

# 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.