

First Aid Checklist

By John F. Smith

- Burn
 - Place the burn under cool running water until pain stops.
 - Do not put an ice pack on major burns.
 - Cover with cool wet cloths if burned area is large.
 - Do not break blisters.
 - Don't apply an antibiotic or butter to burns.
 - Apply medicated first aid cream or gel if pain continues, and cover with sterile dressing.
 - Do not apply cream if medical assistance is required.
 - Third degree burns (skin charred, may be white) must receive medical attention.
- Sunburn
 - Avoid direct sunlight.
 - Prevent dehydration by drinking plenty of water.
 - Do not apply cold water or ice to a severe burn.
 - Use over-the-counter remedies to remove discomfort.
 - Call for medical assistance if burn is severe and blisters develop.
- Unconsciousness
 - Do not leave an unconscious victim alone.
 - Call for medical assistance.
 - Assess victim's state of awareness by asking if they are ok.
 - Check the victim's Airway, Breathing, and Circulation (ABC's).
 - If the victim's ABC's are not present, perform CPR (only if you are a trained and qualified person!).
 - If ABC's are present and spinal injury is not suspected, place victim on their side with their chin toward the ground.
 - Cover the victim with blanket to keep warm and prevent shock.
 - If victim communicates feeling warm, remove blanket.
- Animal Bites
 - Apply direct pressure when bleeding.
 - Do not close wound to avoid risk of infection.

- Hold the bite under running water.
- Cleanse with soap and water and hold under water again for five minutes.
- Do not put ointments or medicines the bite.
- Cover with dry sterile bandage.
- Call for medical assistance.
- Bee Sting
 - Remove stinger by scraping it off with a blunt edge.
 - Clean wound.
 - Apply cold compress to reduce swelling.
 - Remove tight clothing and jewelry from areas near the bite in case swelling occurs.
 - Watch for signs of shock or allergic reaction (dizziness, difficulty breathing Get medical assistance immediately if any signs occur).
 - Continue monitoring victim for shock until medical help arrives.
- Bleeding
 - Call ambulance for medical assistance.
 - Keep victim lying down.
 - Apply direct pressure using a clean cloth directly on the wound.
 - Do not take out any object that is lodged in a wound.
 - Once bleeding is controlled, keep victim warm by covering with a blanket.
 - Continue monitoring for shock.