

**FIRST AID SKILLS – DAY 6**

<b>Planning Information</b>	
<b>Subject (Presenter):</b>	First Aid Skills – Day 6
<b>Objectives:</b>	<ul style="list-style-type: none"> <li>Victim transport</li> </ul>
<b>Materials:</b>	<ul style="list-style-type: none"> <li>Stretcher poles and blankets</li> </ul> <p>Handouts:</p> <ul style="list-style-type: none"> <li>First Aid Merit Badge Booklet pages related to skills</li> </ul>
<b>Presentation</b>	
<b>Learning Objectives:</b> At the end of this presentation, each participant should be able to:	1. Know how to transport a person injured
<b>Discovery:</b>	Ask if any of the participants have transported a person much bigger than themselves on a stretcher – where, how, and how far?
<b>Teaching-Learning:</b>	<p style="text-align: center;"> <b>Requirement #</b>  <b>Reference Page(s)</b>  <b>Title of Section</b>  F8  325 - 329 </p> <p> Long Term First Aid Care  Moving An Injured Person  Rescue From A Smoke-Filled Room – <b>Demo</b>  Assists and Hand Carries  Walking Assist – <b>Demo</b>  One-Person Carry – <b>Demo</b>  Four-Handed Seat Carry – <b>Demo</b>  Two-Person Carry – <b>Demo</b>  Stretchers – <b>Demo</b>  Doing The Best You Can </p>
<b>Application:</b>	Each demo & participant application is listed in the Teaching-Learning section.
<b>Evaluation:</b>	<ul style="list-style-type: none"> <li>Evaluate each of the participants as they practice their transports</li> </ul>
	<ul style="list-style-type: none"> <li>Run a stretcher-relay race with another instruction group or within the instruction group</li> </ul>
<b>Summary:</b>	In most first aid situations you will not need to transport the injured person – but we need to <i>be prepared!</i>

## **Stroke**

**Mark each sign or symptom yes (Y) or no (N).**

Which of the following may indicate a stroke has occurred?

1. \_\_\_\_\_ A sudden, severe headache
2. \_\_\_\_\_ The pupil of one eye is larger than the pupil of the other eye
3. \_\_\_\_\_ Chest pain and nausea complaints
4. \_\_\_\_\_ No feeling on one side of the body
5. \_\_\_\_\_ Swelling in the left arm and leg
6. \_\_\_\_\_ Speech affected

**Mark each action yes (Y) or no (N).**

For a suspected stroke, which of the following should you do?

1. \_\_\_\_\_ Relieve the victim's anxieties by being calmly reassuring.
2. \_\_\_\_\_ Give a glass of water to drink.
3. \_\_\_\_\_ Keep head propped up.
4. \_\_\_\_\_ If unconscious, place the victim on the paralyzed side.

**Write the appropriate letter in each space below to specify whether the signs and symptoms described indicate (H) a heart attack or (S) a stroke.**

1. \_\_\_\_\_ Sudden numbness of the face
  2. \_\_\_\_\_ Sweating, nausea, and vomiting
  3. \_\_\_\_\_ Chest pain and feelings of nausea
  4. \_\_\_\_\_ Unequal size of pupils of the eyes
  5. \_\_\_\_\_ Partial paralysis of the body
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## **Diabetic Emergencies**

**Mark each action yes (Y) or no (N).**

Which of the following actions should you take when a diabetic emergency occurs?

1. \_\_\_\_\_ Look for a medic alert tag on the person's wrist or neck.
  2. \_\_\_\_\_ Give a conscious diabetic several glasses of a diet drink.
  3. \_\_\_\_\_ Wait 30 minutes to see if the person's condition improves.
  4. \_\_\_\_\_ Give a conscious diabetic anything containing sugar if there is any doubt about which diabetic emergency is involved.
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## **Epilepsy**

**Mark each action yes (Y) or no (N).**

Which of the following actions should you take when a convulsive seizure happens?

1. \_\_\_\_\_ Put a "bite stick" or other hard implement between victim's teeth.
  2. \_\_\_\_\_ Hold the victim down.
  3. \_\_\_\_\_ Give some water during or just after a seizure.
  4. \_\_\_\_\_ Look for medical identification.
  5. \_\_\_\_\_ Loosen tight clothing around neck (e.g., tie).
  6. \_\_\_\_\_ Turn on side to prevent choking.
  7. \_\_\_\_\_ Person in a seizure lasting longer than 10 minutes should be taken to emergency room.
  8. \_\_\_\_\_ Take victim to emergency room if multiple seizures occur.
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## Electrical Burns

Choose the best answer.

1. \_\_\_\_\_ Household electricity, though damaging, is not deadly.  
A. Yes  
B. No
  2. \_\_\_\_\_ When someone is electrocuted, how many burn wounds usually occur?  
A. one  
B. two  
C. three or more
  3. \_\_\_\_\_ If a victim is stranded in a car with a power line fallen across it, in most cases the victim should:  
A. stay in the car  
B. climb out of the car's window  
C. jump from the car's window  
D. exit through the door
  4. \_\_\_\_\_ If you ever feel a tingling sensation in your legs when near a down electrical wire, you should:  
A. raise a foot off the ground and hop to a safe place  
B. continue walking through the area  
C. run through the area  
D. be concerned since the tingling indicates low voltage.
  5. \_\_\_\_\_ If near a victim who is paralyzed by electrical current, you should:  
A. try to move any wires with wood poles or handles  
B. try to pull the victim from any wires  
C. use wood poles or handles to try to pull the victim from any wires  
D. wait until the power company can cut the wires or disconnect them
  6. \_\_\_\_\_ Where does electricity produce the most damaging burns?  
A. on the skin  
B. deep under the skin
  7. \_\_\_\_\_ First aid for a victim of electrical shock may include:  
A. CPR  
B. burn treatment  
C. shock treatment  
D. all of the above
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## Chemical Burns

Choose the best answer.

1. \_\_\_\_\_ First aid is the same for all types of chemical burns except a few special chemicals which need to be:
    - A. neutralized
    - B. treated without oxygen
    - C. analyzed prior to treatment
    - D. disinfected
  2. \_\_\_\_\_ All acids, alkalies, and caustic agents are best treated by:
    - A. neutralizing the chemicals
    - B. applying petroleum products to the burn
    - C. washing with large quantities of water
    - D. wrapping the area to keep out oxygen
  3. \_\_\_\_\_ When washing chemicals from the body, it is best if the water is:
    - A. applied to the area under high pressure
    - B. applied to the area under low pressure
    - C. considerably warmer than normal body temperature
    - D. kept in a large basin into which the part affected is submerged
  4. \_\_\_\_\_ Which type of chemical substance may be activated if flushed with water?
    - A. dry chemicals
    - B. petroleum products
    - C. topical medications
    - D. fluid or wet chemicals
  5. \_\_\_\_\_ Do not attempt to neutralize a chemical because the neutralization process may result in further damage due to:
    - A. mechanical irritation
    - B. the electricity produced
    - C. heat production
    - D. radiation effects
  6. \_\_\_\_\_ What is the first step in caring for dry chemicals spilled on the skin?
    - A. Read the chemical container's label as to proper procedures.
    - B. Flush with water.
    - C. Brush off the substance before flushing with water.
    - D. Cover the area with sterile gauze.
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## **Carbon Monoxide Poisoning**

**Mark the statement true (T) or false (F).**

1. \_\_\_\_ Carbon monoxide (CO) from automobiles is easily detected by its odor.
  2. \_\_\_\_ Headache characterizes carbon monoxide poisoning.
  3. \_\_\_\_ Carbon monoxide victims need pure oxygen as quickly as possible.
  4. \_\_\_\_ Check with a physician whenever carbon monoxide poisoning is suspected.
  5. \_\_\_\_ Carbon monoxide poisoning symptoms can be confused with those of viral infections (flu).
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## **Finger Injuries**

**Check the appropriate answer(s).**

Relieve the painful pressure caused by the accumulation of blood under a fingernail or toe nail by:

1. \_\_\_\_ Placing the finger in hot water for several minutes
2. \_\_\_\_ Drilling a hole through the nail with the point of a knife
3. \_\_\_\_ Melting a hole through the nail to the site of the blood with a red-hot paper clip

**Mark each technique yes (Y) or no (N)**

Which techniques can be useful in removing a stuck ring?

1. \_\_\_\_ Lubricate the finger with oil, butter, or other slippery substance
  2. \_\_\_\_ Place the finger in hot water for several minutes.
  3. \_\_\_\_ Use string wrapped tightly around the finger.
  4. \_\_\_\_ Cut the ring with a fine-toothed hacksaw.
  5. \_\_\_\_ Cut the skin along the ring to relieve pressure
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## Abdominal Injuries

**Choose the best answer.**

Which is proper first aid for a blow to the abdomen? You suspect internal injuries.

1. \_\_\_\_\_
  - A. Place the victim on his or her back with a support on the abdomen.
  - B. Place the victim on his or her side
2. \_\_\_\_\_
  - A. Give the victim ice chips or sips of water to drink.
  - B. Give the victim nothing to eat or drink.

Select the best first aid choice for a victim's abdominal open wound resulting from a penetrating object.

3. \_\_\_\_\_
    - A. Remove the penetrating object.
    - B. Leave object in place and stabilize it.
  4. \_\_\_\_\_ When protruding organs appear through an abdominal wound, you should
    - A. Gently push the organs back into the abdomen
    - B. Not attempt to push them back into the abdomen
  5. \_\_\_\_\_
    - A. Cover the wound with a clean moist dressing
    - B. Cover the wound with a cotton dressing
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## Asthma

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

1. \_\_\_\_\_ In most asthma cases a first aider can do little except obtain medical assistance if needed.
  2. \_\_\_\_\_ Don't give water because of possible choking.
  3. \_\_\_\_\_ A vaporizer may be helpful.
  4. \_\_\_\_\_ Inhaling nebulized medication can be effective.
  5. \_\_\_\_\_ The best position for the victim is usually lying down on one side.
  6. \_\_\_\_\_ Keep the victim talking since it keeps the air moving into the lungs.
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## Chest Injuries

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

Which of the following actions serve as effective immediate first aid for a sucking chest wound?

- A. ☐ Remove a penetrating object from the chest.
- B. ☐ Apply a sterile or clean dressing loosely over the wound.
- C. ☐ Leave the wound uncovered.
- D. ☐ Tape a piece of plastic tightly over the wound.

Check (X) the appropriate action(s).

If the victim has trouble breathing after you have taped a piece of plastic over a sucking chest wound, you should:

- A. ☐ Apply a second piece of plastic over the first.
- B. ☐ Remove the plastic covering from the wound to allow air to escape from the chest cavity and then reapply.
- C. ☐ Leave the plastic in place and check breathing.

Complete the following statements.

- 1. ☐ The aim of first aid for a sucking chest wound is to:
  - A. Not cover the wound.
  - B. Cover the chest's hole immediately to prevent air from entering the chest.
- 2. ☐ The aim of first aid for a flail chest is to:
  - A. Stabilize the injured chest wall.
  - B. Not bind the injured chest since binding interferes with breathing.

Choose the best answer.

- 1. ☐ Which of the following materials, when taped at the edges, would make an effective covering for a sucking chest wound?
    - A. Clear plastic wrap
    - B. A large gauze dressing
    - C. A wash cloth
    - D. A pillow case
  - 2. ☐ Flail chest signs and symptoms include:
    - A. Blood oozing from the injury site
    - B. Pain when breathing
    - C. Neck injury
    - D. Abnormal movement of part of the chest wall during breathing
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## **Dental Injuries**

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

1. \_\_\_\_ Use dental floss rather than a toothpick to remove an object stuck between teeth.
  2. \_\_\_\_ If a tooth is knocked out, attempt reimplantation (placing tooth back in the socket) if you are in a remote area with no dentists nearby.
  3. \_\_\_\_ Clean and scrub the tooth before attempting to reimplant.
  4. \_\_\_\_ Put the knocked-out tooth in mouth wash or alcohol to preserve it.
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## **Amputation**

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

1. \_\_\_\_ Usually small blood loss occurs in complete amputation.
  2. \_\_\_\_ An amputated part has little chance of survival.
  3. \_\_\_\_ Bury an amputated part in ice.
  4. \_\_\_\_ Cut off a partially attached part.
  5. \_\_\_\_ Locate any amputated part, regardless of size, and take it to the nearest medical facility.
  6. \_\_\_\_ Amputated parts older than six hours without proper cooling have little chance of survival.
  7. \_\_\_\_ Wrap the amputated part with a wet or moist dressing.
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