**CHRISTIAN SERVICE BRIGADE**

**FIRST AID TEACHING FOR BATTALION**

**WEEK ONE/LESSON ONE**

**Introduction:**

**What is First Aid?**

* First Aid is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ prior to a professional’s arrival.

**Is there anything said about first aid in Scripture?** First Peter \_\_ : \_\_\_

“He himself \_\_\_\_ \_\_\_\_ \_\_\_\_ in his body on the tree, that we might \_\_\_\_ to \_\_\_\_ and \_\_\_\_\_\_ to righteousness. By his \_\_\_\_\_\_\_\_\_ you have been \_\_\_\_\_\_\_\_\_\_.”

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**Safety:**

**Needed Items: Gloves, goggles, mask, hand sanitizer**

Prior to providing first aid to anyone they need to understand safety.

1) If the victim is in an unsafe situation; do not try to enter the place without help.

2) **Standard Precautions**: Always try to use gloves when dealing with body fluids.

3) Only move the person if they are in danger.

4) Call For HELP so that they can call the EMS as soon as possible. If nobody is around make sure the person is safe then call yourself.

5) When calling EMS as specific as possible to where you are, what the situation is, and who is injured.

Hand Washing 101

1) Wet your hands 2) Apply soap 3) Rub hands vigorously together for 30 seconds 4) Rinse hands with running water 5) Dry hands using a paper towel/air dryer.

You can use hand sanitizer if running water is not available, but if you have anything visible on your hands you need to wash your hands with soap and water.

**Skill One: Wounds and Bleeding**

**Needed items: Bandages, tape, example of a butterfly bandage, tourniquet, gauze, antibiotic cream**

The first thing to do prior to helping a person with bleeding is to \_\_\_\_ \_\_\_ \_\_\_\_\_\_\_\_\_.

Steps to stopping bleeding:

1) With a dressing, apply direct pressure to the wound site with the flat part of your fingers or the palm of your hand.

2) If it does not stop add more bandages and continue the pressure. Keep doing this until the wound stops bleeding.

3) If this does not stop the bleeding you can tightly wrap gauze around the wound this provides direct pressure without you having to hold constantly. (Do not do this regularly; this is only for when you cannot hold the wound)

Once the bleeding is stopped you: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Butterfly bandage: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Stitches: \_***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

***Tourniquets***are used to stop bleeding that cannot be controlled with pressure. This tool is applied about 2 inches above the wound and it stops the bleeding prior to getting the person to the hospital.

What do you do for a Nosebleed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Impalement:*  If a person falls and something enters their eye or any other part of their body, do not \_\_\_\_\_\_\_\_\_ the object. Call 911 immediately and secure the object.

**Skill Two: Bite and Stings**

**Needed Items: Sting ointment**

There are so many things that want to bite or sting us in this world.

**Animal Bites:** Put on gloves, clean the wound with running water and soap; stop the bleeding; and if the skin is broken have the person see a doctor. (The animal could have had rabies.)

**Snake Bites:** *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Insect/Spider bites:**

***Signs of a Severe Allergic Reaction***:

1) Severe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2) face/tongue swelling

3) Difficulty breathing

4) Signs of shock are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you see any of these signs call 911 immediately and keep the person safe.

If the person has an epinephrine pen immediately administer the medicine. Usually this means taking off the cap and thrusting the needle into the person’s thigh and holding for 10 seconds.

**Skill Three: Burns and Electricity**

Small Burn:

1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2) Cool the burn immediately with \_\_\_\_\_\_\_ \_\_\_\_\_\_ until the pain stops

3) Can be covered with a non stick dressing

Large Burn or a person is caught in a fire:

1) Call 911

2) If they are on fire \_\_\_\_\_, \_\_\_\_\_\_, and \_\_\_\_\_ then cover them with a wet blanket to completely put the fire out.

3) Remove clothing stuck to the skin.

4) Cover the person with a dry blanket this keeps the persons core temperature up.

5) Check for signs of \_\_\_\_\_\_\_\_\_\_\_\_ (see earlier)

Electrical:

Electricity can stop a person’s heart or give the person a abnormal heart beat.

If someone is exposed to electricity:

1) Make sure they are safe/ Call 911

2) \_\_\_\_\_ \_\_\_\_\_\_ touch them if they are still attached to active electricity; when safe give CPR if necessary.

3) This is a situation that the person needs to go to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Electricity causes small entrance and exit wounds, but can do major damage inside a person’s body.