

# FIRST AID

## Toolbox Talk



# Heat exhaustion

## 1. Lower Body Temperature

- Get the person out of the heat and into a cool environment.
- If air-conditioning is not available, fan the person.
- Spray the person with a garden hose, get him or her into a cool shower or bath, apply cool compresses, or give the person a cool sponge bath

## 2. Rehydrate

- Give cool, nonalcoholic and non caffeinated beverages as long as the person is alert.

# Heat exhaustion

## 3. Rest

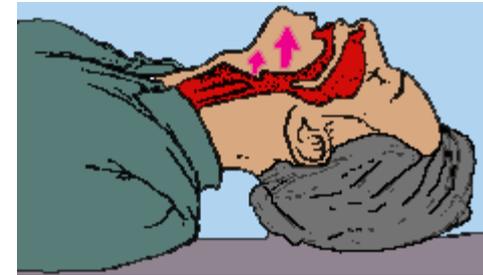
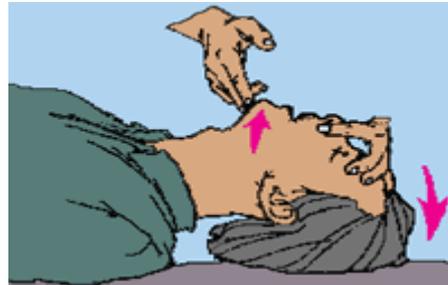
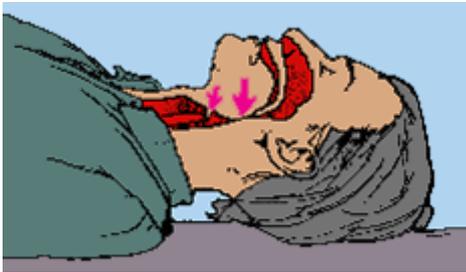
- Have the person avoid physical activity for the rest of the day.
- Give over the counter acetaminophen if the person has a mild headache.

## 4. See a Health Care Provider

- Untreated heat exhaustion can progress to heat stroke. See a doctor that day if:
- Symptoms get worse or last more than an hour
- The person is nauseated or vomiting

# Artificial Respiration

**1).** Tilt the Head back so the chin is pointing upwards. The victim should be flat on his back. Pull or push the jaw into a jutting out position for removal of obstruction of the airway by moving the base of tongue away from back of throat



**2).** Open your mouth wide and place it tightly over the victim's mouth. At the same time pinch the victim's nostrils shut .  
Blow into the victim's mouth .



# Artificial Respiration

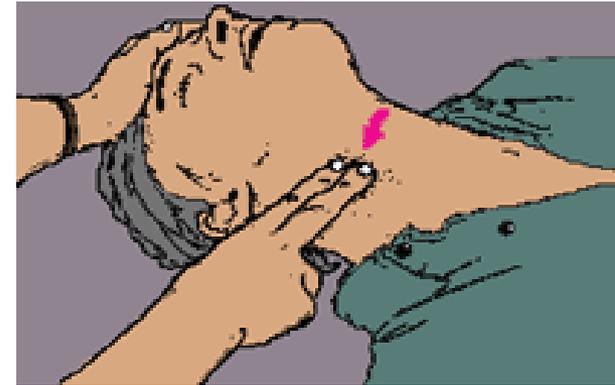
**3).** Remove your mouth, turn your head to side and listen for the return rush of the air that indicate air exchange. Repeat the blowing effort.

**4).** Blow vigorously at a rate of about 12 breaths per minute. If the victim is not breathing out the air that you blew in, recheck the head and jaw position. If you still do not get air exchange, quickly turn the victim on his side and hit him sharply between the shoulder blades several times in hope of dislodging foreign matter.

Again sweep your finger through the victim's mouth to remove foreign matter.

# Artificial respiration

**5).** After giving two breaths which cause the chest to rise, attempt to locate a pulse on the casualty. Feel for a pulse on the side of the casualty's neck closest to you by placing the first two fingers of your hand on the groove beside the casualty's Adam's apple (carotid pulse)



*If a pulse is found and the casualty is breathing --  
STOP*

*If a pulse is found and the casualty is not breathing,  
continue rescue breathing.*

If a pulse is not found, begin chest compression.

1. Expose chest and find breast bone. Put the heel of one hand on breast bone and other hand on top.

2. Compress the chest 15 times.

**EHSEC**



# Insect bites and stings

## For mild reactions



- Wash the area with soap and water.
- Apply a cool compress. Use a cloth dampened with cold water or filled with ice. This helps reduce pain and swelling. If the injury is on an arm or leg, elevate it.
- Apply a cream, gel or lotion to the injured area. Use products containing ingredients such as hydrocortisone, pramoxine or lidocaine to help control pain.
- Try a pain reliever, such as acetaminophen or ibuprofen, or an antihistamine.

# Insect bites and stings

## For emergency care

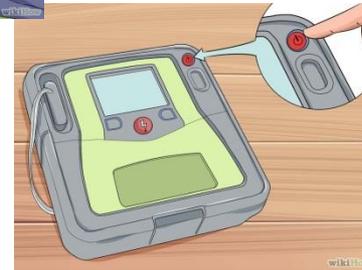
- Call your local emergency number if the injured person experiences: difficulty breathing, swelling of the lips, eyelids or throat, dizziness, faintness or confusion, rapid heartbeat, hives or nausea.
- If the person needs to use an epinephrine autoinjector to treat an allergic attack, this is usually done by pressing the autoinjector against the person's thigh and holding it in place for several seconds.
- Loosen tight clothing and cover the person with a blanket. Don't give him or her anything to drink.
- Turn the person on a side to prevent choking if he or she is vomiting or bleeding from the mouth.
- Begin CPR if the person shows no signs of circulation, such as breathing, coughing or movement.

# Using a Defibrillator(AED)

**1. Make sure the patient is dry.**



**2. Turn on the AED.**



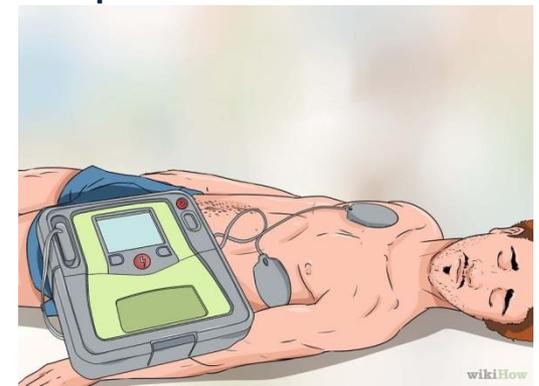
**3. Prepare the chest area.**

( remove certain things from the victim).



**4. Apply the pads..**

One pad should be placed below the collarbone on the upper right side of the victim's bare chest. The other should be placed below the peck or breast on the left, at the bottom of his heart, slightly along his side.



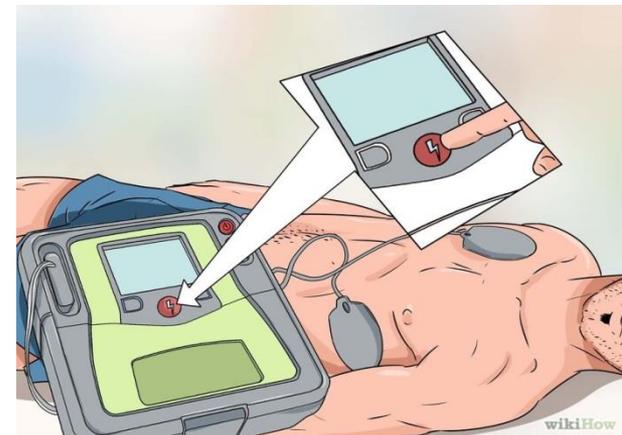
# Using a Defibrillator(AED)

## 5. Let the AED analyze.

press the *analyze* button on the AED. It will begin to analyze the heart rhythm of the victim. The AED will then tell you if a shock is needed or if you need to keep doing CPR. If no shock is needed, this means that the victim has regained a pulse or has an unshockable heart rhythm.



**6. Shock the victim if necessary.** If the AED advises that you need to shock the patient, you need to make sure, once again, that the victim is clear. Once you do, *push the shock button* on the AED. This will send an electric shock through the electrodes to help restart the heart.



# BIBLIOGRAPHY

- *Mayo Clinic insect bites and stings first aid*
- *Web MD First Aid & Emergencies Heat Exhaustion Treatment*
- *National Heart, Lung and Blood Institute. How to use an Automated External Defibrillator*

**ANY QUESTIONS?**

**THANKS FOR YOUR  
PARTICIPATION!!!**