

Basic First Aid for Staff

Mingo County Schools

Learning Objectives

- To recognize a need for school staff to be prepared in case of emergency
- To instruct school staff on how to recognize a medical emergency
- To instruct school staff on basic first aid practices to help in an emergency

When an emergency occurs

- During any emergency, always remain calm
- Call 911 if necessary
- Do not move an injured or ill person unless they are in danger
- Do not leave an injured or ill person unless you must leave to call 911 and get an AED
- Begin CPR and use the AED if person is unresponsive

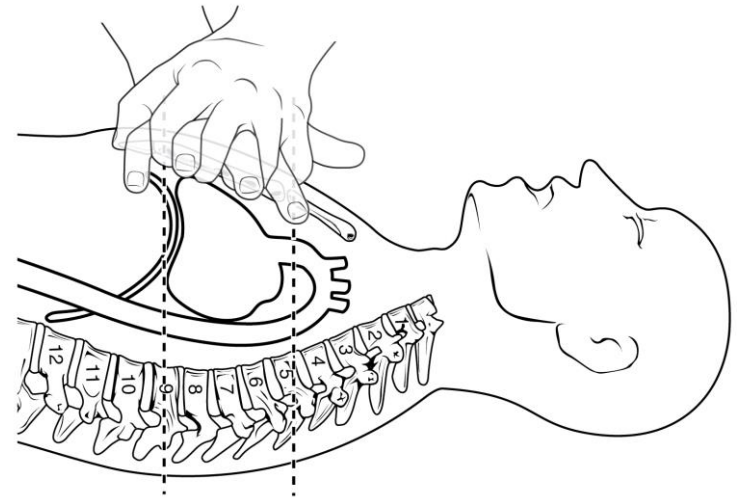


Hands Only CPR

Anyone can give CPR
and use an AED

To Give Chest Compressions:

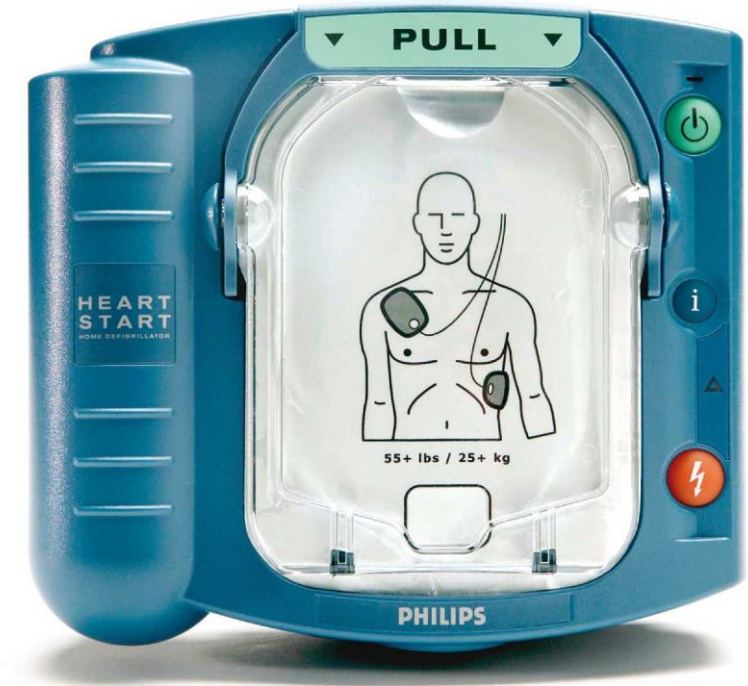
- Place hands as shown over the center of the chest
- Press down about 2 inches letting the chest rise to original position each time
- Compressions should be given 100 per minute
- Use AED as soon as it arrives. Follow the commands as it talks you through what to do



Using an AED

Follow these steps for operating an AED

- Step 1: Assess the scene and provide privacy
- Step 2: Call 911
- Step 3: Turn on AED and follow prompts
- Step 4: Attach electrode pads
- Step 5: AED will check for rhythm
- Step 6: AED will administer shock if needed
- Step 7: Administer chest compression CPR



Medical Emergencies

All information in accordance with American Heart Association's 2020 Guidelines

Breathing Difficulties:

Recognizing the signs

Blockages of air passages may occur for many reasons. Conditions like Asthma, or an Allergic reaction may cause difficulty breathing.

Signs of Breathing Problems

- Fast Breathing
- Trouble with every breath
- Noisy Breathing
- Can only make sounds or speak in between breaths

People with known conditions like Asthma or Allergic reactions should be treated with their prescribed medications

If a heart attack or stroke is suspected call 911 and get an AED

Breathing difficulties:

Using a Rescue Inhaler

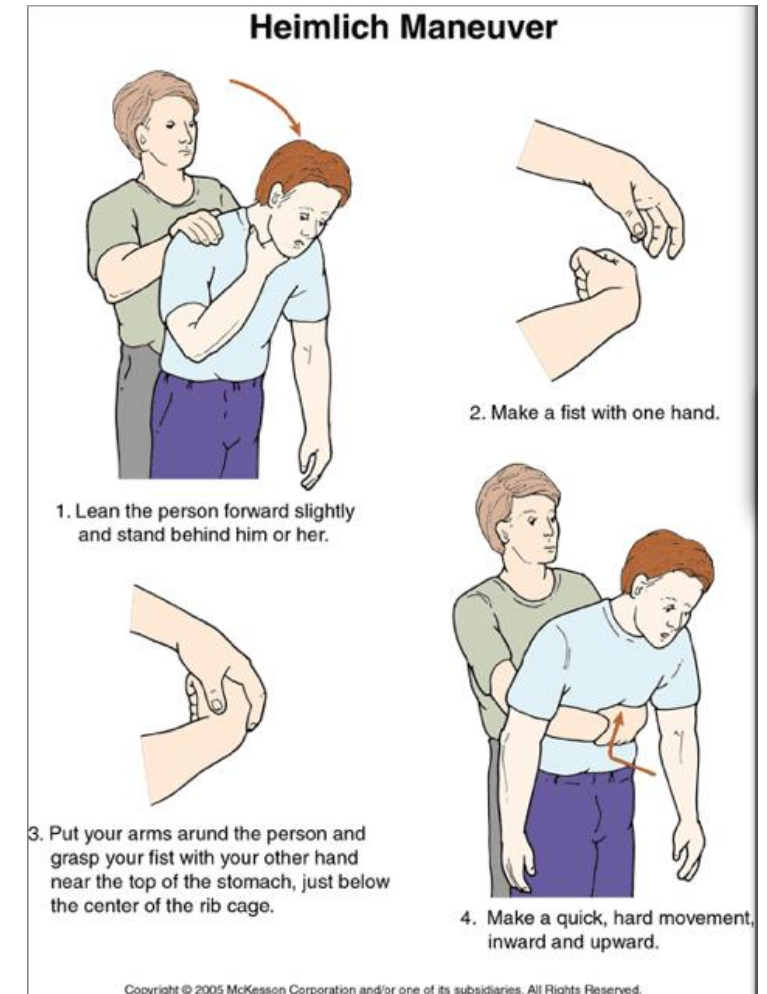
- Remove the cap and shake well
- Have person breathe out all the way
- Place the mouthpiece against the lips and seal mouth around it
- Press the canister one time as the person inhales
- Have them breathe in as slowly and deeply as possible about 5 secs.
- Count to 10 to allow the medicine to reach the lungs
- Repeat for each puff ordered



Choking in an Adult or Child

If you think an adult or child is choking:

- Ask “Are you okay” “Are you choking”
- If they indicate yes, tell them you will help
- Stand behind the person with your arms wrapped around the person and hands fisted
- Place thumb side of fist slightly above the naval
- Give quick upward thrusts into the abdomen until the object is forced out or the person goes unresponsive
- Begin CPR if needed
- If you can’t get your arms around the waist give thrusts at the chest level



Allergic Reaction

Causes include:

Nuts

Milk products

Eggs

Insect bites or stings

Certain medications

Allergies are very common among adults and children. Severe allergic reactions can be a life threatening emergency.

Signs of Mild allergic Reaction

- Stuffy nose
- Sneezing
- Itching around the eyes or on the skin
- A raised red rash or hives

Signs of a Severe Allergic Reaction

- Trouble breathing
- Swelling of face or tongue
- Signs of shock

Allergic Reaction:

Knowing how to help

Using an Epipen for severe allergic reactions

- Follow the instructions on the pen
- Given in the outer thigh through clothing
- Remove cap
- Press the tip hard against the outer thigh
- Hold for 10 seconds
- Pull pen straight out
- Note the time of the injection

If no epipen is available call 911



Chest Pain:

Cardiac arrest is a rhythm problem. The heart stops suddenly.

A **heart attack** is a clot problem. It occurs when blood flow is stopped by a clot.

Signs of cardiac arrest:

- Chest discomfort
- Discomfort in other areas
- Other signs like shortness of breath, nausea, light-headedness

Actions to Take

- keep the person calm
- Ask someone to get the AED
- Consider calling 911
- If the person becomes unresponsive give CPR, prepare to use the AED, and call 911

Stroke:

Take these actions
if you suspect a
stroke

Call 911 and get the AED

Note time symptoms
begin

Stay with the person until
helps arrives

Stroke – there's treatment if you act FAST.



Seizures:

Signs to look for

- Loss of muscle control
- Falling to the ground
- Stops responding
- Jerking movements or repetitive movements

THE PHASES OF A "TONIC-CLONIC" SEIZURE



THE "AURA" PHASE

- ~ LIGHT-HEADEDNESS
- ~ DIZZINESS
- ~ CONFUSION
- ~ HALLUCINATIONS



THE "TONIC" PHASE

- ~ SKELETAL MUSCLES TENSE UP
- ~ JERKY MOVEMENTS
- ~ USUALLY LOSE CONSCIOUSNESS



THE "CLONIC" PHASE

- ~ CONVULSIONS
- ~ VIOLENT SHAKING
- ~ UNCONTROLLABLE TWITCHING/ROLLING
- ~ SOMETIMES BREATHING STOPS



POSTICAL SLEEP

- ~ CONFUSION,
- ~ AMNESIA,
- ~ AND NAUSEA UPON REGAINING CONSCIOUSNESS

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Actions to Take for a Seizure

During a seizure

- Move objects away from the person experiencing a seizure
- Place something soft under their head
- Never hold a person down or put anything in their mouth
- Note the time the seizure starts and stops
- Give emergency seizure medications if ordered

After a seizure

- check for responsiveness and breathing
- Call for help
- Stay with the person until help arrives
- Turn them on their side if having trouble breathing or vomiting

Injury Emergency

All information used is provided by the American Heart Association's 2020 Guidelines

External Bleeding:

Know what to do

Bleeding from the Nose

- Have the person sit down and lean forward
- Apply gloves and use gauze or tissue to pinch the soft part of the nose
- Have the person tilt their head down toward their chin
- Pinch until bleeding stops
- Phone 911 if bleeding worsens or continues for 15 minutes or if the person begins having trouble breathing

Bleeding from the Mouth

- Apply pressure to area with gauze or tissue
- If does not stop in 10 minutes or the person has trouble breathing call 911

Bleeding from a cut or scrape

- Apply pressure with gauze or a clean cloth
- If cloth becomes soiled do not remove, add another layer
- If bleeding does not stop within 5-10 minutes call 911

Internal Bleeding:

Know what to do

Signs of Internal Bleeding

- Injured in a crash or from a fall
- Injury to the chest, or abdomen
- Pain in the abdomen or chest
- Is coughing up or vomiting blood
- Signs of shock present

Actions to Take

- Call 911 and get an AED
- If the person is responsive have them lie down and elevate their feet
- Check for signs of shock and proceed as needed

Signs of Shock

Actions to Take:

Call 911

Have them lie down and
elevate feet

Monitor breathing and stay
with the person until help
arrives

Do not move the person or
give them food or drink

Keep the person warm



Heat and Cold Related Emergencies

Heat Exhaustion

Heat Exhaustion Signs

- Nausea
- Dizziness
- Vomiting
- Muscle cramps
- Fatigue
- Heavy sweating

Actions to Take

- Lie down in a cool place
- Drink something with sugar and electrolytes
- Place cool cloths on the neck, in the groin, and under arms

Heat and Cold Related Emergencies

Heat Stroke

Heat Stroke Signs

- Confusion
- Fatigue or feeling faint
- Dizziness
- Fainting
- Muscle cramps
- Seizure

Actions to Take

- Call 911 and get an AED
- Move the person to a cool place
- Put the person in cool water up to their neck if possible or spray with cool water
- Prepare to give CPR

Heat and Cold Related Emergency

Frostbite Emergency

Signs of Frostbite

- White, waxy or gray colored skin
- Cold and numb skin
- Hard skin that doesn't move when pressed

Actions to Take

- Call 911
- Make the person warm
- Remove any wet clothes and pat dry
- Place dry clothes or blankets on person
- Remove tight rings, etc. from affected body part