

# First Aid Basics

## WOUNDS

Stop bleeding by applying direct pressure on wound.

- Elevate affected part if possible.
- If not deep, cleanse with soap and water.
- If deep, or cannot control bleeding, may need sutures. Seek medical attention.

## BURNS

*The causes of burns include steam, fire, heat, chemicals, radiation, and electric shock.*

- Tend to all burns immediately using cool water or cool compresses for 10-30 minutes until skin is cool to the touch.
- May gently clean with soap and water, if necessary. Do not use peroxide or alcohol on burned area.
- Use first aid creams or Vaseline to keep burned area moist. Do not use butter.
- Do not remove any clothing that is stuck to the burn.

**1st Degree Burn** (*Skin has redness and mild swelling*): Apply moisturizing cream or sunburn product, such as Aloe Vera gel.

**2nd Degree Burn** (*Skin is cherry red, blistered, and swelling*): Avoid breaking blisters; however, if they break, cover with clean, dry, non-sticking dressing, like telfa. Seek medical care.

**3rd Degree Burn** (*Skin is white, black or dark brown, thick, and leathery. There may be swelling around the wound*): Cover with clean, dry gauze. Seek medical attention.

## FACIAL BURNS

- Use cool compresses to cool the burn.
- Sit person up (if no head or neck injury).
- Observe for breathing difficulties, difficulties swallowing, or smoke/heat inhalation.
- Seek medical help as soon as possible.
- Do not force eyes open if they are swollen shut.

## CHEMICAL BURNS

- Burning begins immediately and continues until chemical is removed.
- Flush at least 10 minutes with cool water, then get immediate medical care. (Use a shower.)
- Remove clothing that is contaminated with chemical.

## CHEMICAL SPLASHES IN EYE

- Hold eye open under running water for at least 20 minutes. Seek medical attention.

## BACK PAIN

*If back pain is from a fall:*

- Need to consider injury to the spinal cord.
- Keep the person still. Seek medical attention.

*If back pain is from muscle strain:*

- Lie or sit in a position of comfort.
- Ice area (20 minutes on / 20 minutes off).
- Take Ibuprofen per package directions.
- If no improvement in 2-3 days or if numbness develops, seek medical attention.

## UNWITNESSED UNCONSCIOUS PERSON

- Check for breathing. Qualified person starts rescue breathing if needed or CPR, if necessary.
- Turn on their side if vomiting if no back or neck injury is suspected. Call for emergency help.

## SPRAINS & STRAINS

*Pain upon motion, swelling, discoloration*

- Elevate injured area. If knee or ankle, do not allow to walk or stand. If ankle, do not remove shoe. (This helps reduce swelling.)
- Apply ice to area (20 minutes on, 20 minutes off)
- Seek medical attention.

## FAINTING

- If standing or sitting and "feels faint", lower head between knees and breathe deeply and slowly.
- Or, have person lay flat and elevate feet 8 to 10 inches.

## HEAD INJURIES

*Closed Head Injury:* Bump, but no skin wound

- Apply cold pack to injured area.
- Elevate head if no damage to neck or spine.
- Seek medical attention.

*Open Head Injury:* Break in skin

- Gentle pressure on wound to stop or slow bleeding.
- Do not attempt to cleanse.
- Lay person down and raise head and shoulders slightly if there is no damage to neck or spine.
- Seek medical attention.

## SEIZURES

- Clear the area of dangerous objects.
- Do not restrain the person, but keep them from hurting themselves. Cannot prevent seizure once it starts.
- Gently cradle or put something soft under head. Do not try to place something in their mouths.
- Turn on their side once seizure is over. Check to be sure the person is breathing. Seek medical attention.

## SHOCK

May be due to injury or medical condition. Marked by moist, pale skin, shallow breathing, weak pulse, dull look to eyes.

- Lay victim down. Cover with blanket to maintain body heat. Elevate feet 8 to 10 inches if injury permits.
- Seek medical attention immediately.

## DIABETES

If you are unsure if it is a diabetic coma or insulin shock, give the person something with sugar as directed below.

*Diabetic Coma:* Marked by high blood sugar and gradual onset. Signs include intense thirst, frequent urination, sweet odor to the breath, fever, and vomiting. Seek immediate medical attention.

*Insulin Shock:* Marked by low blood sugar and quick onset. Signs include dizziness, weakness, rapid pulse, and shallow breathing. If conscious, give person something with sugar in it. If unconscious, rub sugar on their tongue until person comes around. After they come around, give person something sweet (containing sugar) to drink. Seek medical attention.

## ACCESS TO CARE ON CAMPUS

UHS provides access to care 24 hours a day throughout the year. Whenever UHS offices are closed, a UHS physician is on-call and available by phone for urgent situations that cannot wait until the offices re-open. Call 275-2662.

## IN AN EMERGENCY:

- Dial x13 (Security) if on campus (911 if off campus)
- For help and/or transportation, call Security (275-3333)
- For Health Information/Advice, call UHS (275-2662)