

#62 BASIC FIRST AID AWARENESS



4-H projects and activities are planned and organized with the forethought to prevent potential injuries or illnesses. However, unforeseen accidents or exposures at 4-H projects or activities periodically occur that result in either injuries or illnesses. When an inadvertent injury or illness occurs, it is necessary to have basic first aid awareness to assist the accident or exposure victim.

Basic First Aid Awareness

- Always carry or know where a first aid kit is located at 4-H activities or projects.
- Know the directions to the closest emergency care facility.
- Assure that a land-line or cell phone is available at 4-H activities or projects.
- Cardio pulmonary resuscitation (CPR) or abdominal thrusts (Heimlich maneuver) shall only be performed by those people that have been trained in these first aid techniques.
- Before assisting an accident victim, it is important to assess the accident scene to assure that it is safe to provide first aid. For example, the victim may be in contact with a power line and providing first aid without taking appropriate precautions, such as de-energizing the power line, could result in the first aid provider being electrocuted.
- After assessing that the accident scene is safe for first aid response, take the following types of actions for serious accident victims:
 - Have a bystander immediately call 911.
 - Determine whether the victim is responsive by asking them if they are “OK.”
 - Conduct a primary survey of a victim which includes checking their airway, breathing, and circulation (or pulse).
 - Clear the victim’s airway by performing the Heimlich maneuver or slapping them on the back if they are choking or opening their mouth and sweeping an obstruction clear with your fingers.
 - If the victim’s airway is clear and they are not breathing, begin CPR. Likewise, if the victim has no pulse begin CPR.
 - Control excessive bleeding by applying direct pressure to the wound area with a folded towel or other type of cloth such as a shirt.
 - Treat shock victims by having them lie down and elevate their feet by about 12 inches.
 - Keep accident victims warm by covering them with a blanket or jacket.
 - Do not move an injured person unless they are in imminent danger of further injury.
 - Flush burns with cool water.
 - If the victim is suffering from heat stroke, immediately move them into the shade and begin cooling them by pouring water on them and fanning them.
- For non-serious accident victims, take the following types of actions:
 - Clean minor cuts and scrapes with soap and water and cover with a clean dressing or band aid.
 - Wrap or cover swelling with an ice pack.
 - After rinsing with cool water, cover minor burns with a clean dressing or band aid.
- Report all injuries as described in Clover Safe #13 Emergency Preparation and Response Guideline.