



JOB AID

FIRST

AID MODULE 10 POISONING

US

First Aid - Module 10 - Poisoning

When to Call for Help

Poisoning can mimic other conditions. Call for emergency help immediately if the victim is:

- Drowsy or unconscious
- Uncontrollably restless or agitated
- Having difficulty breathing • Not breathing
- Having seizures
- Known to have overdosed on medications/substances

Call a poison control center if a victim is stable and has no symptoms and when a situation is not an emergency and the victim is going to be transported to a medical treatment facility.

Swallowed or Inhaled Poisons

For swallowed poisons:

- Remove anything remaining in the victim's mouth
- Read the container for instructions (may include calling the poison control center) • Send containers and other information with the victim in the ambulance

For inhaled poisons, get the victim into fresh air as soon as possible and be prepared to prevent choking or begin CPR.

Carbon Monoxide

Carbon monoxide is an odorless, colorless gas that can kill you. It is produced anytime you burn fuel. It can build up indoors. If you suspect carbon monoxide poisoning, get to fresh air and call for emergency medical help immediately.

Symptoms include:

- Headache
- Dizziness
- Nausea

Poisonous Plants

- Shortness of breath • Weakness and confusion

Be aware of poisonous plants that are common in your area and what they look like. These may include poison ivy, poison oak or poison sumac. Symptoms include a rash and swelling.

If someone is exposed to a poison plant:

- Immediately rinse skin with rubbing alcohol or a combination of water and specialized poison plant washes, degreasing soap or detergent
- Scrub under nails with a brush
- Apply wet compresses, calamine lotion or hydrocortisone cream to intact skin • Offer

antihistamines, as directed

- Victims or medical professionals may administer epi-pens

In severe cases, or if the rash is on the face or genitals, seek professional medical attention. Get emergency medical help for severe allergic reactions.

Bites

Human and Animal Bites

If a victim is bitten by a human or animal, your first-aid goals are to stop the bleeding, wash and treat the wound, and seek emergency medical help, if needed.

Mouths can contain bacteria and viruses that can cause disease or infection. Seek professional medical help to treat these complications.

Snake Bites

If a snake bites a victim:

- Keep the victim calm
- Immobilize the injured area
- Keep the area at or below the heart
- Remove constricting items
- Restrict movement

If the bite area swells or changes color or if you know the snake is venomous: • Get immediate medical help

- Use a suction device, as directed by the manufacturer
- Monitor vital signs
- Bring the snake to the hospital (only if safe to do so)

Insect Bites and Stings

Most insect bites and strings require the same first-aid treatment:

- Move the victim to a safe area
 - Remove the stinger (scrape it with a stiff edge)
 - Clean the wound and apply ointment
- If a tick is embedded in the skin:
- Apply a cool compress
 - If the bite is on an arm or leg, elevate it
 - Use over-the-counter medications, as needed

Embedded Ticks

1. Grasp the tick close to its head or mouth with tweezers or covered fingers.
2. Pull the tick straight out with a slow and steady motion.
3. Clean the area and your hands with soap and water.
4. Save the tick in a jar.

When to Seek Help for Insect Bites and Stings

Seek medical help if you cannot remove all parts of a tick. Get immediate medical help if insect-bite victims stop breathing or show symptoms of a severe allergic reaction.

Victims should also seek prompt medical attention if they:

- Are unsure whether the bite was from a venomous insect
- Develop symptoms of Lyme disease (including a fever or rash) after a tick bite •

Experience severe pain, abdominal cramping or a growing ulcer at the bite site • Have any concerns about the bite (even if symptoms are minor)

OSHA Outreach Courses