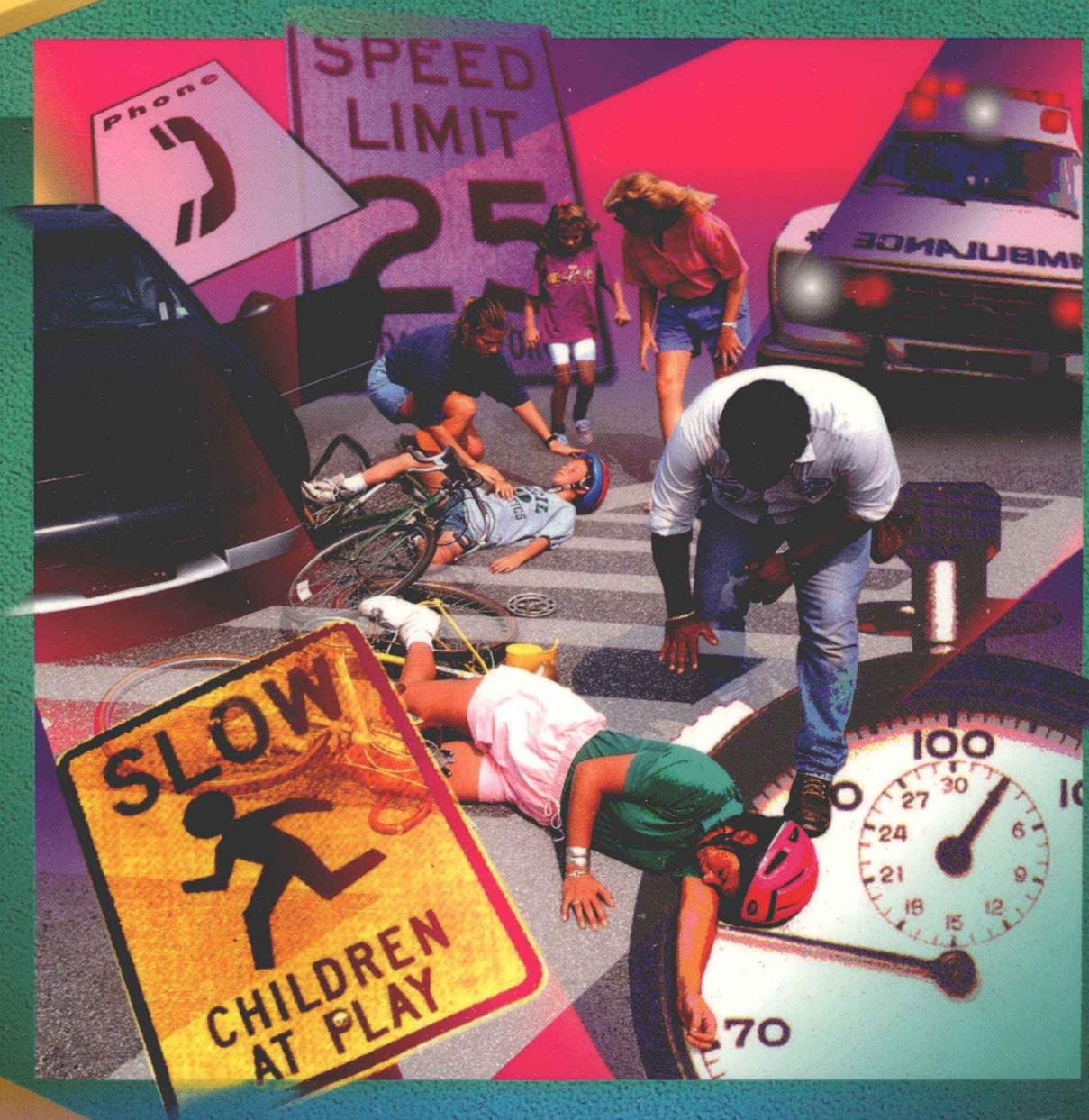
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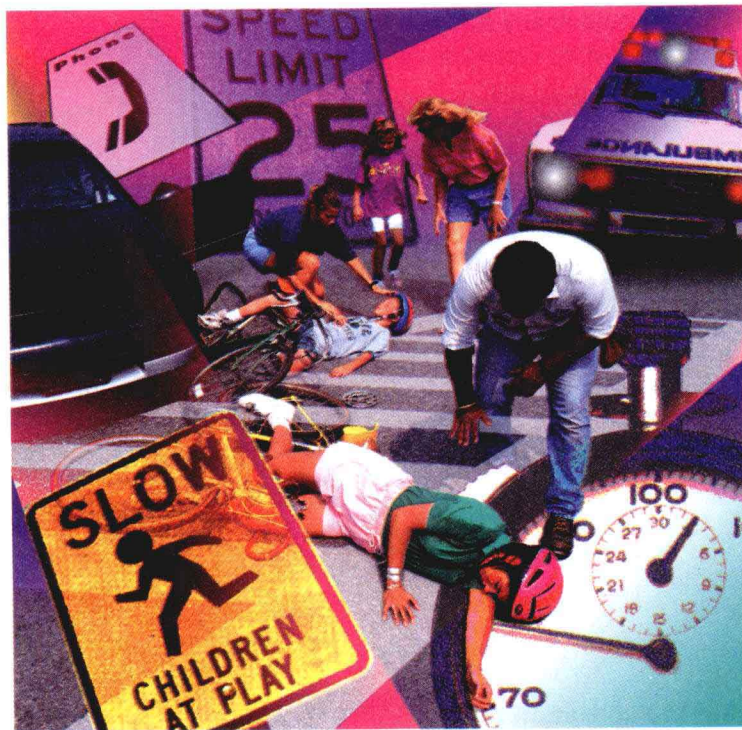
C O M M U N I T Y

FIRST AID & SAFETY

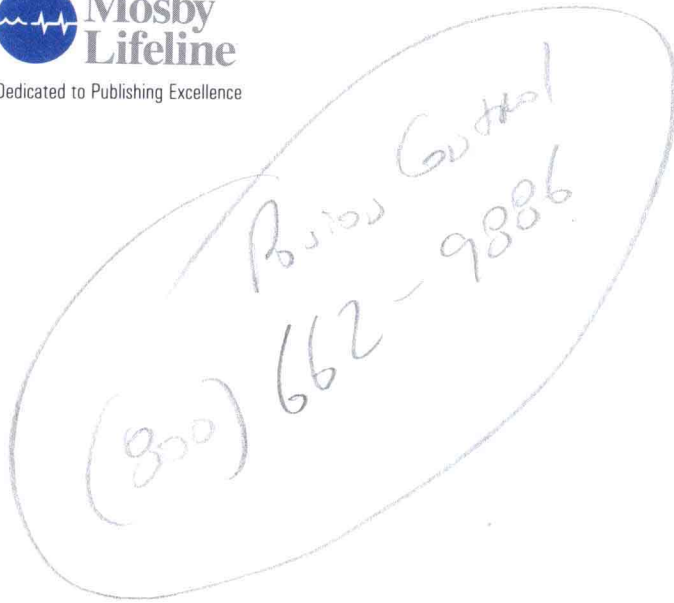




C O M M U N I T Y
**FIRST AID &
SAFETY**



St. Louis Baltimore Boston Chicago London Philadelphia Sydney Toronto



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This participant's textbook is an integral part of American Red Cross training. By itself, it does not constitute complete and comprehensive training.

The emergency care procedures outlined in this book reflect the standard of knowledge and accepted emergency practices in the United States at the time this book was published. It is the reader's responsibility to stay informed of changes in the emergency care procedures.

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C O M M U N I T Y
**FIRST AID &
SAFETY**

Important certification information

American Red Cross certificates may be issued upon successful completion of a training program that uses this textbook as an integral part of the course. By itself, the text material does not constitute comprehensive Red Cross training. In order to issue ARC certificates, your instructor must be authorized by the American Red Cross and must follow prescribed policies and procedures. Make certain that you have attended a course authorized by the Red Cross. Ask your instructor about receiving American Red Cross certification, or contact your local chapter for more information.

A C K N O W L E D G E M E N T S

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ABOUT THIS COURSE

People need to know what to do in an emergency before medical help arrives. Since you may be faced with an emergency in your lifetime, it's important that you know how to recognize an emergency and how to respond. The intent of this course is to help people feel more confident of their ability to act appropriately in the event of an emergency.

After you complete this course, we believe you will be able to—

- Identify ways to prevent injury and/or illness.
- Recognize when an emergency has occurred.
- Follow three emergency action steps in any emergency.
- Provide basic care for injury and/or sudden illness until the victim can receive professional medical help.

To help you achieve this goal, you will read information in this manual, view a series of video segments, and participate in a number of learning activities designed to increase your knowledge and skills.

In addition, this course emphasizes the value of a safe and healthy life-style. It attempts to alert you to behavior and situations that contribute to your risk of injury and/or illness and to motivate you to take precautions and make any necessary life-style changes.

This manual contains all the material you learn in class in a form you can keep and refer to whenever you wish. Highlighted information and material condensed in lists make it easy for you to identify the critical points and to refresh your memory quickly. Photos, drawings, graphs, and tables also present information in an easy-to-find form. Skill sheets give step-by-step directions for performing the skills taught in the course. Questionnaires provide a way for you to evaluate certain risks in your life-style. Articles of varying lengths cover all the topics taught. Features contain information that enhances the information in the articles.

You may be taking this course not only because you feel a need to learn what to do if faced with an emergency but because of a job requirement specifying that you complete training and achieve a specific level of competency on both skill and written evaluations. In this case the American Red Cross provides a course completion certificate. You will be eligible to receive a certificate if you—

- Perform specific skills competently and demonstrate the ability to make appropriate decisions for care.
- Pass a final written exam with a score of 80 percent or higher.

If you do not have a requirement to achieve a specific level of competency on both skill and written evaluations, you will not need a course completion certificate. You will also not need to take the final examination for a passing score.

HEALTH PRECAUTIONS AND GUIDELINES DURING TRAINING

The American Red Cross has trained millions of people in first aid and CPR (cardiopulmonary resuscitation), using manikins as training aids. According to the Centers for Disease Control (CDC), there has never been a documented case of any disease caused by bacteria, a fungus, or a virus transmitted through the use of training aids, such as manikins used for CPR.

The American Red Cross follows widely accepted guidelines for cleaning and decontaminating training manikins. **If these guidelines are adhered to, the risk of any kind of disease transmission during training is extremely low.**

To help minimize the risk of disease transmission, you should follow some basic health precautions and guidelines while participating in training. You should take precautions if you have a condition that would increase your risk or other participants' risk of exposure to infections. Request a separate training manikin if you—

- Have an acute condition, such as a cold, a sore throat, or cuts or sores on your hands or around your mouth.
- Know you are seropositive (have had a positive blood test) for hepatitis B surface antigen (HBsAg), indicating that you are currently infected with the hepatitis B virus.*
- Know you have a chronic infection indicated by long-term seropositivity (long-term positive blood tests) for hepatitis B surface antigen (HBsAg)* or a positive blood test for anti-HIV (that is, a positive test for antibodies to HIV, the virus that causes many severe infections including AIDS).
- Have a type of condition that makes you unusually likely to get an infection.

**A person with hepatitis B infection will test positive for the hepatitis B surface antigen (HBsAg). Most persons infected with hepatitis B will get better within a period of time. However, some hepatitis B infections will become chronic and linger for much longer. These persons will continue to test positive for HBsAg. Their decision to participate in CPR training should be guided by their physician.*

After a person has had an acute hepatitis B infection, he or she will no longer test positive for the surface antigen but will test positive for the hepatitis B antibody (anti-HBs). Persons who have been vaccinated for hepatitis B will also test positive for the hepatitis B antibody. A positive test for the hepatitis B antibody (anti-HBs) should not be confused with a positive test for the hepatitis B surface antigen (HBsAg).

If you decide you should have your own manikin, ask your instructor if he or she can provide one for you to use. You will not be asked to explain why in your request. The manikin will not be used by anyone else until it has been cleaned according to the recommended end-of-class decontamination procedures. The number of manikins available for class use is limited. Therefore the more advance notice you give, the more likely it is that you can be provided a separate manikin.

In addition to taking the precautions regarding manikins, you can further protect yourself and other participants from infection by following these guidelines:

- Wash your hands thoroughly before participating in class activities.
- Do not eat, drink, use tobacco products, or chew gum during classes when manikins are used.
- Clean the manikin properly before use. For some manikins, this means vigorously wiping the manikin's face and the inside of its mouth with a clean gauze pad soaked with either a solution of liquid chlorine bleach and water (sodium hypochlorite and water) or rubbing alcohol. For other manikins, it means changing the rubber face. Your instructor will provide you with instructions for cleaning the type of manikin used in your class.
- Follow the guidelines provided by your instructor when practicing skills such as clearing a blocked airway with your finger.

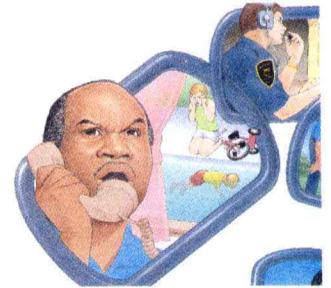
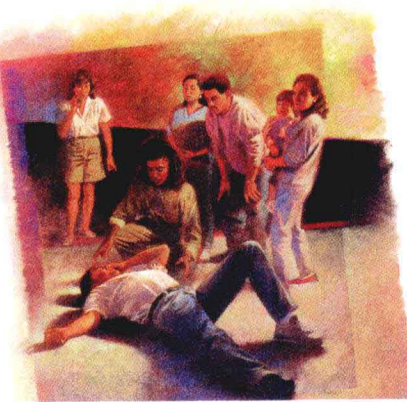
Training in first aid and CPR requires physical activity. If you have a medical condition or disability that will prevent you from taking part in the practice sessions, please let your instructor know.

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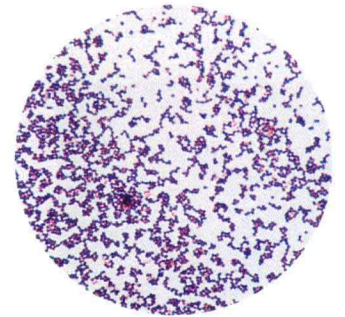
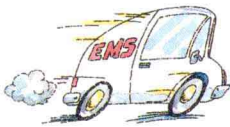


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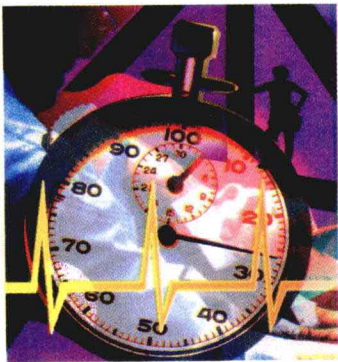


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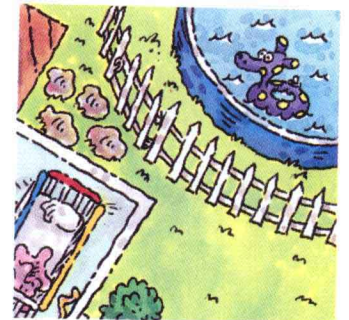


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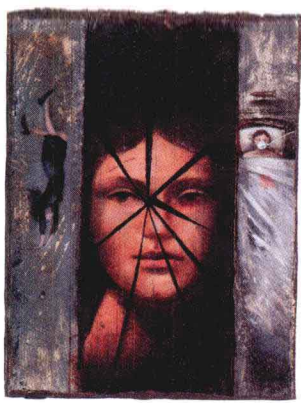


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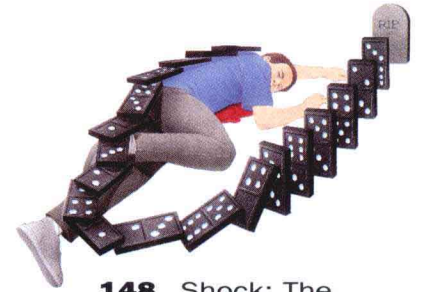


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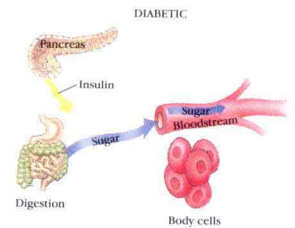
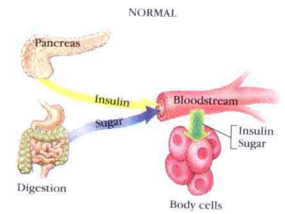
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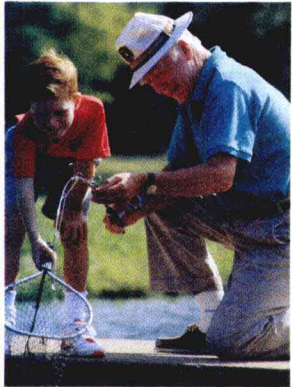


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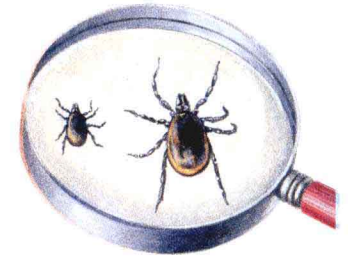
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Why did you say you'd get to the party by seven o'clock? It's a good thing you stopped at the convenience store now and

If not

not later. Only a couple of things to buy. Why are

YOU...

all those people standing around over there? Oh no! It's the

Who?

person who works here. . . . You leave the car and see the young man lying on his back, looking dazed, and holding his head.

Even though a crowd has gathered, no one is helping him. They are just looking at each other. He needs help from someone. That someone could be you!



If placed in the above situation, would you step forward to help? "I hope I never have to," is what you are probably saying to yourself. However, given the number of injuries and sudden illnesses that occur in the United States each year, you might well have to deal with an emergency situation someday.

Consider the following:

- About 2 million people are hospitalized each year because of injuries, and injuries result in nearly 142,500 deaths each year.

- Infectious diseases used to cause the greatest concern about the health of children, but now, unintentional injuries cause most childhood deaths. Injuries also

cause millions of heart-stopping moments each year. In fact, injuries are the leading cause of death and disability in children and young adults.

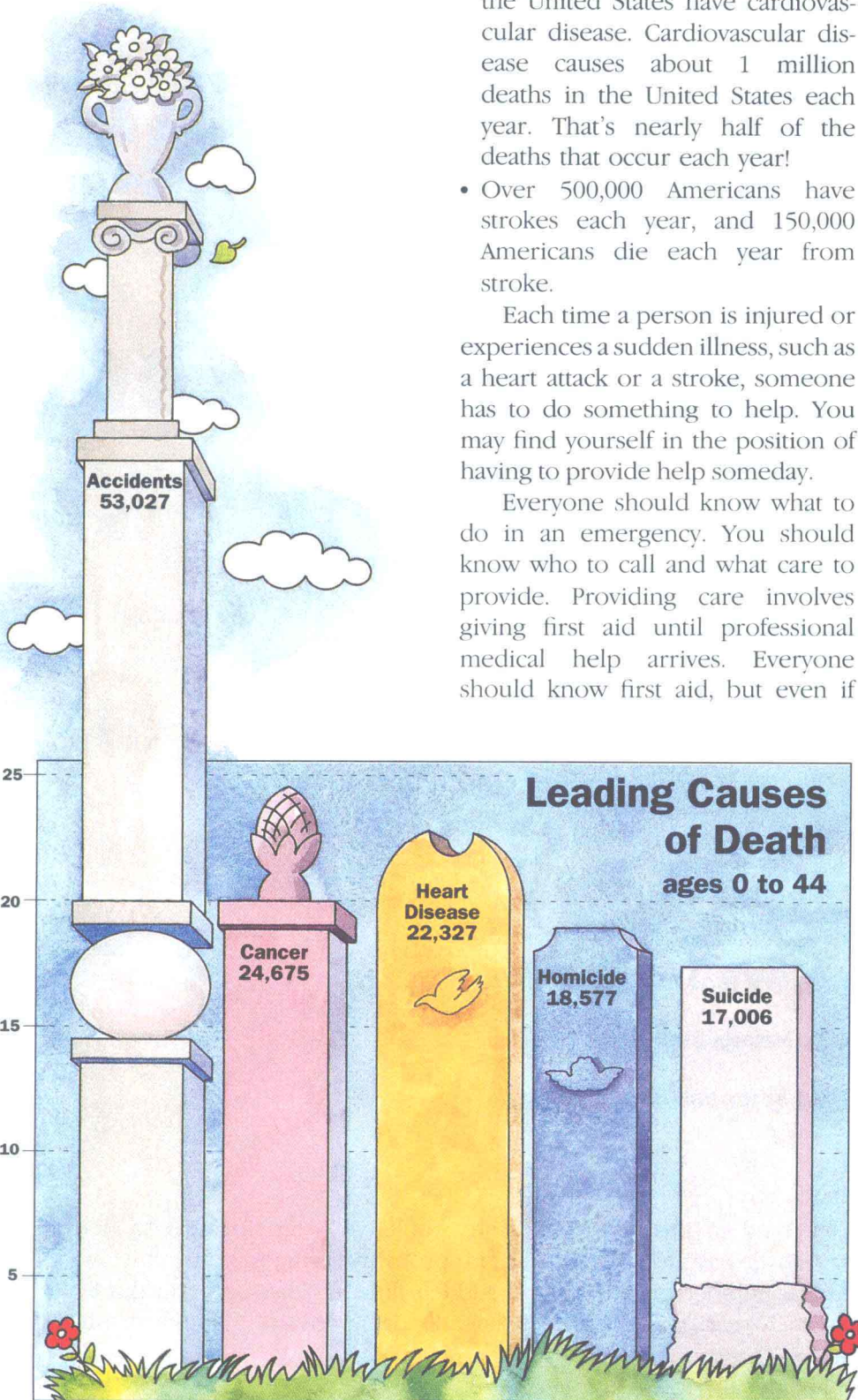
- More than 70 million people in the United States have cardiovascular disease. Cardiovascular disease causes about 1 million deaths in the United States each year. That's nearly half of the deaths that occur each year!
- Over 500,000 Americans have strokes each year, and 150,000 Americans die each year from stroke.

Each time a person is injured or experiences a sudden illness, such as a heart attack or a stroke, someone has to do something to help. You may find yourself in the position of having to provide help someday.

Everyone should know what to do in an emergency. You should know who to call and what care to provide. Providing care involves giving first aid until professional medical help arrives. Everyone should know first aid, but even if

you haven't had any first aid training, you can still help in an emergency.

Calling your local emergency phone number is the most important thing you can do. The sooner medical help arrives, the better a person's chances of surviving a life-threatening emergency. You play a



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Everyone Should Know What to Do in an Emergency ...

Everyone Should Know First Aid.

major role in making the emergency medical services (EMS) system work effectively. The EMS system is a network of police, fire, and medical personnel, as well as other community resources.

Your role in the EMS system includes four basic steps:

1. *Recognize* that an emergency exists.
2. *Decide* to act.
3. *Call* the local emergency telephone number for help.
4. *Provide* care until help arrives.

Of course, steps 3 and 4 won't happen if you don't take steps 1 and 2. By recognizing an emergency and taking action to help,

CHAIN OF SURVIVAL

1. Citizen Response

2. Calling the Emergency Number

3. First Responder Care

4. EMT Care

5. Hospital Care

6. Rehabilitation

The Emergency Medical Services (EMS) system is a network of community resources in which you play an important part. Think of the EMS system as a chain made up of several links. Each link depends on the others for success.

The system begins when a responsible citizen like you recognizes that an emergency exists and decides to take action. He or she calls the local emergency number for help. The EMS dispatcher answers the call and uses the information you give to determine what help is needed. A team of emergency personnel gives care at the scene and transports the victim to the

hospital where emergency department staff and a variety of other professionals take over.

Ideally, a victim will move through each link in the chain. All the links should work together to provide the best

possible care to victims of injury or illness. Early arrival of emergency personnel increases the victim's chances of surviving a life-threatening emergency. Whether or not you know first aid, calling your emergency number is the most important action you can take.

