

First Aid

EMERGENCY NUMBERS

EMERGENCY RESCUE - 911

or

DOCTOR _____

POISON CONTROL _____

POLICE _____

FIRE _____

HOW TO CALL FOR HELP

Stay calm. Getting hysterical often panics the victim, hinders communication with emergency medical personnel and causes even more harm and delay.

When calling for help, give:

- Precise location, address and telephone number from where you are calling, if the address is unknown, look around for landmarks, businesses or cross streets
- The nature of the emergency or injury
- The number of people involved
- Your name
- Ages and gender of victims involved

BROKEN/ DISLOCATED BONES AND FRACTURES

Treatment:

- Seek medical attention
- If victim must be moved, immobilize the injured area first
- If an arm or leg is involved, splint the part in the position in which it was found before moving the victim, do not attempt to straighten the limb
- Use folded blankets or towels around the area to aid immobilization
- If it is an open fracture (one where the bone breaks through the skin), control bleeding (see "Bleeding Wounds," page 21)

COMMON AILMENTS

Foreign Matter in Eye

Symptoms:

- Irritation, redness, pain
- Unable to open eye
- Visual problems

Treatment:

- Flush eye with water or use eye wash kit
- Examine eye to see if matter is removable
- **CAREFULLY** remove with corner of a folded tissue; if unable to remove, seek medical advice
- If irritation persists or eye is encrusted with yellow drainage, seek medical advice
- If severe pain, inability to open eye, or visual problems exist, go to E.R.

Black Eye

- Apply a cold compress to reduce swelling and pain
- If pain persists, or visual problems develop, go to E.R.

Nosebleeds

- Sit upright, leaning slightly forward
- Pinch nostrils for 5 to 10 minutes
- Do NOT blow your nose
- If bleeding continues, apply ice pack to bridge of nose or back of neck, or apply pressure to upper lip

Earache

- Hold a hot water bottle or heating pad on ear
- Control pain with over-the-counter medication
- Consult physician if pain persists, is severe or accompanied by fever

Toothache

- Rinse mouth with warm salt water to remove any food debris
- Take over-the-counter medication for pain
- Apply ice pack to face
- Do not place aspirin directly on the tooth
- A topical anesthetic may be applied for temporary relief
- See the dentist as soon as possible

Loss of Permanent Tooth

- Remove tooth gently, do NOT hold by root end
- Try to reinsert the tooth into socket
- If you cannot reinsert the tooth, place in a container of milk
- See dentist or E.R. WITHIN ONE HOUR

LYME DISEASE

Symptoms (caused by the bite from a deer tick):

- Red, bull's-eye shaped rash that increases in diameter daily around bite
- Chills
- Disorientation
- Fatigue



- Fever
- Muscle and joint pain
- Nausea
- Severe headache
- Stiff neck

Treatment:

- If suspected, seek medical attention
- There is no effective home remedy



QUICK TIPS

- Substitute a bag of frozen vegetables for an ice pack
- Put ice in a resealable bag and wrap in paper towel or cloth
- Do not use cotton on an open wound
- Always have hydrogen peroxide on

- hand for minor cuts and scrapes
- If wound is really dirty, pour or dab on hydrogen peroxide; avoid squirting directly into wound
- Keep special ointment to induce clotting if recommended by poison control

Study Guide For First Aid South Africa

A Loxley



Study Guide For First Aid South Africa:

Black African Literature in English, 1997-1999 Bernth Lindfors, 2003 This volume lists the work produced on anglophone black African literature between 1997 and 1999 This bibliographic work is a continuation of the highly acclaimed earlier volumes compiled by Bernth Lindfors Containing about 10 000 entries some of which are annotated to identify the authors discussed it covers books periodical articles papers in edited collections and selective coverage of other relevant sources *Resources in Education*, 2001-04 **Emergency Medical Services: a Bibliography** L. Flynn (comp), 1976

Current Catalog National Library of Medicine (U.S.), 1966 Includes subject section name section and 1968 1970 technical reports SCM Studyguide Biblical Hermeneutics David Holgate, 2013-01-25 SCM Studyguide to Biblical Hermeneutics offers entry level undergraduates a framework for interpreting the Bible The book goes beyond offering guidance on how to do exegesis and is intended as a practical tool to help readers develop good interpretative strategies for themselves As such it features pedagogical tools such as Try it Out boxes to assist students to develop a tested and thought through overall interpretative strategy of their own Market tested to ensure a good coverage of the typical topics found on a standard level one hermeneutics course this Studyguide is designed as a practical and comprehensive companion to coursework be that within a secular institution a theological institution or within Church reading groups The authors set out from the beginning to make clear that interpretation of the Bible is largely affected by the reader's own situation and therefore the text is designed to guide the reader through the myriad of accepted methods of interpretation no matter what the reader's own perspective or situation may be Audiovisual Materials Library of Congress, 1981 **National Library of Medicine**

Current Catalog National Library of Medicine (U.S.), 1971 First multi year cumulation covers six years 1965 70

Audiovisual Materials, 1980 *Commonwealth Heads of Government Meeting 2007* Commonwealth Secretariat, 2007 Presents current thought and pertinent analysis on Commonwealth issues and challenges In depth articles and case studies focus on topical issues including the theme of the 2007 Commonwealth Heads of Government Meeting Transforming Commonwealth Societies to achieve political economic and human development **Practice in Mental Health-Substance Use** David B. Cooper, 2018-12-20 The Mental Health Substance Use series provides clear guidance for professionals on this complex and increasingly recognised field It concentrates on the concerns dilemmas and concepts that impact on the life and well being of affected individuals and those close to them as well as the future direction of practice education research services intervention and treatment This final book in the series provides the basis of best practice for offering effective interventions to affected individuals and their families exploring the effects of various substances both controlled and proscribed and the impact of substance use in schizophrenia Therapeutic interventions such as Eye Movement Desensitisation and Reprocessing EMDR and dialectical behaviour therapy are discussed as are relapse prevention and the specific needs of groups such as older people and young adults Associated topics such as individuals within the criminal

justice system and brain injury the symptoms of which often mimic mental health substance use complete this highly comprehensive guide The volumes in this series are designed to challenge concepts and stimulate debate exploring all aspects of the development in treatment intervention and care response and the adoption of research led best practice They are essential reading for mental health and substance use professionals students and educators

South African national bibliography ,1998 Classified list with author and title index

Research in Education ,1974

US Citizenship Test Study Guide Donald Bond, Would you like to pass the exam to become a U S citizen without fear of failing and retaking it You are about to figure out how to do it Securing your future and that of your family should be your first and only priority today if you want to thrive in this country Passing the U S Citizen s Examination is no picnic and puts most applicants who fail in a terrible situation What you will find in this essential guide will increase your chances of success as it has already happened to so many recent U S citizens who have used our method Discover a comprehensive guide that is easy to understand and takes you step by step toward your naturalization as a member of U S society What you will find in this study guide The ABC of the U S Everything you need to know about the U S government U S senators legislative and judicial departments and amendments We ll explain to you the fundamentals clearly concisely and straightforwardly American History and Geography A thorough overview of all the historical events a citizen needs to know and everything about the fifty states and their capitals so you ll never be caught unprepared How to Impress in the Oral Interview You ll find out everything you need to do to make a great impression on the examiner learn the most effective tips for nailing every question and we ll reveal the most frequently asked questions to help you prepare at best Practice makes perfect The secret to winning on the first try is understanding your mistakes during training You ll find two tests with the answers explained specifically created to be trickier than usual so when test day comes every question will even seem easy And much more Whether you work two jobs to support your loved ones or you have even 1 hour a day to devote to studying with our help you will be able to achieve the American dream for yourself and your family America the land of opportunity is about to open its doors All you have to do is click Buy Now to be ready

[Disease Control Priorities, Third Edition \(Volume 1\)](#) Haile T. Debas,Peter Donkor,Atul Gawande,Dean T. Jamison,Margaret E. Kruk,Charles N. Mock,2015-03-23 Essential Surgery is part of a nine volume series for Disease Control Priorities which focuses on health interventions intended to reduce morbidity and mortality The Essential Surgery volume focuses on four key aspects including global financial responsibility emergency procedures essential services organization and cost analysis

Positive Organizational Interventions: Contemporary Theories, Approaches and Applications Llewellyn Ellardus Van Zyl,Sebastiaan Rothmann,2021-01-05

Nursing Studies Index: 1950-1956 Yale University. School of Nursing,1963 International national regional and local nursing journals searched as well as selected journals in related fields such as public health Unpublished masters theses not covered Alphabetical subject arrangement of entries Many cross references Author index

The Publishers' Trade List Annual ,1984

Care in Mental

Health-Substance Use David B. Cooper, 2019-01-15 The Mental Health Substance Use series provides clear guidance for professionals on this complex and increasingly recognised field. It concentrates on the concerns, dilemmas, and concepts that impact on the life and well-being of affected individuals and those close to them, as well as the future direction of practice, education, research, services, intervention, and treatment. This volume is primarily about caring for individuals and families who turn to professionals at a time when their lives are unmanageable alone, but is also concerned with the care that these professions extend to their own members. It contends that these issues are closely interrelated with appropriate communication and support being key to both. Its chapters draw from a variety of theories and treatments to provide practical advice on the challenge of providing appropriate care tailored to a wide scope of individuals and families. The volumes in this series are designed to challenge concepts and stimulate debate, exploring all aspects of the development in treatment, intervention, and care response, and the adoption of research-led best practice. They are essential reading for mental health and substance use professionals, students, and educators.

Commercial Fisheries Review, 1955 Resources in Education, 1996

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