



MAFES Dawg Tracks

July 22, 2013



Basic First Aid II



This paper continues the discussion of First Aid from the previous letter on the 15th of July. As a “heads up” that was previously mentioned, there are no programs, power points, videos, or inspections that can protect from an accident or incident that can happen in spite of all precautions that we attempt to prepare for.

First aid administered at the scene of incident or accident can, in most all cases, improve the victim’s chances of recovering. The correct response is always the best, but in an emergency any response taken to help the victim is better than none at all.

Other precautions and circumstances follow below:

UNCONSCIOUS VICTIMS-

If the victim is unconscious, perform rescue breathing (explained in the 7/15/2013 letter). If the victim’s heart has stopped beating, start cardio -pulmonary resuscitation (CPR) (if you are trained). If you aren’t trained, get help from someone that is and call 911.

In most of our MAFES facilities, 2 or more individuals are trained in first aid/CPR. If you aren’t and want to be, we have classes on-going each year – call and we can work you in to a class in the close proximity of your location.

BROKEN BONES-

For fractured limbs, take the following precautions until emergency help arrives:

- Place the injured limb in as natural a position as possible without causing discomfort to the patient.
- If you are moving the victim to a medical facility, protect the injured limb from further damage by applying splints long enough to extend above and below the fracture. Use firm material, like a board, pole, or metal rod for the splint.
- Pad the splint with a soft material or clothing to avoid injuring the skin.
- Fasten the splint above and below the break and a couple of other points for stability.
- Use a pressure bandage to control the bleeding.

For serious fractures involving injuries to the body, neck, or back, observe the following:

- Do not move the victim without medical supervision, unless it is absolutely necessary, and then only when the proper splints have been applied.
- If a victim with a suspected neck or back injury must be moved, keep the back, head, and neck in a straight line, preventing them from being twisted or bent during the movement. Use a body board or stretcher to support the victim, if one is available.

SPINAL INJURIES-

Take special care when helping a spinal injury victim. Any damage done to the spinal cord is permanent because nerve tissue cannot heal itself. The result of nerve damage is paralysis or death.

- ✓ Do not move the limbs or body of a victim with a suspected spinal injury unless the accident scene is such that there is imminent danger of further injury or unless it is necessary to establish breathing.
- ✓ The victim’s body should be stabilized to prevent any movement of the head, neck or body. Always be aware that any movement of a victim with spinal injury may result in paralysis or death.
- ✓ If the victim must be moved, keep the neck and torso of the body as straight as possible and pull in a direction that keeps the victim’s spine in a straight line. Pull the body from the feet or shoulders (using both feet, both shoulders and both arms pulled over the shoulders).
- ✓ It is also possible to pull a victim by their clothing. Grab the victim by the collar of the shirt and support the victim’s head with your forearms while pulling. The clothes drag is preferred because the victim’s head is supported while being moved.
- ✓ When giving patient care, it may be necessary to roll the victim over on his or her back to clear the airway or evaluate breathing. When rolling the victim over, the head, neck, and torso should be moved together so that no twisting occurs.

❖ **REMEMBER THE FIRST RESPONSE TO AN ACCIDENT IS THE MOST IMPORTANT BE PREPARED KNOW WHAT TO DO!**

❖ **KEEP A SHOCK VICTIM COVERED TO REDUCE HEAT LOSS.**

❖ **TRY TO STOP THE BLEEDING BY APPLYING PRESSURE TO THE WOUND.**

❖ **DO NOT REMOVE A VICTIM WITH A SPINAL INJURY UNLESS FURTHER DANGER IS IMMINENT.**

All 50 U.S. states and some foreign countries have adopted “Good Samaritan”: laws that protect you if you are trying to help in an emergency. These laws furnish strong legal protection if you act prudently and within the scope of your training.

**SAFETY IS AS SIMPLE AS
A-B-C
ALWAYS BE CAREFUL!**