

## 1: First Aid, Survival, and CPR Home and Field Pocket [www.enganchecubano.com](http://www.enganchecubano.com) - DocDroid

*Be prepared for first aid care and survival in any setting-at home, on the road, outdoors, while boating, hiking, or camping. From performing CPR on an adult, child.*

The bandaging of battle wounds is shown on Classical Greek pottery from c. In , a society for the preservation of life from accidents in water was started in Amsterdam , and in , physician William Hawes began publicizing the power of artificial respiration as means of resuscitation of those who appeared drowned. This led to the formation, in , of the Society for the Recovery of Persons Apparently Drowned, later the Royal Humane Society , who did much to promote resuscitation. In Jean-Henri Dunant witnessed the aftermath of the Battle of Solferino , and his work led to the formation of the Red Cross , with a key stated aim of "aid to sick and wounded soldiers in the field". This was followed by creating its own wheeled transport litter in the St John Ambulance , and in established the St John Ambulance Association the forerunner of modern-day St John Ambulance "to train men and women for the benefit of the sick and wounded". Following this, in , Shepherd and Colonel Francis Duncan took advantage of the newly charitable focus of St John, [3] and established the concept of teaching first aid skills to civilians. The first classes were conducted in the hall of the Presbyterian school in Woolwich near Woolwich barracks where Shepherd was based using a comprehensive first aid curriculum. First aid training began to spread through the British Empire through organisations such as St John, often starting, as in the UK, with high risk activities such as ports and railways. The overriding aim of all medical care which includes first aid, is to save lives and minimize the threat of death. Prevent further harm also sometimes called prevent the condition from worsening, or danger of further injury, this covers both external factors, such as moving a patient away from any cause of harm, and applying first aid techniques to prevent worsening of the condition, such as applying pressure to stop a bleed becoming dangerous. First aid also involves trying to start the recovery process from the illness or injury, and in some cases might involve completing a treatment, such as in the case of applying a plaster to a small wound. This section does not cite any sources. Please help improve this section by adding citations to reliable sources. Unsourced material may be challenged and removed. May Learn how and when to remove this template message In case of tongue fallen backwards, blocking the airway, it is necessary to hyperextend the head and pull up the chin, so that the tongue lifts and clears the airway. Certain skills are considered essential to the provision of first aid and are taught ubiquitously. Particularly the " ABC "s of first aid, which focus on critical life-saving intervention, must be rendered before treatment of less serious injuries. The same mnemonic is used by all emergency health professionals. Attention must first be brought to the airway to ensure it is clear. Obstruction choking is a life-threatening emergency. Following evaluation of the airway, a first aid attendant would determine adequacy of breathing and provide rescue breathing if necessary. Assessment of circulation is now not usually carried out for patients who are not breathing, with first aiders now trained to go straight to chest compressions and thus providing artificial circulation but pulse checks may be done on less serious patients. Some organizations add a fourth step of "D" for Deadly bleeding or Defibrillation , while others consider this as part of the Circulation step simply referred as Disability. Variations on techniques to evaluate and maintain the ABCs depend on the skill level of the first aider. Once the ABCs are secured, first aiders can begin additional treatments or examination, as required if they possess the proper training such as measuring pupil dilation [14]. Some organizations teach the same order of priority using the "3Bs": Breathing, Bleeding, and Bones or "4Bs": Breathing, Bleeding, Burns, and Bones. While the ABCs and 3Bs are taught to be performed sequentially, certain conditions may require the consideration of two steps simultaneously. This includes the provision of both artificial respiration and chest compressions to someone who is not breathing and has no pulse, and the consideration of cervical spine injuries when ensuring an open airway. Conscious people will maintain their own airway automatically, but those who are unconscious with a GCS of less than 8 may be unable to maintain a patent airway, as the part of the brain which automatically controls breathing in normal situations may not be functioning. If the patient was breathing, a first aider would normally then place them in the recovery position , with the patient leant over on their side, which also has the effect of clearing

the tongue from the pharynx. It also avoids a common cause of death in unconscious patients, which is choking on regurgitated stomach contents. The airway can also become blocked through a foreign object becoming lodged in the pharynx or larynx, commonly called choking. Once the airway has been opened, the first aider would assess to see if the patient is breathing. If there is no breathing, or the patient is not breathing normally, such as agonal breathing, the first aider would undertake what is probably the most recognized first aid procedure—CPR, which involves breathing for the patient, and manually massaging the heart to promote blood flow around the body. The first aider is also likely to be trained in dealing with injuries such as cuts, grazes or bone fracture. They may be able to deal with the situation in its entirety a small adhesive bandage on a paper cut, or may be required to maintain the condition of something like a broken bone, until the next stage of definitive care usually an ambulance arrives. Training[ edit ] First aid scenario training in progress Basic principles, such as knowing to use an adhesive bandage or applying direct pressure on a bleed, are often acquired passively through life experiences. However, to provide effective, life-saving first aid interventions requires instruction and practical training. This is especially true where it relates to potentially fatal illnesses and injuries, such as those that require CPR; these procedures may be invasive, and carry a risk of further injury to the patient and the provider. As with any training, it is more useful if it occurs before an actual emergency, and in many countries, emergency ambulance dispatchers may give basic first aid instructions over the phone while the ambulance is on the way. Training is generally provided by attending a course, typically leading to certification. Due to regular changes in procedures and protocols, based on updated clinical knowledge, and to maintain skill, attendance at regular refresher courses or re-certification is often necessary. First aid training is often available through community organizations such as the Red Cross and St. John Ambulance, or through commercial providers, who will train people for a fee. This commercial training is most common for training of employees to perform first aid in their workplace. Many community organizations also provide a commercial service, which complements their community programmes. Specific disciplines[ edit ] There are several types of first aid and first aider which require specific additional training. These are usually undertaken to fulfill the demands of the work or activity undertaken. Battlefield first aid takes into account the specific needs of treating wounded combatants and non-combatants during armed conflict. Hyperbaric first aid may be practiced by SCUBA diving professionals, who need to treat conditions such as the bends. Oxygen first aid is the providing of oxygen to casualties who suffer from conditions resulting in hypoxia. Wilderness first aid is the provision of first aid under conditions where the arrival of emergency responders or the evacuation of an injured person may be delayed due to constraints of terrain, weather, and available persons or equipment. It may be necessary to care for an injured person for several hours or days. Mental health first aid is taught independently of physical first aid. How to support someone experiencing a mental health problem or in a crisis situation. Also how to identify the first signs of someone developing mental ill health and guide people towards appropriate help. First aid services[ edit ] First aider of the British Red Cross accompanies parade of morris dancers at the Knutsford Royal May Day Some people undertake specific training in order to provide first aid at public or private events, during filming, or other places where people gather. They may be designated as a first aider, or use some other title. This role may be undertaken on a voluntary basis, with organisations such as the Red Cross and St John Ambulance, or as paid employment with a medical contractor People performing a first aid role, whether in a professional or voluntary capacity, are often expected to have a high level of first aid training and are often uniformed. According to the Geneva Conventions and other international laws, the use of this and similar symbols is reserved for official agencies of the International Red Cross and Red Crescent, and as a protective emblem for medical personnel and facilities in combat situations. Use by any other person or organization is illegal, and may lead to prosecution. The internationally accepted symbol for first aid is the white cross on a green background shown below. Some organizations may make use of the Star of Life, although this is usually reserved for use by ambulance services, or may use symbols such as the Maltese Cross, like the Order of Malta Ambulance Corps and St John Ambulance. Other symbols may also be used.

### 2: Pocket First Aid & CPR from the American Heart Association app review - appPicker

*The Complete First Aid Pocket Guide By John Furst The only first aid book you will ever need! Available for pre-order now Buy from Amazon (USA) Buy from Amazon.*

Check Price Still society would be much better off if each of us took the time to learn just a few essential first aid skills. Anyone with kids should keep a close eye on the health of their children. I pulled out the survival pocket guide and first aid cards from my 72 your kit, and I studied. I wanted to focus on just the essential, life-saving skills. If my child, anyone in my family, or I ever encounter life-threatening emergencies, I think it is essential to know the step-by-step instructions to take precaution. This does not mean you have to have a first-aid certification. It merely means that you know what to do in an emergency situation. Make sure you know how to get help. Make sure the child is in a safe area. If the child is choking or having trouble breathing, make sure you put them in a position that their airway remains open. Consider taking a CPR class. If disaster strikes, you will be able to make sure that the child or your child continues breathing. A Helpful New Printable After all of that, I created a list of what I believe to be the most critical first aid skills. The list includes things that I would not want to wait for a doctor to arrive to take care of. Put one in your car, your fridge, or your pantry. Make sure babysitters know where to find it along with your other babysitter notes. You could even fold one up and put it in your wallet! Download the free printable first aid guide by just clicking on it: Please know, you are more than welcome to use my printable above, but it is not intended as a substitute for professional medical advice, emergency treatment, or formal first-aid training. If you ever face a life-threatening medical situation, please call as quickly as possible. This printable is the result of my personal online research and compilation of information I want myself, my family members, and babysitters to have quick access to.

## 3: First Aid Pocket Guide - Free downloads and reviews - CNET [www.enganchecubano.com](http://www.enganchecubano.com)

*First Aid Guide (English) A handy pocket reference guide with 37 pages of CPR, AED & Basic First Aid information. ANSI/ISEA Z version.*

What is the aim of First Aid? The key aims of first aid can be summarised in three key points Preserve life is the overriding aim of all medical care, including first aid, is to save lives Prevent further harm also sometimes called preventing the condition worsening, this covers both external factors, such as moving a patient away from a cause of harm, and applying first aid techniques to prevent worsening of the condition, such as applying pressure to stop a bleed becoming dangerous. Promote recovery – first aid also involves trying to start the recovery process from the illness or injury, and in some cases might involve completing a treatment, such as in the case of applying a plaster to a small wound. First aid training often also incorporates the prevention of initial injury and responder safety, as well as the treatment phases. When First Aid is Required? Altitude sickness, which can begin in susceptible people at altitudes as low as 5,000 feet, can cause potentially fatal swelling of the brain or lungs. Anaphylaxis, a life-threatening condition in which the airway can become constricted and the patient may go into shock. The reaction can be caused by a systemic allergic reaction to allergens such as insect bites or peanuts. Anaphylaxis is initially treated with injection of epinephrine. Battlefield First aid – This protocol refers to treating shrapnel, gunshot wounds, burns, bone fractures, etc. Bone fracture, a break in a bone initially treated by stabilizing the fracture with a splint. Burns, which can result in damage to tissues and loss of body fluids through the burn site. Cramps in muscles due to lactic acid build up caused either by inadequate oxygenation of muscle or lack of water or salt. Diving disorders resulting from too much pressure. Near drowning or asphyxiation. Gender-specific conditions, such as dysmenorrhea and testicular torsion. Heart attack, or inadequate blood flow to the blood vessels supplying the heart muscle. Heat stroke, also known as sunstroke or hyperthermia, which tends to occur during heavy exercise in high humidity, or with inadequate water, though it may occur spontaneously in some chronically ill persons. Sunstroke, especially when the victim has been unconscious, often causes major damage to body systems such as brain, kidney, liver, gastric tract. Unconsciousness for more than two hours usually leads to permanent disability. Emergency treatment involves rapid cooling of the patient. Heat syncope, another stage in the same process as heat stroke, occurs under similar conditions as heat stroke and is not distinguished from the latter by some authorities. Heavy bleeding, treated by applying pressure manually and later with a pressure bandage to the wound site and elevating the limb if possible. Hyperglycemia, or diabetic coma. Hypoglycemia, or insulin shock. First aid for a mildly hypothermic patient includes rewarming, but rewarming a severely hypothermic person could result in a fatal arrhythmia, an irregular heart rhythm. Insect and animal bites and stings. Poisoning, which can occur by injection, inhalation, absorption, or ingestion. Seizures, or a malfunction in the electrical activity in the brain. Sprain, a temporary dislocation of a joint that immediately reduces automatically but may result in ligament damage. Stroke, a temporary loss of blood supply to the brain. Sucking chest wound, a life threatening hole in the chest which can cause the chest cavity to fill with air and prevent the lung from filling, treated by covering with an occlusive dressing to let air out but not in. Toothache, which can result in severe pain and loss of the tooth but is rarely life threatening, unless over time the infection spreads into the bone of the jaw and starts osteomyelitis. Wounds and bleeding, including laceration, incision and abrasion, and avulsion. Dozens of articles, including CPR, the Heimlich Maneuver, bites, bruises, burns, seizures, diabetic emergencies, and many more. All articles are stored on your iPhone, so you can provide first aid even when out of cell phone range. Enter your medical information on the My Info tab. You can also save your insurance information for quick access. First aid can and does save lives. Be as prepared as possible! Perfect for wilderness outings. Look up your doctor or emergency contacts with a single click. You surely got a paper guiding you to the other projects of which one of them was first aid guide no? The First Aid pocket guide should contain aid that needs to be given for fractures, poisoning, cuts and burns, heat and cold wave and other threats that are prevalent in that area. The content shared in the guide should be supported with adequate pictures so as to give a clear and elaborate understanding about the topic. Choose

## FIRST AID AND CPR POCKETGUIDE pdf

awareness campaign strategy for either senior citizens or illiterate people and prepare a brief write-up. Note for the Teachers: The project can be carried out by a group of students in a class and work can be equally divided amongst the students so that the teachers are able to evaluate them easily. This guide can be printed by the school administration and shared with all the students, teachers and other staff members of the school. It can be used as a ready reckoner for any First Aid related information. Pictures to use in your project:

### 4: A Free Printable First Aid Guide

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*First aid pocket guide "MEDIC in your Wallet" ~ FITS Urgent First Aid Guide with CPR & AED - 52 pages | Full color First Aid Booklet by Urgent First Aid complies.*

### 6: First aid - Wikipedia

*When you're on the go, always be prepared. CPR Savers and First Aid Supply has made that easy for you. All you have to do is print out this simple and easy to use guide.*

### 7: Get a Free First Aid Guide | St John Ambulance

*A quick reference guide focusing on life saving first aid and CPR techniques. This inexpensive bilingual guide is compact and easy to carry - an ideal resource for.*

### 8: The Complete First Aid Pocket Guide | First Aid for Free

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