



JOB AID

**FIRST
AID MEDICAL EMERGENCIES
COMBINED**

First Aid - Medical Emergencies: Heat and Cold

Heat-Related Illness

Heat Cramps

Heat cramps are painful muscle spasms, usually occurring in the legs and abdomen.

To treat heat cramps:

- Have the victim rest in a cool place
- Give the victim cool water or a commercial sports drink
- DO NOT give salt tablets or saltwater
- Lightly stretch the muscle and gently massage the affected area **Heat**

Exhaustion

Heat exhaustion symptoms may include:

- Weakness
- Dizziness
- Nausea

To treat heat exhaustion:

- Heavy sweating
- Cool, moist or pale skin • Fainting
- Move the victim to an air-conditioned location or cool spot and encourage resting and drinking of cool water or a nonalcoholic beverage without caffeine
- Loosen any tight clothing and fan the victim
- Cool the victim by applying cold packs or wet towels or cloths
- Monitor the person carefully because heat exhaustion can quickly become heat stroke • Call the local emergency number

Heat Stroke

Heat stroke symptoms include:

- Hot, dry skin with no visible sweating
- Abnormally high body temperature, as high as 41°C (105.8°F)
- Confusion, irrational behavior, loss of consciousness and convulsions •
- Rapid, weak pulse
- Rapid, shallow breathing

Call the local emergency number immediately, as death will occur if the body temperature

rises too high.

Cold-Related Illnesses

Factors that contribute to the development of a cold-weather illness include:

- Temperatures below 4°C (40°F)
- Exposure time to cold temperature • Wind speed and wind temperature • Dampness (amount of water vapor in the atmosphere)

To treat hypothermia:

- Immersion in cold water • Medical conditions such as hypertension, diabetes and cardiovascular disease

Hypothermia

Initial symptoms of hypothermia include: •

Uncontrollable shivering

- Cold or pale skin
- Poor judgment

- Glassy stare
- Apathy

Advanced symptoms of hypothermia include: • •

Stiffness

- Slow pulse
- Shallow breathing

- Sleepiness
- Weakness
- Unconsciousness

- Move the victim to a warm, dry place (preferably indoors)
- Warm the victim slowly, starting with the chest and torso (rapid re-warming can cause heart problems)
- Use warm blankets, hot water bottles, body warmth or other heat sources to warm the victim
 - **DO NOT** immerse the victim in warm water (can cause dangerous heart problems)
- If the victim is unconscious:
 - Check for signs of circulation and breathing
 - Be prepared to perform CPR
- Call the local emergency number

Frostbite

Symptoms of frostbite include:

- Pale, waxy, white or blue skin that becomes hard
- Skin that aches or feels itchy, progressing to loss of feeling

To care for frostbite:

- Call the local emergency number immediately
- Move the victim to a warm, dry area
- Warm the skin slowly with a heated wrap (not too hot) to gradually increase the skin's temperature
- Avoid rubbing or immersing the skin in warm water, as this can cause burns •

Have the victim avoid alcoholic drinks and narcotic medications

First Aid - Medical Emergencies: Poisoning

Symptoms

Symptoms of poisoning include:

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| <ul style="list-style-type: none">• Nausea• Vomiting• Diarrhea• Chest or abdominal pain | <h3>Ingested Poisons</h3> <ul style="list-style-type: none">• Trouble breathing• Changes in consciousness • Seizures |
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Treatment for

If there are indications that someone has ingested a poisonous substance: • If the victim is conscious, ask what he or she swallowed

- Look for any containers and take them with you to the phone
- Call the Poison Control help hotline or call the local emergency number •

Monitor the victim's circulation and breathing

- Be prepared to perform CPR
- Follow any first aid procedures located on the Safety Data Sheet (SDS) for the material

NEVER use syrup of ipecac or induce vomiting before calling Poison Control!

To see if there is a Poison Control Center in your region, go to the [World Health Organization website](https://www.who.int/).

Treatment for Inhaled Poisons

Remember that some toxic air contaminants are invisible and odorless, like carbon monoxide. If

there are indications that someone has inhaled a poisonous substance: • Remove the victim to fresh air immediately

- Do not become a victim yourself
 - Only those **trained in confined space entry** and who have **medical clearance to perform rescue work** should enter the space
 - Never enter a toxic environment or confined space without proper respiratory

protection or oxygen breathing apparatus, as well as proper **personal protective equipment (PPE)**

Treatment for Topical Poisons

If someone comes in contact with the **sap or juice of poisonous plants**, instruct the person to:

- Remove exposed clothing
- Wash the exposed area thoroughly with soap and water

If someone comes in contact with **chemicals**:

- Help the person get to the emergency shower as soon as possible
- Instruct them to remain clothes in the shower under running water for at least 15 minutes
- Call the designated local emergency number

First Aid - Medical Emergencies: Stings and Bites

Stings

Symptoms are mild and usually disappear within a day or two. They may include:

- Itching • Stinging
- Delayed or severe reactions
- Mild swelling

Remember, **severe reactions to stings can occur rapidly!**

Treatment

To treat a sting:

- Move the person to a safe area to avoid more stings
- Have someone stay with the victim to be sure that they do not have an allergic reaction •

Remove the stinger by scraping a fingernail or credit card over the area • Wash the site with soap and water and cover it to keep it clean

- Apply a cold pack and continue to watch for signals of allergic reaction • Call the local emergency number if the victim experiences nausea, cramps or vomiting or shows signs of breathing difficulty

Dog Bites

If a dog bite wound is minor:

- Wash it with soap and water • Control any bleeding • Get medical attention
- Watch for signals of infection • Notify Animal Control so that the dog can be evaluated

If a dog bite wound is bleeding seriously, control the bleeding first. Do not clean the wound. Get medical attention.

Snake Bites

To treat a snakebite:

- Move the person away from the snake
- Treat the bite as if it were poisonous
- Call the local emergency number
- Remove constricting items from the victim such as rings or other jewelry •

Immobilize the injured area and keep it lower than the heart

- Identify the snake only if you can do so safely
- If the snake is dead, transport it with the victim
- Keep the victim comfortable and reassure him
- DO NOT do any of the following, as they may increase tissue damage: ○
 - Apply ice
 - Cut the wound open
 - Use a tourniquet, alcohol or mechanical suction

First Aid - Medical Emergencies: Sudden Illness

Fainting

When someone faints:

1. Check for signs of head, neck or back injuries
 2. If there are no signs of these injury, position the victim on his or her back and elevate the legs 20 to 30 centimeters (8 to 12 inches)
 3. Loosen any tight clothing such as a belt, tie or collar
 4. Check to make sure the victim is breathing. Be prepared to perform CPR 5.
- Call the local emergency number

Seizures

If you see someone having a seizure:

- Do NOT hold or restrain the person or place anything between the victim's teeth •

Move all objects out of the way to prevent further injuries

- If the victim is not breathing, do not try to perform life-saving measures until the seizure has stopped
- Call the local emergency number immediately

Diabetic Emergencies

Symptoms	Treatment
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<ul style="list-style-type: none"> • Jittery/nervous feeling • Confusion • Rapid heartbeat • Blurred vision • Trembling in the hands and arms • Decreased muscle coordination • Seizures • Coma 	<ul style="list-style-type: none"> • Give the victim something sweet to eat or drink, such as juice or glucose gel products • Call the local emergency number • Be prepared to perform CPR
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Diabetic Ketoacidosis (DKA)

Symptoms	Treatment
<ul style="list-style-type: none"> • Nausea • Vomiting • Abdominal pain • Rapid breathing • Fruity odor on the person's breath • Victim may seem intoxicated 	<ul style="list-style-type: none"> • Call the local emergency number immediately

Severe Allergic Reaction

Symptoms	Treatment
<ul style="list-style-type: none"> • Burning sensation • Loss of voice • Itching • Hives • Severe swelling (especially of the lips, tongue and mouth) • Difficulty breathing 	<ul style="list-style-type: none"> • Assist victim with any medication they may carry, such as an epinephrine "pen" • Call the local emergency number immediately <p>Note that people with severe allergies may wear medical bracelets.</p>

Heart Attack

Symptoms	Treatment
<ul style="list-style-type: none"> • Chest pain or discomfort • Discomfort or pain in one or both arms, back, neck, jaw or stomach • Shortness of breath • Breaking out in a cold sweat • Nausea • Lightheadedness <p>Note: Women are more likely than men to experience shortness of breath, nausea or vomiting, and back or jaw pain.</p>	<ul style="list-style-type: none"> • Have the victim stop activity and rest • Call the local emergency number • Many victims find it easier to breathe while sitting • Assist the victim with heart medication, if available • Monitor the victim's condition while awaiting emergency medical services • Be prepared to give CPR or use an automated external defibrillator (AED)

Asthma

If someone exhibits signs of an asthma attack:

- Help the victim into a comfortable position (it is usually easier to breathe when upright)
- Assist with asthma medication, if available
- Call your local emergency number
- Monitor the victim until emergency medical personnel arrive

Stroke

Symptoms	Treatment
<ul style="list-style-type: none"> • Weakness or paralysis of one side of the body • Loss of facial expression or drooping mouth • Double vision, stuttering and severe headache • Difficulty speaking and understanding speech • Unequal pupils, nausea and vomiting 	<ul style="list-style-type: none"> • Call the local emergency number • Help the victim rest comfortably; provide reassurance • Be prepared to perform CPR • Do NOT give anything to eat or drink • Place the victim on his or her side if he or she is drooling or having difficulty swallowing