

American Heart Association – First Aid Class

Finding the Problem-Figuring out the Problem

SYMPTOMS=Can not breathe, quiet cough, can not talk or make sound, noisy breathing, blue lips

Breathing Problems=CAN BECOME AN EMERGENCY

- =Very fast or slow breathing
- =Having trouble with every breath
- =Noisy breathing

Choking=Abdominal Thrust

=FIST RIGHT ABOVE THE BELLY BUTTON AND FORWARD THRUSTS

Allergic Reactions=Trouble breathing, swelling of tongue

=EPINEPHRINE PEN, IF HAVE – OTHERWISE CALL 911

Chest Pains

Heart Attack=uncomfortable chest pressure, chest squeezing, fullness of chest, uncomfortable feeling in upper body, shortness of breath, lightheaded

Fainting=long standing without moving, stands after squatting for a long time

=REMAIN IN SAME POSITION UNTIL DIZZINESS GOES AWAY, THEN SIT BEFORE STANDING AND MOVE SLOWLY

Diabetes=low blood sugar

=GIVE SUGAR, VICTIM SIT QUIETLY OR LIE DOWN

Stroke=sudden numbness of weakness, confusion, trouble speaking or understanding,

Sudden trouble seeing or walking, severe headache

Seizures=protect from injury by moving objects near them

=AFTER SEIZURES, CHECK FOR BREATHING AND IF NO RESPONSE, START CPR

Shock=weak, faint dizziness, pale or grey in skin, cold or clammy

Bleeding that you can see=Stop bleeding with pressure.

Bleeding that you cannot see=if blunt trauma and acting strangely then assume internal bleeding and needs medical attention

Nose Bleed=Pressure on nose and DO NOT tilt head back

Tooth Injuries=Check for loose tooth and or missing tooth

=RINSE TOOTH IN WATER AND KEEP IN WATER OR MILK

Head, Neck, and Spine Injuries=DO NOT move victim

HEAD=sleepy, confused, vomits, bad headaches

NECK and SPINE=only move if the victim is in danger and or vomiting and then move to safe position

Eye Irritation=Wash out and keep closed if still bothering

Wounds=Amputated Parts-keep clean and cool

=Broken bones or sprains-ALWAYS ICE (NO HEAT)

-Raise injured area above the heart for swelling

Splinting=ABOVE AND BELOW THE INJURY

Burns=COOL TAP WATER

=DO NOT USE OINTMENTS