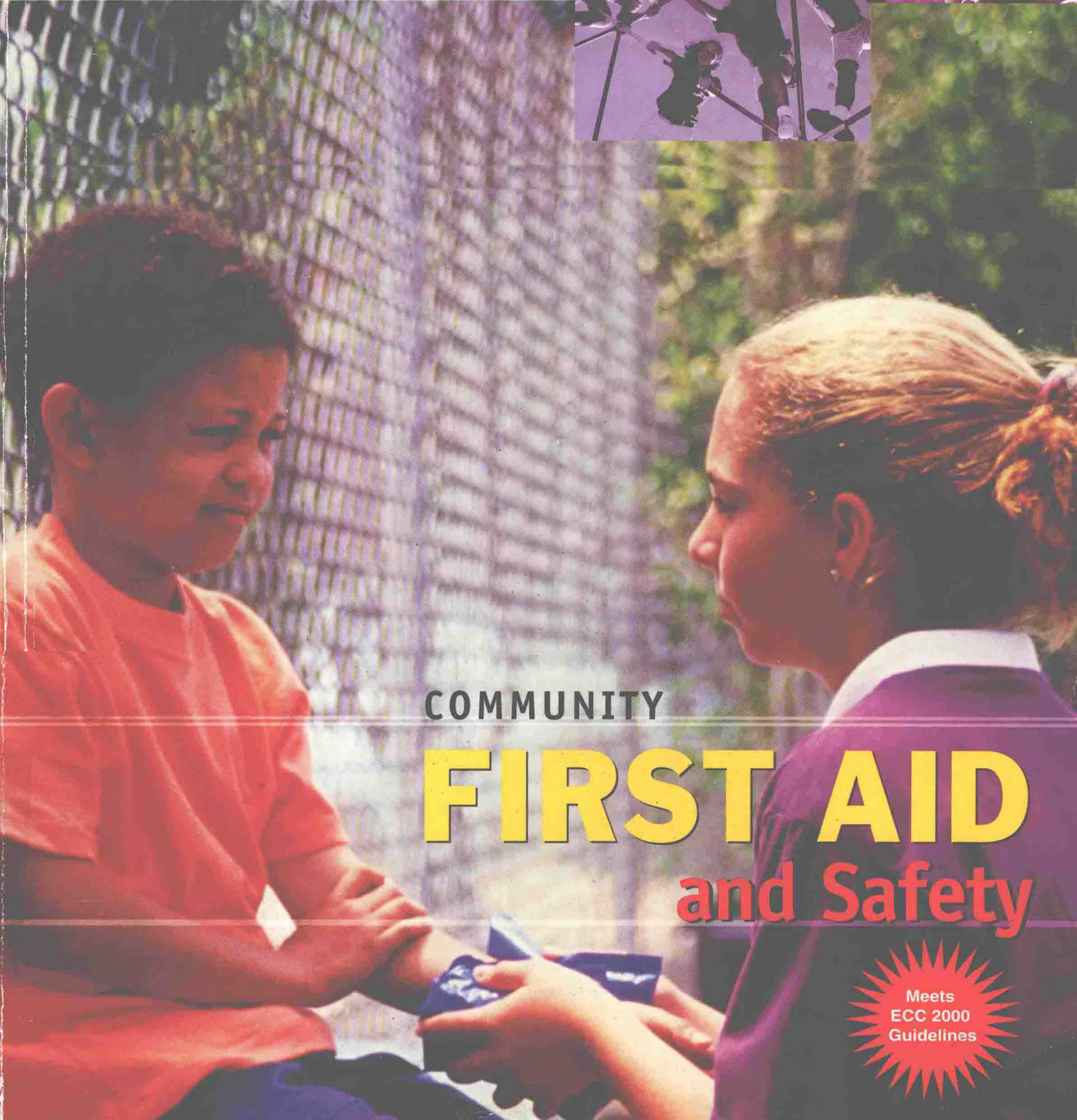
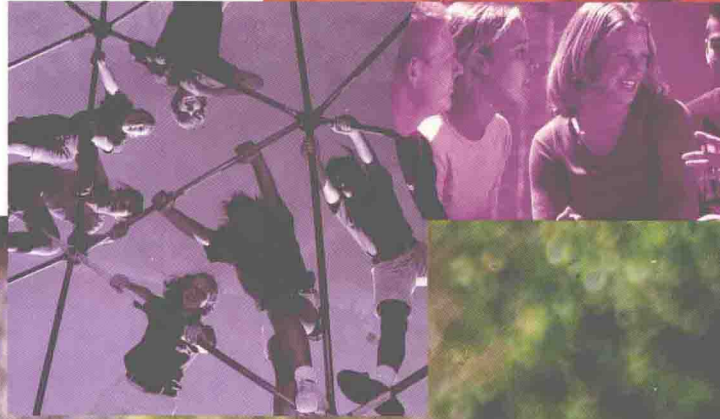
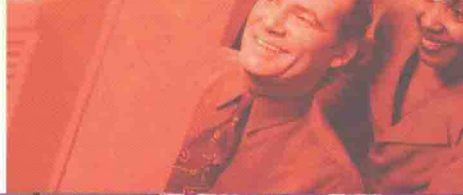




**American  
Red Cross**



COMMUNITY

# FIRST AID

and Safety

Meets  
ECC 2000  
Guidelines



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



StayWell

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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.

The care steps for CPR outlined within this product are consistent with the Guidelines 2000 for Emergency Cardiopulmonary Resuscitation and Emergency Cardiovascular Care.

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**American  
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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 American Red Cross 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.



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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 is important that you know how to recognize an emergency and how to respond. The intent of this course is to help lay responders feel more confident in their ability to act appropriately in the event of an emergency.

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

- Identify ways to prevent injury or illness.
- Recognize when an emergency has occurred.
- Follow three emergency action steps in any emergency.
- Provide basic care for injury or sudden illness until the victim can receive emergency 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 lifestyle. It attempts to alert you to behavior and situations that contribute to your risk of injury or illness and to motivate you to take precautions and make any necessary lifestyle changes.

This manual contains material you learn in class in a form you can keep and refer to whenever you wish. Information is highlighted and condensed in lists to 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 lifestyle. Informational sidebars enhance the material you have learned.

You may be taking this course because you feel a need to learn what to do if faced with an emergency. You also may be taking this course because of a job (whether as an employee or volunteer) requirement specifying that you complete training and achieve a specific level of competency on both skill and written evaluations. In either case, the American Red Cross provides a course completion certificate. You will be eligible to receive a certificate if you—

- Perform required skills competently and demonstrate the ability to make appropriate decisions for care.
- Pass a final written exam(s) with a score of 80 percent or higher for each section.

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.

# HEALTH PRECAUTIONS AND GUIDELINES DURING TRAINING

The American Red Cross has trained millions of people in first aid and cardiopulmonary resuscitation (CPR), using manikins as training aids. According to the Centers for Disease Control and Prevention (CDC), there has never been a documented case of any disease caused by bacteria, fungi or viruses 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.
- 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 to anti-HIV (that is, a positive test for antibodies to HIV, the virus that causes AIDS).
- Have had a positive blood test for hepatitis C.
- Have a condition that makes you unusually likely to get an infection.

To obtain information about testing for individual health status, go to: [www.cdc.gov/ncidod/diseases/hepatitis/c/faq.htm](http://www.cdc.gov/ncidod/diseases/hepatitis/c/faq.htm)

\*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 health-care provider.

After a person has 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. 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).



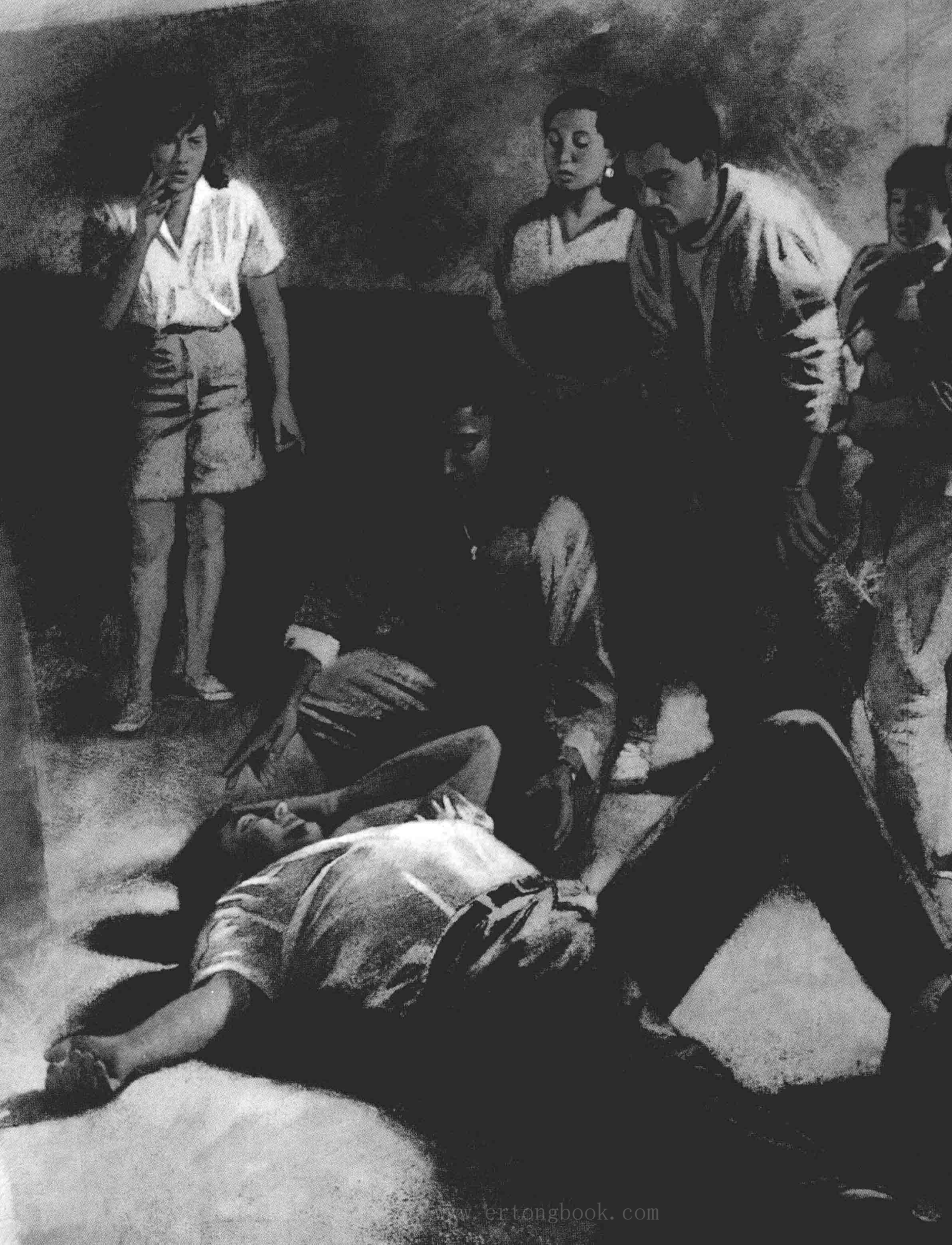
**If you decide you should have your own manikin, ask your instructor if he or she can provide one for you to use.** You will not be asked to explain why in your request. The manikin will not be used by anyone else until it has been cleaned according to the recommended end-of-class decontamination procedures.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

In addition to taking 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 after 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  $\frac{1}{2}$  cup liquid chlorine bleach per gallon of tap water (sodium hypochlorite and tap water) or rubbing alcohol. The surfaces should remain wet for at least 30 seconds before they are wiped dry with a second piece of clean, absorbent material. 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 so that accommodations can be made.

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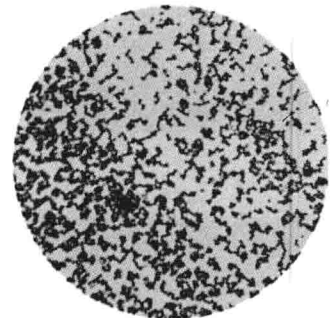


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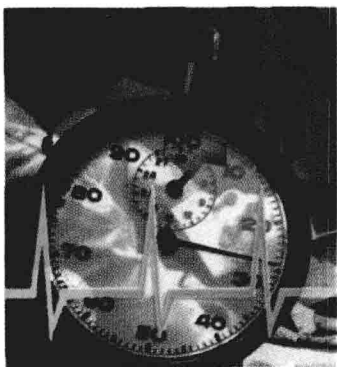
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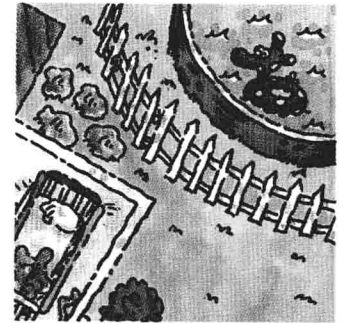
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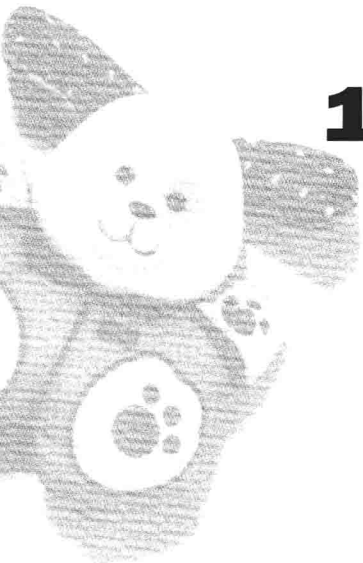
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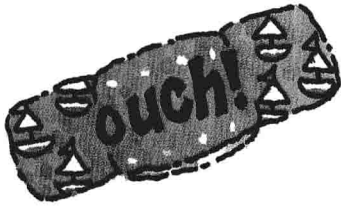
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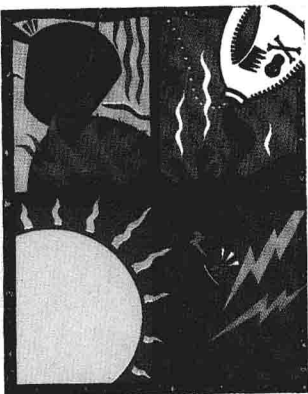
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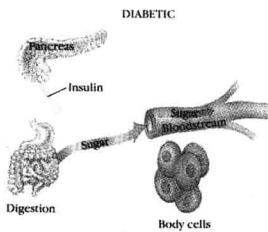
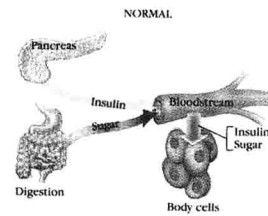
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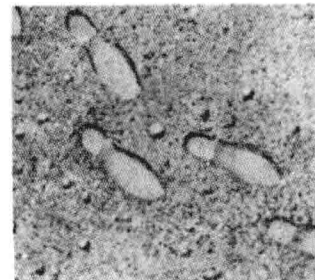
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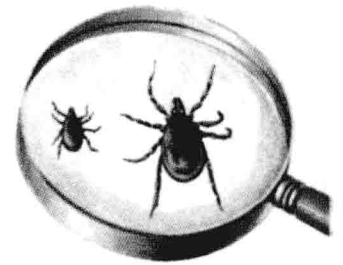
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**213** Lyme Disease

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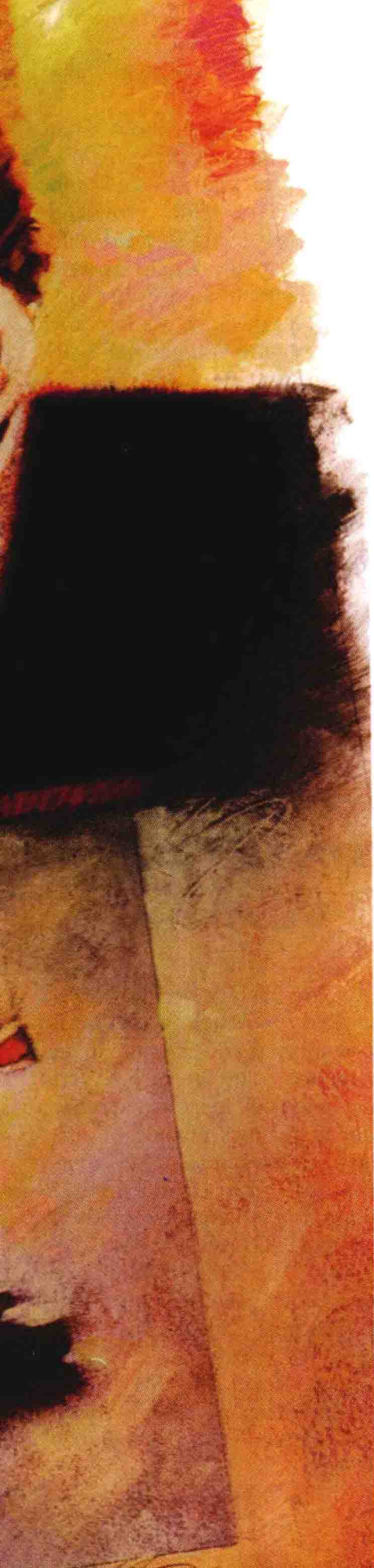
**235** Kids Have Special Problems

**238** Older Adults



**230** The High-Tech War  
Against Cold





**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 not**

**later.**

**Only a couple of things to buy.**

**Why are**

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

**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 not**

**YOU...**

**Who?**

**GET INVOLVED**

**I**f 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:

- Over 37 million injury-related visits<sup>1</sup> were made to U.S. hospital emergency departments in 1998; injuries resulted in almost 90,000 deaths.<sup>2</sup>

- Previously, infectious diseases caused the greatest risk to the health and well-being 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.<sup>3</sup>
- More than 60 million people in the United States have cardiovascular disease. Cardiovascular disease causes about 1 million deaths in the United States each year.<sup>4</sup> That accounts for over 40 percent of all U.S. deaths that occur annually!
- Over 600,000 Americans have strokes each year and more than 160,000 Americans die annually from stroke.<sup>5</sup>

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 emergency medical help arrives. Everyone should know first aid, but even if you have not had any first aid training you can still help in an emergency.

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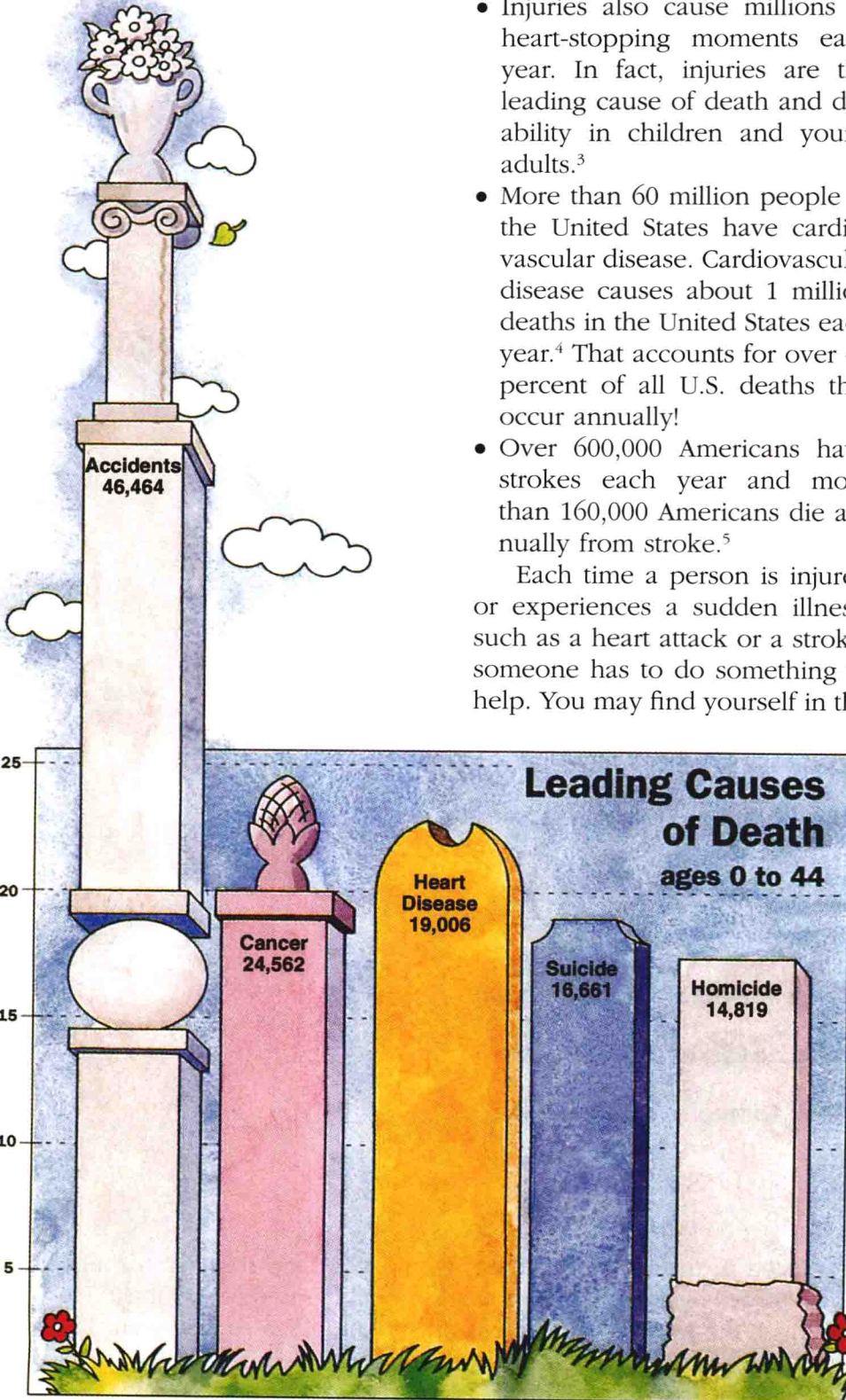
## Everyone Should Know What to Do in an Emergency...

## Everyone Should Know First Aid.

Calling 9-1-1 or the local emergency number is the most important step you can take in an emergency. The sooner emergency medical help arrives, the better a person's chance of surviving a life-threatening emergency. You play a 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.



National Safety Council Tabulations of 1998 National Center for Health Statistics Mortality Data.