

Providing First Aid for Specific Situations

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(e.g., burns, bites, stings)

1. Burns:

- For minor burns, run cool water over the affected area for at least 10 minutes.
- Do not apply ice, butter, or ointments to the burn.
- Cover the burn with a sterile bandage or clean cloth.
- Seek medical attention for severe burns, burns on the face, hands, feet, or genitals.

2. Bites (Animal or Insect):

- Wash the bite area with soap and water.
- Apply an antiseptic cream to prevent infection.
- Use an ice pack to reduce swelling and pain.
- Seek medical help if the bite is from a venomous animal or leads to severe symptoms.

3. Stings (Insect):

- Remove the stinger by scraping it with a credit card or fingernail.
- Wash the area with soap and water.
- Apply a cold compress to reduce swelling and pain.
- Use a topical antihistamine or hydrocortisone cream to relieve itching.

4. Choking:

- Perform abdominal thrusts (Heimlich maneuver) for a conscious choking adult.
- For infants, perform back blows and chest thrusts.
- Call emergency services if the person cannot breathe, cough, or speak.

5. Severe Allergic Reactions (Anaphylaxis):

- Administer an epinephrine auto-injector if available.
- Call emergency services immediately.
- Lay the person flat and raise their legs to improve blood flow.
- Monitor their breathing and provide CPR if necessary.

Remember, it is essential to stay calm, assess the situation, and provide appropriate first aid promptly. Regularly update your first aid knowledge and skills to be prepared for any emergency.