

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.