

FIRST AID SKILLS – DAY 4

Planning Information	
Subject (Presenter):	First Aid Skills – Day 4
Objectives:	<ul style="list-style-type: none"> • Objects in the eye • Hyperventilation • Broken bones and joint injuries
Materials:	<ul style="list-style-type: none"> • Splints and bandages <p>Handouts:</p> <ul style="list-style-type: none"> • First Aid Merit Badge Booklet pages related to skills
Presentation	
Learning Objectives: At the end of this presentation, each participant should be able to:	1. Know how to prevent, spot and treat first aid situations for objects in the eye, hyperventilation, and bone fractures.
Discovery:	Ask if anyone has ever broken a bone: how, where, and what first aid treatment they received
Teaching-Learning:	<div style="text-align: right;"> Requirement # Reference Page(s) Title of Section S6c 314 – 317 </div> <p> Object In The Eye – Demo Hyperventilation Broken Bones Closed and Open Fractures Splints Lower-Arm Fracture – Demo Upper-Arm Fracture – Demo Collarbone or Shoulder Fracture – Demo Lower-Leg Fracture – Demo Thigh Fracture – Demo </p>
Application:	Each demo & participant application is listed in the Teaching-Learning section.
Evaluation:	Self-assessment quizzes: <ul style="list-style-type: none"> • Fractures • Spinal injuries • Ankle injuries • Muscle injuries

Fractures

Mark each procedure yes (Y) or no (N).

Which of the following are proper first aid procedures for fractures?

1. _____ Immobilize all fractures and suspected fractures before moving the victim.
2. _____ Check pulses periodically to be certain the circulation is adequate.
3. _____ Splint the joints above and below the fracture.
4. _____ In open fractures, attempt to push the bone ends back beneath the skin surface.
5. _____ Straighten fractured joints (wrist, elbow, knee, etc.)

Choose the best answer.

1. _____ A fractured elbow should be immobilized in the position in which it is found because movement may cause
 - A. Further bone breakage
 - B. Lower arm (radius/ulna) fracture
 - C. Damage to nerves and blood vessels
 - D. A dislocation
 2. _____ When immobilizing a victim with a suspected fracture of the forearm, which of the following should also be immobilized by the first aider?
 - A. Wrist
 - B. Elbow
 - C. All of the above
 3. _____ When treating a victim with a suspected fracture of the lower leg, which of the following should also be immobilized?
 - A. Ankle and foot
 - B. Knee
 - C. All of the above
 4. _____ A fracture where the bone ends have pushed through the skin and have been pulled back into the skin:
 - A. Is a closed fracture
 - B. Is an open fracture
 - C. Should not be covered with a sterile dressing to allow the first aider to view the injury
 - D. Should be covered with a sterile dressing but not splinted.
 5. _____ An open fracture should be treated by:
 - A. Covering the fracture with a sterile dressing and applying a splint
 - B. Transporting the victim without splinting
 - C. Applying only a splint
 6. _____ Fractures involving a joint should be immobilized:
 - A. In the position it is found
 - B. In the position of function
 - C. With an air splint
 - D. After it has been gently straightened
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Spinal Injuries

Check (X) the signs and symptoms that indicate a possible spinal injury.

1. _____ Description of pain down the arms or legs
2. _____ Ability to strongly grip your hand and move a foot against your hand pressure
3. _____ A severe head injury
4. _____ Inability to move fingers and toes when asked to do so

Mark each statement true (T) or false (F).

1. _____ Do not move a victim unless extreme hazards exist (e.g., burning building or car).
2. _____ Careless moving of a victim may permanently confine him to a wheelchair.
3. _____ Move a spinal cord injured victim as quickly as possible to a medical facility.
4. _____ The head tilt can be used for nonbreathing victims with spinal cord injuries.

Ankle Injuries

Mark each statement true (T) or false (F).

1. _____ Telling the difference between a broken ankle and a sprained ankle can be difficult.
2. _____ The letters RICE represent the treatment for an ankle injury.
3. _____ When using ice, place it directly on the skin.
4. _____ A common mistake involves applying heat too soon.
5. _____ An elastic bandage, if used correctly, can help control swelling.
6. _____ Using an elastic bandage alone provides adequate compression.
7. _____ Controversy exists about whether or not to take a shoe off an injured ankle.

Muscle Injuries

Mark the following statements true (T) or false (F).

1. ____ A muscle injury is a real emergency.
2. ____ Muscle strains and muscle pulls describe the same injury.
3. ____ A muscle strain can involve the tearing of a muscle.
4. ____ A blow to the muscle is also known as a bruise.
5. ____ Heat packs can initially be placed on a muscle injury to reduce pain.
6. ____ An application of cold should be left on the muscle injury for at least 20 to 30 minutes.
7. ____ Apply the cold or ice directly on the skin to reduce swelling and bleeding.
8. ____ Elastic bandages can be applied too tightly.

Check (X) the appropriate actions to relieve leg muscle cramps.

1. ____ Pinching the upper lip hard
 2. ____ Drinking water (not saltwater)
 3. ____ Taking salt tablets
 4. ____ Gently stretching the affected muscle
 5. ____ Applying ice to the cramped muscle
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