



Basic First Aid



Table of Contents

- Adult CPR
- Infant CPR
- Caring for a cut
- Burn Care
- Use of Epi Pen

Adult CPR

For News Illustrated pages and interactive graphics SunSentinel.com/theedge
 For health-related stories SunSentinel.com/health



News Illustrated

Why Hands-only CPR is better

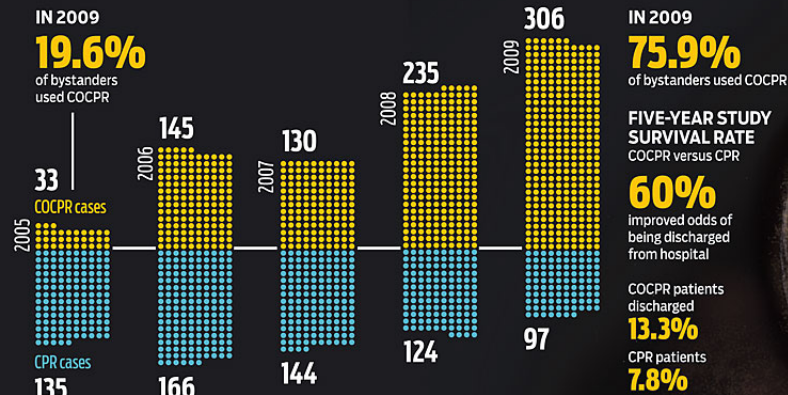
- Survival rate is higher.**
- Compressions** keep blood flow constant. The rescue breaths performed with conventional CPR interrupt the flow.
- A less complicated** process. Emergency dispatchers can quickly instruct on the phone and there is less anxiety about doing it incorrectly.
- Fewer worries** about contagious diseases or awkward mouth-to-mouth contact.
- Plenty of air** in the lungs. Compressions are more important than breaths, circulating oxygen-rich blood.

'HANDS-ONLY' CPR SAVES

Recent studies show that Compression-Only CPR (COCPR) increases the survival rate of cardiac arrest patients. It has been recommended by the American Heart Association since 2008.

Comparing COCPR and CPR

Data from a five-year study* supports the use of COCPR versus conventional CPR. Cases show CPR used by bystanders, not medical personnel.



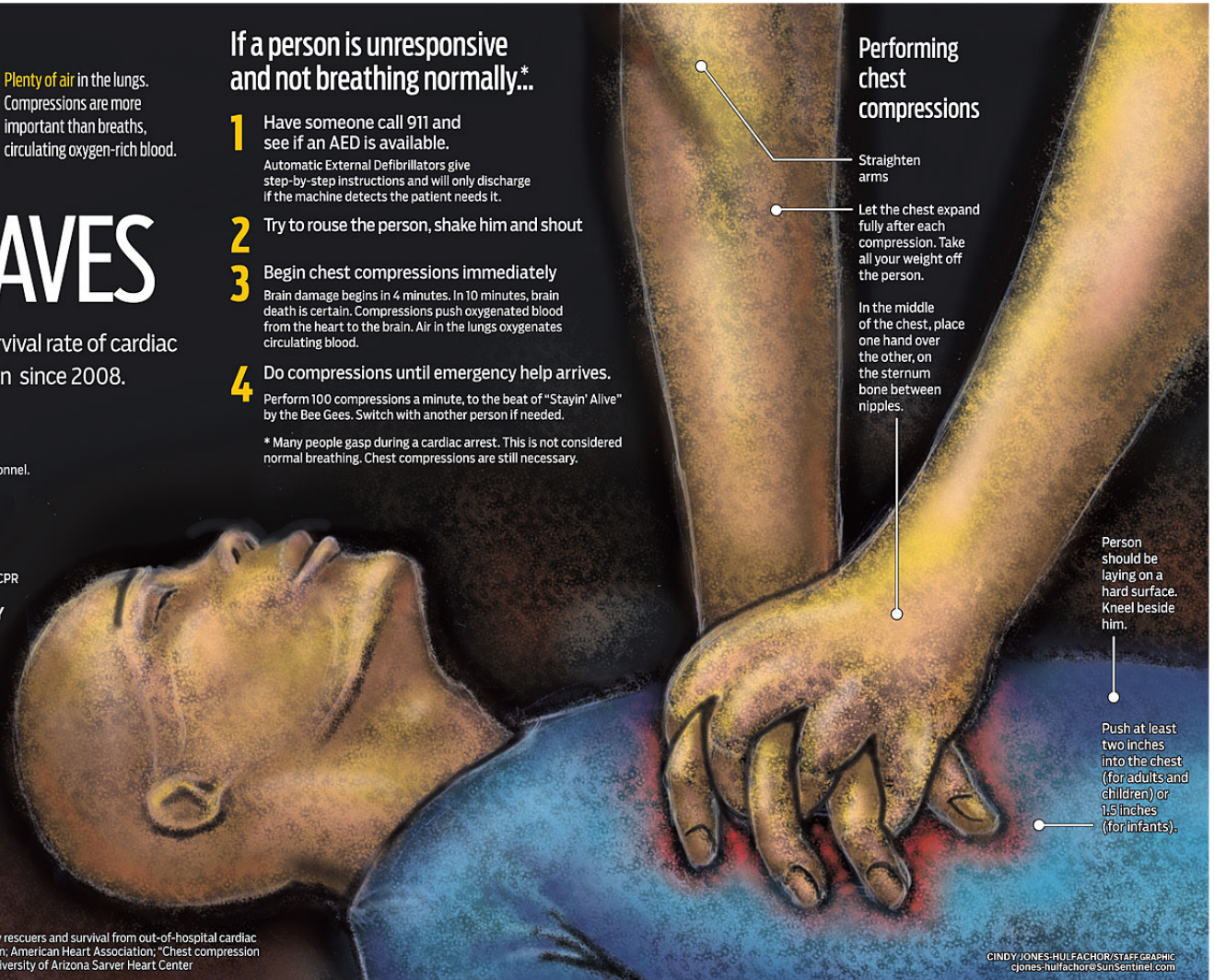
*Arizona began a training program for COCPR prior to the five-year study. Training included: in-person and online, kits, public service announcements, information tables, summer youth classes, and features in newspapers, radio and television.

SOURCES: "Chest compression: Only CPR by lay rescuers and survival from out-of-hospital cardiac arrest", Journal of American Medical Association; American Heart Association; "Chest compression only CPR: Save your breath...save a life." The University of Arizona Sarver Heart Center

If a person is unresponsive and not breathing normally*

- 1** Have someone call 911 and see if an AED is available. Automatic External Defibrillators give step-by-step instructions and will only discharge if the machine detects the patient needs it.
- 2** Try to rouse the person, shake him and shout
- 3** Begin chest compressions immediately. Brain damage begins in 4 minutes. In 10 minutes, brain death is certain. Compressions push oxygenated blood from the heart to the brain. Air in the lungs oxygenates circulating blood.
- 4** Do compressions until emergency help arrives. Perform 100 compressions a minute, to the beat of "Stayin' Alive" by the Bee Gees. Switch with another person if needed.

* Many people gasp during a cardiac arrest. This is not considered normal breathing. Chest compressions are still necessary.



Performing chest compressions

- Straighten arms
- Let the chest expand fully after each compression. Take all your weight off the person.
- In the middle of the chest, place one hand over the other, on the sternum bone between nipples.

Person should be laying on a hard surface. Kneel beside him.

Push at least two inches into the chest (for adults and children) or 1.5 inches (for infants).

CINDY JONES-HUI/FACHOR/STAFF GRAPHIC
 cjones-hui@sun-sentinel.com

<http://hands-for-life.com/hands-only-cpr-infographic/>

Infant CPR

Heartsaver® Infant CPR



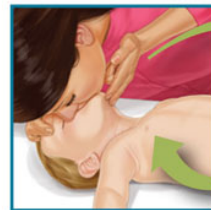
Tap and shout

Yell for help. Send someone to phone 911



Look for no breathing or only gasping

*Push hard and fast.
Give 30 compressions*



Open the airway and give 2 breaths

Repeat sets of 30 compressions and 2 breaths



If you are alone after 5 sets of 30 compressions and 2 breaths, phone 911, and then resume sets of 30:2

http://completecprresources.com/?page_id=7

Caring for a Cut

- **Wash your hands.** This helps avoid infection. Also put on disposable protective gloves if they're available.
- **Stop the bleeding.** Minor cuts and scrapes usually stop bleeding on their own. If not, apply gentle pressure with a sterile bandage or clean cloth and elevate the wound.
- **Clean the wound.** Use clear water to rinse the wound. Also clean around the wound with soap and a washcloth. Keep soap out of the wound, as it can cause irritation. If dirt or debris remains in the wound after washing, use tweezers cleaned with alcohol to remove the particles. If debris still remains, see your doctor. Thorough cleaning reduces the risk of infection and tetanus. There's no need to use hydrogen peroxide, iodine or an iodine-containing cleanser, which can be irritating to tissue already injured.

Caring for a Cut

- **Apply an antibiotic.** Apply a thin layer of an antibiotic cream or ointment (Neosporin, Polysporin) to help keep the surface moist. These products don't make the wound heal faster. But they can discourage infection and help the body's natural healing process. Certain ingredients in some ointments can cause a mild rash in some people. If a rash appears, stop using the ointment.
- **Cover the wound.** Bandages can help keep the wound clean and keep harmful bacteria out. If the injury is just a minor scrape, or scratch, leave it uncovered.

Caring for a Cut

- **Change the dressing.** Do this at least once a day or whenever the bandage becomes wet or dirty. If the injured person is allergic to the adhesive in tapes and bandages, switch to adhesive-free dressings or sterile gauze held in place with paper tape, rolled gauze or a loosely applied elastic bandage. These supplies generally are available at pharmacies. After the wound has healed enough to make infection unlikely, you can leave it uncovered, as exposure to the air will speed healing.
- **Get stitches for deep wounds.** A deep — all the way through the skin — gaping or jagged wound with exposed fat or muscle will need stitches. Adhesive strips or butterfly tape may hold a minor cut together, but if you can't easily close the wound, see your doctor as soon as possible. Proper closure within a few hours minimizes scarring and reduces the risk of infection.

Caring for a Cut

- **Watch for signs of infection.** See your doctor if the wound isn't healing or you notice any redness, increasing pain, drainage, warmth or swelling.
- **Get a tetanus shot.** If the injured person hasn't had a tetanus shot in the past five years and the wound is deep or dirty, he or she may need a booster shot, as soon as possible.

Minor Burn Care

- Cool the burn to help soothe the pain by holding the burned area under cool water until the pain eases.
- Remove rings or other tight items from the burned area before the area swells
- Do not break blisters that are smaller than your fingernail, and apply aloe vera or hydrocortisone cream.
- If you are not sure whether the burn is minor, or a significant injury, contact a medical professional.
- Taken from <http://www.mayoclinic.org/first-aid/first-aid-burns/basics/art-20056649>

Use of an Epi-Pen

1. Slide the epi pen out of the canister, and remove the safety cap.
2. Holding the epi pen securely in your first, inject the epi pen into the individuals thigh and hold it there while you count to ten.
3. Seek medical care right away. Epinephrine is a temporary solution to an allergic reaction, and the individual needs to see a doctor as soon as possible.