

# First Aid



## EMERGENCY NUMBERS

FOR EMERGENCY CALLS  
 911  
 POLICE  
 FIRE  
 AMBULANCE

## HOW TO CALL FOR HELP

When calling for help, give the following information:  
 • Your location  
 • The nature of the emergency  
 • The number of people involved  
 • Any special needs or hazards

## BROKEN/BULGED BONES & FRACTURES

**Treatment:**  
 • Do not move the person.  
 • Do not try to straighten the bone.  
 • Do not try to put the bone back in place.  
 • Do not try to move the person.  
 • Do not try to move the bone.  
 • Do not try to move the person.  
 • Do not try to move the bone.

## COMMON INJURIES

### SCALD/BURN

**Symptoms:**  
 • Redness  
 • Swelling  
 • Pain  
 • Blisters  
 • Blister fluid is clear or white

### BLISTERS

**Treatment:**  
 • Do not pop the blister.  
 • Do not break the skin.  
 • Do not use ointment.  
 • Do not use ice.  
 • Do not use heat.

### LYME DISEASE

**Symptoms:**  
 • Fever  
 • Headache  
 • Fatigue  
 • Joint pain  
 • Rash  
 • Swelling  
 • Pain

### QUICK TIPS

• Do not use ointment.  
 • Do not use ice.  
 • Do not use heat.  
 • Do not use ointment.  
 • Do not use ice.  
 • Do not use heat.

## COMMON INJURIES

### SCALD/BURN

**Symptoms:**  
 • Redness  
 • Swelling  
 • Pain  
 • Blisters  
 • Blister fluid is clear or white

### BLISTERS

**Treatment:**  
 • Do not pop the blister.  
 • Do not break the skin.  
 • Do not use ointment.  
 • Do not use ice.  
 • Do not use heat.

### LYME DISEASE

**Symptoms:**  
 • Fever  
 • Headache  
 • Fatigue  
 • Joint pain  
 • Rash  
 • Swelling  
 • Pain

### QUICK TIPS

• Do not use ointment.  
 • Do not use ice.  
 • Do not use heat.  
 • Do not use ointment.  
 • Do not use ice.  
 • Do not use heat.

## COMMON INJURIES

### SCALD/BURN

**Symptoms:**  
 • Redness  
 • Swelling  
 • Pain  
 • Blisters  
 • Blister fluid is clear or white

### BLISTERS

**Treatment:**  
 • Do not pop the blister.  
 • Do not break the skin.  
 • Do not use ointment.  
 • Do not use ice.  
 • Do not use heat.

### LYME DISEASE

**Symptoms:**  
 • Fever  
 • Headache  
 • Fatigue  
 • Joint pain  
 • Rash  
 • Swelling  
 • Pain

### QUICK TIPS

• Do not use ointment.  
 • Do not use ice.  
 • Do not use heat.  
 • Do not use ointment.  
 • Do not use ice.  
 • Do not use heat.

## COMMON INJURIES

### SCALD/BURN

**Symptoms:**  
 • Redness  
 • Swelling  
 • Pain  
 • Blisters  
 • Blister fluid is clear or white

### BLISTERS

**Treatment:**  
 • Do not pop the blister.  
 • Do not break the skin.  
 • Do not use ointment.  
 • Do not use ice.  
 • Do not use heat.

### LYME DISEASE

**Symptoms:**  
 • Fever  
 • Headache  
 • Fatigue  
 • Joint pain  
 • Rash  
 • Swelling  
 • Pain

### QUICK TIPS

• Do not use ointment.  
 • Do not use ice.  
 • Do not use heat.  
 • Do not use ointment.  
 • Do not use ice.  
 • Do not use heat.

## COMMON INJURIES

### SCALD/BURN

**Symptoms:**  
 • Redness  
 • Swelling  
 • Pain  
 • Blisters  
 • Blister fluid is clear or white

### BLISTERS

**Treatment:**  
 • Do not pop the blister.  
 • Do not break the skin.  
 • Do not use ointment.  
 • Do not use ice.  
 • Do not use heat.

### LYME DISEASE

**Symptoms:**  
 • Fever  
 • Headache  
 • Fatigue  
 • Joint pain  
 • Rash  
 • Swelling  
 • Pain

### QUICK TIPS

• Do not use ointment.  
 • Do not use ice.  
 • Do not use heat.  
 • Do not use ointment.  
 • Do not use ice.  
 • Do not use heat.

Inc. BarCharts

## First Aid (Quick Study Health)



[continue reading](#)

Great for home make use of or the professional as a quick reference or refresher.Symptoms, treatment and strategies for wide range of medical emergencies.



[continue reading](#)

Excellent Quick Reference Guideline for First Aid I just love these small quick reference guides. It is as described and as pictured. Has sections as follows: a location for Emergency Quantities, How to Demand Help (specific info for caller to provide), Broken Bones, Common Ailments (foreign matter in eye, dark vision, nosebleed, earache, toothache, lack of permanent tooth), Lyme Disease, Quick Ideas, Wounds, Sprains & in the event! Great quick reference for a 1st aid kit Being an RN, We am familiar with first aid, but I wanted to have something to get into our rather comprehensive 1st aid kit so anyone using it would have information in their finger tip. easy reference for a person who doesn't need to take time to appear it up in a publication or on the internet! Best for a quick reference. It seems like the only real solution is go look for emergency personnel Wish it had a little more detail. AN EXCELLENT ~ quick & Great cheat sheet There have been times when I had to look up information in a medical situation. Having this convenient card makes things less difficult. It is laminated therefore it can last longer. Excellent Quick Reference Bought this for my boss while he was a basketball trainer this year and thought it might can be found in handy...and it did! It's format is great and the instructions have become easy to stick to while still being comprehensive plenty of to be useful. Seller - A+++ Lots of good info... Strains, Shock, Burns and Scalds, Drug Overdose, Food Poisoning, Convulsions, Heart Attack, Internal Bleeding, Lack of a Body Component, Stroke, The Elements (heat and frosty), Poisoning, Carbon Monoxide Poisoning, Critters (bugs, snakes, spiders, sea creatures), Vegetation (poison ivy, oak, sumac), Head, Neck and Back Injury, Hyperventilation, Choking Maneuver, Concussion, Fainting, Electrocution. MEDICAL Details Quick Very well organized and informative. easy reference for somebody who doesn't . Simple to use and carry.. It looks like the only alternative is go seek crisis personnel. This cards is a wealth of info and has all of the basics on it without needing to flip through a book to get what you want. The product was delivered as promised and is normally a welcome addition to my first aid kit.. We keep these in crisis binders. Simple to use and carry I actually am a former 1st Responder and I take advantage of this guide, as We still stop at accidents to attempt to help out. Seller Feedback - A+++ . Thanks! Thinking of getting one for my summer cottage. Handy Reference I selected this product because of its handy use and expedited references in medical. Plenty of good information. A Great ~ quick & excellent information. I use this to aid in teaching first aid, excellent information.



[continue reading](#)

download free First Aid (Quick Study Health) txt

download free First Aid (Quick Study Health) txt

[download Fit to Fish: How to Tackle Angling Injuries e-book](#)

[download free Psychology \(Quickstudy Reference Guides - Academic\) e-book](#)

[download Wound Care \(Quick Study: Health\) fb2](#)