

BANANAS HANDOUT

Common First Aid

ACCIDENT	SIGNS & SYMPTOMS	FIRST AID PROCEDURES – Call 911 for any serious injury.
Burns	Skin is: Red – 1st degree Blistered – 2nd degree Charred – 3rd degree	<ul style="list-style-type: none">• For 1st and minor 2nd degree burns: apply COLD water IMMEDIATELY by immersing burned area in cold water or by covering with a wet cloth.• Seek immediate medical attention for 2nd or 3rd degree burns or if the burn is on the hands, feet, face or genitals.
Broken Bones	Pain, swelling, tenderness, deformity, hearing the bone “snap”	KEEP FROM MOVING <ul style="list-style-type: none">• Keep injured part still to prevent further damage and to lessen pain.• Call 911; immobilize area with padded splint or wait for 911 personnel to splint.• If skin is broken, control bleeding and cover with clean cloth.• If fracture of the head, neck or back is suspected, DO NOT MOVE WITHOUT MEDICAL SUPERVISION.
Bleeding		<ul style="list-style-type: none">• Always wear latex gloves when handling blood.• Place thick pad of clean cloth or bandage directly over wound and press firmly to control blood flow.• Raise the bleeding part higher than the rest of body unless the person has a broken bone.• After bleeding stops, clean small wounds well with soap and water.
Choking On An Object	Person cannot speak or cry; may turn blue and grasp throat (The First Aid and Survival Guide section at the front of the white pages in most phone directories illustrates how to do many breathing and choking first aid techniques.)	FOR INFANTS UNDER 1 YEAR: (Have someone else call 911) <ul style="list-style-type: none">• Supporting neck and head, turn infant over face down onto your forearm; lower forearm onto your thigh, deliver 5 sharp blows between shoulders.• Next, turn infant over on her/his back; deliver 5 chest compressions using 2 fingers on breastbone.• Repeat the first two steps until object is coughed up or infant starts to cough, cry or breathe. Always keep child’s head lower than his body. FOR CHILDREN 1 YEAR AND UP: (Have someone else call 911) <ul style="list-style-type: none">• Press crossed hands firmly against the stomach above navel; press inward and upward. Do not use back blows on children over 1 year old.
Shock	Paleness, sweating, cold, clammy skin. ANY SERIOUS INJURY CAN BE ACCOMPANIED BY SHOCK.	<ul style="list-style-type: none">• Comfort and calm the person.• Keep person lying down.• Cover with blanket if victim is cool.• Elevate legs if no back or neck injury is suspected.• Call 911 immediately for emergency medical help.
Poisoned	Vomiting, sudden onset of pain or illness, burns around lips or mouth, chemical odor on breath, presence of poison container, information from victim or observer.	<ul style="list-style-type: none">• Try to identify the poison and save a sample.• Call the Poison Control Center: 1-800-222-1222.• DO NOT induce vomiting or dilute poison by giving the person something to drink UNLESS you are instructed to do so by the staff at the Poison Control Center.• Seek immediate medical attention.

Additional first aid and disaster information is located in the “First Aid and Survival Guide” at the front of the white pages of the telephone book. Why not take a minute to locate these pages right now? And, remember, the best way to be prepared is to take a first aid course. BANANAS, 658-7353, and the American Red Cross, (800) 520-5433 offer first aid and CPR classes. BANANAS also offers some bilingual handouts for child care workers on “How To Use 911” and “Preparing for an Emergency” which are available in Chinese, Vietnamese and Spanish.

© 1984, BANANAS, Inc., Oakland, CA. Revised 2009.