a blanket to prevent loss of body heat. A fire blanket may be used for this purpose.

INHALATION OF FUMES

1. Do not expose yourself to offending fumes.
2. Remove the victim from exposure; keep warm and quiet.
3. Consult the First-Aid Chart.
4. In cases of severe exposure, obtain medical attention.
5. Apply mouth to mouth resuscitation if breathing has stopped.