

BASIC FIRST AID

The Three ABC's of First Aid.

A---**Airway**, opening the airway by tilting the head back

B---**Breathing**, Check for breathing

C---**Circulation**, Check if the heart is beating

Bleeding

To stop the bleeding:

- 1) Apply Pressure
- 2) Elevate the injury if possible
- 3) Apply pressure at the pressure points
- 4) Use a Pressure Bandage

Never use a tourniquet. Remember if someone placed one on before you arrived it can only be taken off by a Doctor. Tourniquets are no longer used. People have lost their arms and legs due to improper use of tourniquets.

To control Bleeding

- 1) Place a dressing over the wound. If the wound is large, multiple dressing may be necessary. Apply pressure over the wound area to stop the bleeding. Do not remove the dressing once you have it on.
- 2) If an arm or leg is cut, raise the limb above the heart so blood flow into the wound will slow. If limb is broken, **DONOT** move or raise the limb.
- 3) If cut still bleeds under pressure and with elevation, apply pressure to the pressure points.
- 4) The final step to control bleeding is a pressure bandage. This pressure bandage holds the dressing in place, restrains movement and helps stop the bleeding. Applies pressure while wrapping the bandage over the dressing to keep pressure on the wound and slow the bleeding. Make sure the pressure bandage is not too tight where it will stop circulation.

Remember to use the victim's First Aid Kit. The reason for this if you are wounded when help arrives they will use your first aid kit on you.

TYPES OF WOUNDS

Open wounds are classified as:

- Abrasions:** Damage by a scrape with little bleeding
- Incisions:** Sharp even cuts
- Lacerations:** Jagged, torn wounds from sharp, irregular edges
- Punctures:** Small holes with little bleeding caused by bullets, pins, nails, opening the possibility of internal bleeding and infection
- Avulsion:** Tissue torn or hanging from the body with heavy bleeding, usually caused by accidents. The tissue can be reattached.
- Amputation:** Complete removal of an extremity

❑ **Crushing Injury:** Parts of the body caught between heavy equipment

In the event of amputation, the amputated body part should be wrapped in a moist dressing and placed in a plastic bag. The bag should be placed in ice water and transported with the victim.

The signs and symptoms of internal bleeding:

- Bruised, swollen, tender, or rigid abdomen
- Bruises on chest or signs of fractured ribs
- Blood in vomit
- Wounds that have punctured the chest or abdomen
- Bleeding from the rectum
- Fracture of the pelvis
- Abnormal pulse and difficulty in breathing
- Cool, moist skin

FRACTURES

Fractures are breaks or cracks of a bone.

- ◆ **Dislocation:** Is an injury to a joint and ligaments surrounding it
- ◆ **Sprains:** Are stretched or torn tendons, ligaments and blood vessels around the joint
- ◆ **Strains:** Are stretched or torn muscles, frequently in the back

Two types of Fractures

- **Simple:** Is not visible on the surface
- **Compound:** Has a broken bone breaking the surface of the skin.

Splinting is the process of immobilizing a suspect fracture.

If you have commercial splints available use them if imprecise, overcome and adapt. Use newspapers, wood, pillows, magazines, piece of pipe or other objects that is rigid.

If a leg is broken you can strap the broken leg to good leg to keep it in place.
If an arm is broken you can strap the arm to the chest.

This is just a few of the Basic First Aid. To learn more about Basic First Aid, read Chapter #9 in your Young Marine Guide.