

BASIC FIRST AID

Your first concern after a disaster is your family's health and safety. You need to consider possible safety issues and monitor family health and well-being. The following information should be used as a reminder – sign up for First Aid and CPR training through your local Red Cross Chapter. Find your local chapter online at www.redcross.org.

AIDING THE INJURED

Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck and back, then call for help immediately.

- If the victim is not breathing, carefully position the victim for artificial respiration, clear the airway, and commence mouth-to-mouth resuscitation.
- Maintain body temperature with blankets. Be sure the victim does not become overheated.
- Never try to feed liquids to an unconscious person.

HEALTH

- Be aware of exhaustion. Don't try to do too much at once. Set priorities and pace yourself. Get enough rest.
- Drink plenty of clean water and eat well. Wear sturdy work boots and gloves.
- Wash your hands thoroughly with soap and clean water often when working in debris.

SAFETY ISSUES

- Be aware of new safety issues created by the disaster. Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring, and slippery floors.
- Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed out roads, smoldering insulation, and dead animals.





CHOKING

If the person is unable to speak, cough, or breathe, call 911. If the problem is resolved, you can call back and cancel.

1. Identify yourself and ask if you can help the victim.
They can nod “yes” or shake their head “no”.
2. Stand behind the person.
3. Place the thumb side of your fist against the middle of the abdomen just above the navel.
4. Grasp your fist with your other hand.
5. Give quick upward thrusts.
6. Repeat until the object is coughed up.
Stop if the person becomes unconscious.

HEAD, BACK AND/OR NECK INJURIES

For Severe Pain or Pressure in the Head, Neck, or Back.

1. Check the scene first to ensure your safety, and then check the victim.
 - Identify yourself and ask the victim if you can help.
 - Apply basic precautions to prevent disease transmission.
2. If you think the victim has a head, neck, or back injury call, or have someone else call, 911.
3. Minimize movement of the head, neck, and back.
 - Place your hands on both sides of the victim’s head and support and maintain the victim’s head in the position you found it.
 - If the head is sharply turned to one side, do not try to align it.
 - Remember – support the victim’s head as you find it.

SHOCK

1. Check the scene first to ensure your safety, and then check the victim.
2. Cover the victim and keep her/him lying down. Cover only enough to keep her/him from losing body heat.
3. Do not give food or water.
4. Raise feet.
5. Obtain medical help as soon as possible.

CONTROLLING BLEEDING

For an Open Wound

1. Check the scene first and then check the victim.
 - Identify yourself and ask the victim if you can help. Apply basic precautions to prevent disease transmission.
2. Cover wound with dressing.
 - Press firmly against the wound (direct pressure).
3. Cover the dressing with a roller bandage.
 - Tie the knot directly over the wound.
4. Elevate the injured area.
 - Keep the wound above the level of the heart (only when you suspect that a bone is not broken).
5. If bleeding does not stop:
 - Apply additional dressing and bandages.
 - Use a pressure point to squeeze the artery against the bone.
 - Call or have someone else call 911.



APPLYING A SLING TO AN ARM OR SHOULDER

1. Check the scene first and then check the victim.
 - Ask the victim if you can help.
 - Apply basic precautions to prevent disease transmission.
2. If the victim is unable to move or use an injured arm, call or have some else call 911.
3. Support the injured arm above and below the site of injury.
4. Check for feeling, warmth and color below the injured area.
5. Place the sling
 - Leave the arm in the position you find it.
 - Place a triangular bandage under the injured arm and over the injured shoulder to form a sling.
6. Tie the ends of the sling at the side of the neck.
 - TIP: Place pads of gauze under the knots to make it more comfortable for the victim.
7. Secure the injured area.
 - Secure the arm to the chest with a folded triangular bandage
8. Recheck for feeling, warmth, and color below the injured area.

