EC1030 Emergency Treatment
EMERGENCY TREATMENT

BITEs

Wash wound with soap and clean water. Hold under running water for 5 minutes. Apply sterile dressing and see doctor immediately.

Remove stinger if present. Apply ice bag or cold cloths if swelling is large.

BRUISES

Apply ice bag or cold cloth for 25 minutes. If skin is broken, treat same as cut.

CUTS, MINOR

Wash with soap and clean water. Hold under water faucet. Apply sterile dressing.

EYES

Remove foreign bodies by gently touching with point of clean handkerchief, or by putting a drop of castor oil in the eye. If unsuccessful go to your physician.

If chemicals splatter into your eyes, wash with plain water and go to your physician.

FAINTING

Keep in lying position with head down. Loosen clothing around neck immediately. Sprinkle face lightly with cold water. If person does not respond in short time summon physician and keep person warm with blankets.

FRACTURES

Any deformity of injured part usually means a fracture. Do not move person if fracture of leg or back is suspected. Summon doctor at once. If person must be moved, apply temporary cast as shown.

FROSTBITES

Symptoms

Pain and grayish white color in frozen part. Gently cover with hand or place in water at room temperature to thaw out gradually. Do not rub. Do not expose to fire or hot water.
HEAT EXHAUSTION

Symptoms--Body cold, skin clammy, feels exhausted. Lie down with head low. Wrap in blanket. Give cup of strong coffee or tea. Call physician at once.

OVERDOSE SLEEPING PILLS

Call physician immediately. Give person 2 cups of hot black coffee, artificial respiration if needed.

POISONING

Call physician at once. Drink 2 heaping teaspoons of powdered mustard in glass of milk OR 1 pint to 1 quart of soap suds. For mercury poisoning, drink white of egg or glass of milk.

SCRAPES

Use wet gauze to sponge off gently with clean water and soap. If scrape is deeper and dirty, consult physician.

SLIVERS

Wash with soap and water, then "tease" out with sterilized needle point (pass through flame). Wash again.

SPRAINS

Elevate injured part. Apply ice pack or cold cloths for 25 minutes right after injury. If swelling is unusual do not use injured part until seen by physician.

SUNSTROKE


UNCONSCIOUSNESS

Never give anything by mouth. Lie down with head turned slightly to one side. Loosen clothing. Call physician, unless you are sure it is a simple fainting spell.

CALL PHYSICIAN IMMEDIATELY, DON'T WAIT!!
CARING FOR INJURIES

Important Do's

1. Lay the injured person down gently. Keep his head level with his body, until you know how serious the injury is. You may raise his head if his face is flushed. If he vomits, turn his head to one side to prevent choking.

2. Look for bleeding, stoppage of breathing, wounds, burns, broken bones and dislocated joints, in that order. Try to find all the serious injuries. Pain is an important sign of any injury. Let the injured person tell you where he hurts.

3. Remove enough clothing so you can see the injury. It may be necessary to cut or rip the clothes to get them off. Taking off clothes in the usual manner may cause unnecessary suffering or make the injury worse.

4. Find out if the injured person is breathing by watching his chest closely for movement while you count to ten. If breathing has stopped, quickly put your finger down his throat and remove any obstruction you can find. Then start artificial respiration at once.

5. Keep the injured person warm. Chilling may be dangerous to the seriously injured. It is important to wrap the injured person underneath, as well as to cover him. If blankets or other covering are not enough to warm the injured person, covered hot water bottles, or warm bricks may be used.

6. Keep the injured person from seeing his injury, if you can. A few cheerful words and a little personal attention will reassure him. Your own calmness will help keep him calm.

7. If a person has been pinned down by wreckage for an hour or more, give him plenty of water, unless he is unconscious or has a belly wound. Do this even though he may not be thirsty. Start giving water even before he is removed from the wreckage if you can't get him out at once.

Important Don't's

1. Don't move an injured person who is lying down except to make him comfortable or to remove him from immediate danger. If he is lying down in a doubled up position check carefully for broken bones before you try to straighten him out.

2. Don't be hasty. Always move carefully when handling an injured person. Use common sense, and avoid unnecessary motion or handling.

3. Don't give water or other liquid to an unconscious person. Water may enter the windpipe and choke him. But if the injured person is conscious and there is no evidence of a belly injury, water can be given slowly and in sips. Give water with salt and baking soda added if available. Add one teaspoonful of salt and one-half teaspoonful of baking soda to one quart of water. Hot tea and coffee will help, particularly if the injured person is cold.

4. Don't put absorbent cotton directly on a wound or burn. It sticks and is hard to remove. Don't put adhesive tape directly on a wound.

5. Don't try to clean wounds. Avoid touching wounds with your hand or clothing.

6. Don't try to drag a person away from a live wire without first protecting yourself, otherwise you will get hurt seriously.

7. Don't "jack-knife" a person into the rear seat of a car to transport him, unless you are sure he has only minor injuries.