



# Arlington Heights Fire Department



**American  
Red Cross**

# First Aid Training

Lt. Andrew Larson  
Public Education Officer  
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# Insect Bites and Stings

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## What To Do

- Remove the stinger
  - If bee sting, remove it by scraping away with a flat surface like a credit card
  - Otherwise, try to remove with tweezers. Be careful that you do not squeeze any venom sac that you can see.
- Wash the wound with soap and water
- Cover with a dressing
- Apply ice or a cold pack
- Watch for signals of severe allergic reaction



# Allergic Reaction

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## What To Look For

- Known triggers including, but not limited to, certain foods, medications, pollen, animal dander, venom from insect bites and stings and contact with poisonous plants.
- Skin irritation, hives or itching
- Nausea, vomiting or upset stomach



# Allergic Reaction

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## Symptoms of Severe Allergic Reaction:

- Trouble breathing, including coughing and wheezing
- A rash and/or unusual swelling on the skin
- A feeling of tightness in the chest and throat
- Swelling on the face, neck and tongue
- Dizziness or confusion



# Controlling External Bleeding

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## What To Do

- CHECK the scene to make sure it is safe
- Cover the wound with a sterile dressing and apply direct pressure
  - Avoid touching blood or body fluids by wearing disposable gloves
- Cover dressing with a roller bandage
- NOTE – Wash hands with soap and water after giving care



# Controlling External Bleeding

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## If The Bleeding Does Not Stop

- Apply additional dressings and bandage and apply more pressure
- Call or have someone else CALL 9-1-1 or the local emergency number
- Care for shock
- NOTE – Wash hands with soap and water after giving care



# Minor Wound Care

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## What To Do

- CHECK the scene to make sure it is safe
- Apply direct pressure to control bleeding
  - Avoid touching blood or body fluids by wearing disposable gloves
- Wash the wound with soap and water. If possible, rinse for about 5 minutes with clean, running tap water.
- Apply a triple antibiotic ointment or cream if the person is not allergic or sensitive to the medication.
- Cover the wound with a sterile dressing and bandage



# Embedded Object

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## What To Do

- CHECK the scene to make sure it is safe
- Reassure the person that you are going to help
- Send someone to CALL 9-1-1 or the local emergency number
- **DO NOT REMOVE OBJECT**
- Place bulky dressings around the object to support the object in place
- Use a roller bandage to secure the dressing in place



# Heat-Related Emergencies

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## Heat Cramps - Look for painful muscle spasms, usually in the legs and abdomen

- CHECK the scene to make sure it is safe
- Reassure the person that you are going to help
- Move the person to a cool place
- Lightly stretch and gently massage the cramped area
- Give small amounts of cool water to drink
- Watch for signals of heat exhaustion or heat stroke



# Heat-Related Emergencies

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## Heat Exhaustion – What To Look For

- Cool, moist, pale ashen (gray) or flushed skin color
- Headache, nausea, dizziness
- Weakness or exhaustion
- Heavy sweating



# Heat-Related Emergencies

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## Heat Exhaustion – What To Do

- CHECK the scene to make sure it is safe
- Reassure the person that you are going to help
- Move the person to a cool place
- Loosen tight or remove perspiration-soaked clothing
- Apply cool, wet cloths to the skin or mist with cool water
- Fan the person
- If conscious, give small amounts of cool water to drink



# Heat-Related Emergencies

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## Heat Stroke – What To Look For

- Red, hot, dry or moist skin
- Changes in level of consciousness
- Rapid, weak pulse
- Rapid, shallow breathing
- Vomiting



# Heat-Related Emergencies

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## Heat Stroke – What To Do

- CHECK the scene to make sure it is safe
- Reassure the person that you are going to help
- Heat Stroke is **LIFE THREATENING**. Send someone to CALL 9-1-1 or the local emergency number, and place the person on his or her side in case of vomiting.
- Move the person to a cool place
- Loosen tight or remove perspiration-soaked clothing
- Cool by placing wet cloths on the skin or mist with cool water. Fan the person.
- If conscious, place ice or cold pack on the wrists, ankles, groin, neck and armpits
- If the person become unconscious, be prepared to give CPR.

Clinical Presentation	Heat Cramps	Heat Exhaustion	Heat Stroke
<b>Muscle Cramps</b>	<b>+</b>	<b>+/-</b>	<b>-</b>
Temperature	Normal	Normal → low/may be higher with mixed illness	Very High
Respirations	Normal to tachypnea	Tachypnea with hyperventilation	Hyperventilation → ventilatory failure
Pulse	Normal to tachycardia	↑ or ↓; weak and thready	Full, rapid
Blood Pressure	Normal	↓ or orthostatic hypotension	May be ↑ or ↓
Skin temp/color	Normal	Cool/pale or flushed	Hot, red, flushed
Skin moisture	Diaphoretic	Diaphoretic	Diaphoretic or dry
Mental Status	Intact	Intact; may have syncope	Always altered; confused → Coma
Degree of severity / urgency	Low	Moderate	High/Severe



# Shock

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## Shock – What To Look For The person is...

- Restless or easily annoyed or bothered
- Drowsy, confused or loses consciousness
- Nauseated or vomiting
- Breathing rapidly or has a rapid pulse
- Has pale or gray, cool, moist skin
- Is very thirsty



# Shock

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## Shock – What To Do

- CHECK the scene to make sure it is safe
- Reassure the person that you are going to help
- Send someone to CALL 9-1-1 or the local emergency number
- Continue to closely monitor the person's Airway, Breathing and Circulation (ABC's)
- Control any external bleeding
- Keep the person from getting chilled or overheated
- Raise the legs about 12 inches if you do not think he/she has a head, neck or back injury or broken bones in the hips or legs. If not sure, keep the person lying flat.
- Do not give anything to eat or drink.
- Comfort and reassure the person until EMS personnel arrive.



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