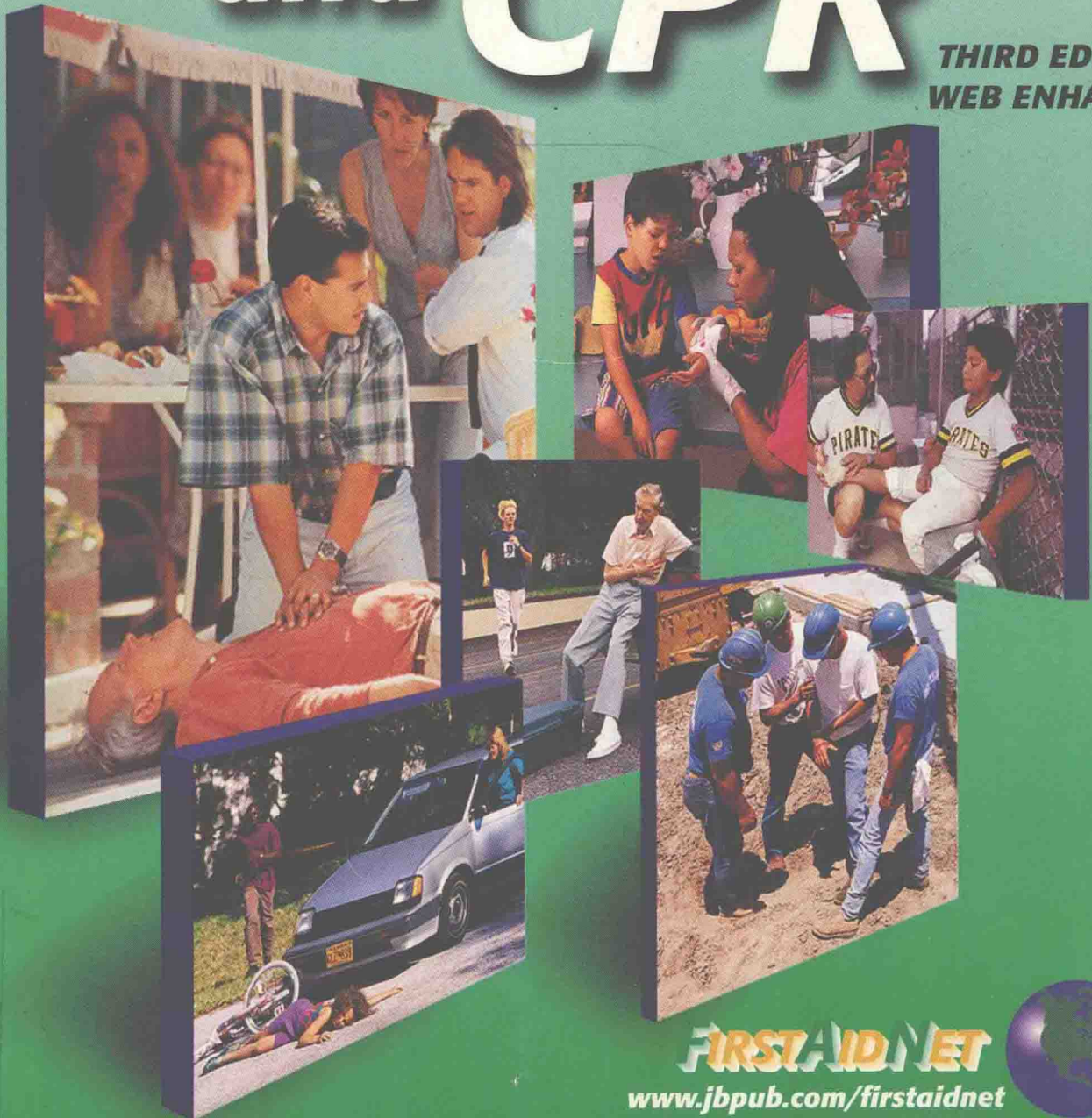




National Safety Council

FIRST AID ***and CPR***

**THIRD EDITION
WEB ENHANCED**



FIRSTAID.NET

www.jbpub.com/firstaidnet





National Safety Council

F**IRST** **AID** ***and*** **CPR**



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WEB ENHANCED**



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The first aid and CPR procedures in this book are based on the most current recommendations of responsible medical sources. The National Safety Council and the publisher, however, make no guarantee as to, and assume no responsibility for the correctness, sufficiency or completeness of such information or recommendations. Other or additional safety measures may be required under particular circumstances.

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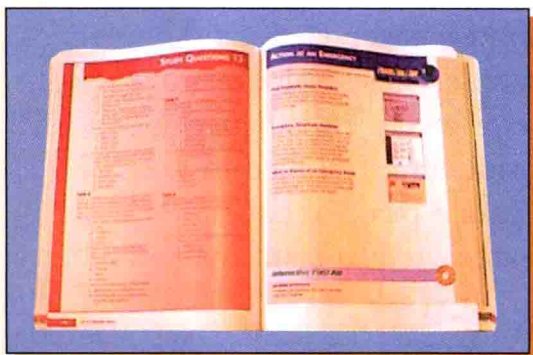
Web Activities

FIRSTAIDNET



Following most chapters, you will find a page in your book entitled Web Activities. A brief introduction of a key topic and a visual aid will cue you to go to FirstAidNet.

The FirstAidNet Web Activities page is found at the end of the chapter.



At this point, you will want to visit www.jbpub.com/firstaidnet and click on Web Activities.

Chapter titles are listed at the Web Activities home page.



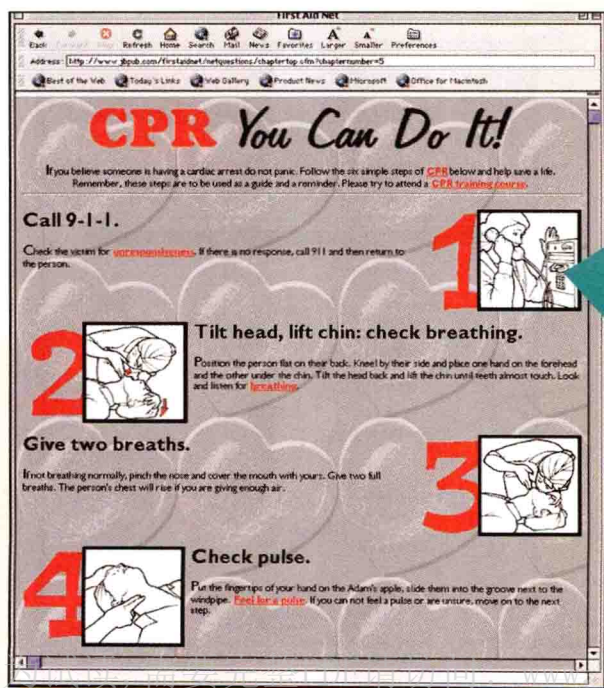
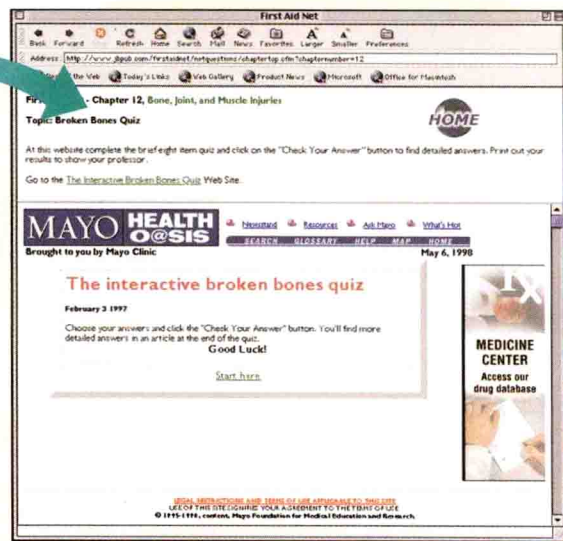


FIRSTAIDNET Web Site Activities

A brief recap of a topic is presented again on the web site, and the student is then asked to complete one or more activities using the links provided. Please note that specific web sites listed on the FirstAidNet site will be changed as new information is uncovered by our authors, or if links are broken.

The Web Activities are a combination of short answer, essay, and critical thinking questions. This mix of exercises urges students to think beyond the written textbook, and helps create links between the book and the real world. Many times, students are asked to record their findings and opinions on a separate piece of paper for the instructor. In some cases, students are asked to print out specific pages to keep as references.

By selecting a chapter and an activity, students will find interesting information, interactive quizzes, and more.

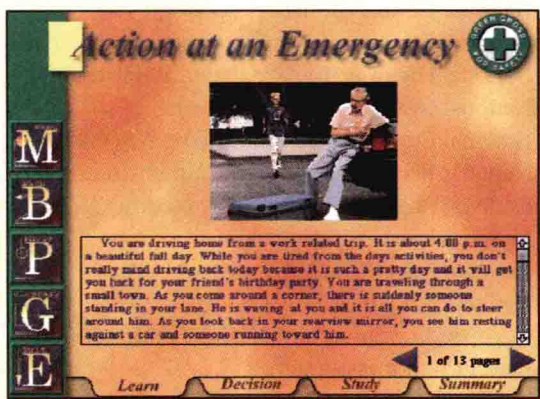


Students can print this out to keep as a reference.



Interactive First Aid CD-ROM

The first ever scenario-based interactive CD-ROM brings teaching and learning to a new level! Instructors and students alike can now study first aid and CPR through the use of color graphics, full motion video, and enlightening audio clips.



Full motion videos and multiple choice questions help students learn the material.

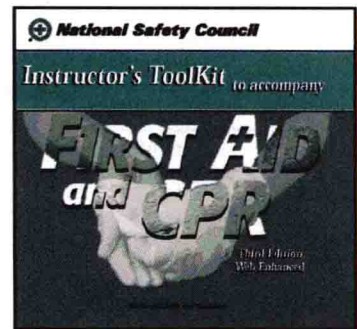
Instructor's ToolKit

This First Aid and CPR Instructor's ToolKit is a teaching aid like no other! Included on one easy-to-use CD-ROM are unique lecture tools such as the images from the book, captured web sites, and an all-inclusive PowerPoint Slide Show. This CD-ROM also contains the Instructor's Resource Manual and Test Bank.

Causes of Altered Mental Status -- AEIOU TIPS

- A -- alcohol, airway blocked, anaphylaxis
- E -- epilepsy
- I -- insulin reaction (diabetes)
- O -- overdose (drugs)
- U -- underdose of insulin (diabetes)
- T -- trauma (brain), temperature (hypo-, hyper-)
- I -- infection (meningitis)
- P -- poisoning, psychogenic fainting
- S -- stroke, seizure, shock

PowerPoint slides lead instructors through their lectures.



REVIEWERS AND CONTRIBUTORS

The National Safety Council First Aid Institute acknowledges the following national organizations for their assistance in reviewing and/or contributing to this text:

American Academy of Ophthalmology
American Academy of Orthopaedic Surgeons
American Academy of Safety Education
American Alliance for Health, Physical Education, Recreation, and Dance
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American Camping Association
American Civil Defense Association
American College of Surgeons
American Dental Association
American Diabetes Association
American Equine Association
American Medical Association
American Trauma Association
Aquatic Exercise Association
Association for the Advancement of Automotive Medicine
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Boy Scouts of America
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National Highway Traffic Safety Administration
National Institute of Burn Medicine
National Oceanic and Atmospheric Association
National Recreation and Park Administration
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National Rescue Consultants
National Safety Council
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ABOUT THE NATIONAL SAFETY COUNCIL PROGRAM

Congratulations on selecting the National Safety Council's First Aid and CPR program! You join good company, as the National Safety Council has successfully trained over 2 million people worldwide in first aid and cardiopulmonary resuscitation (CPR). The National Safety Council's training network of nearly 10,000 instructors at over 2,500 sites worldwide has established the National Safety Council programs as the standard by which all others are judged.

In setting the standards, the National Safety Council has worked in close cooperation with hundreds of national and international organizations, thousands of corporations, thousands of leading educators, dozens of leading medical organizations, and hundreds of state and local governmental agencies. Their collective input has helped create programs that stand alone in quality. Consider just a few of the National Safety Council's current collaborations:



World's Leading Medical Organizations

The National Safety Council is currently working with both the American Academy of Orthopaedic Surgeons (AAOS) and the Wilderness Medical Society (WMS) to help bring innovative, new training programs to the marketplace. The National Safety Council and the AAOS are developing a new First Responder program and the National Safety Council and the WMS are developing the first-of-its-kind wilderness first aid program.



United States Government

The National Safety Council has developed an innovative computer-based training program for first aid that is currently being used to train United States Postal Service employees.



World's Leading Corporations

Thousands of corporations including Westinghouse, Disney, Exxon, General Motors, Pacific Bell, Ameritech, and U.S. West have selected many of the National Safety Council emergency care programs to train employees.



World's Leading Colleges and Universities

Hundreds of leading colleges and universities are working closely with the National Safety Council to fully develop and implement the Internet Initiative that will establish the National Safety Council as the leading on-line provider of emergency care programs.



Most importantly, in selecting the National Safety Council programs, you can feel confident that the programs are accepted and approved worldwide.

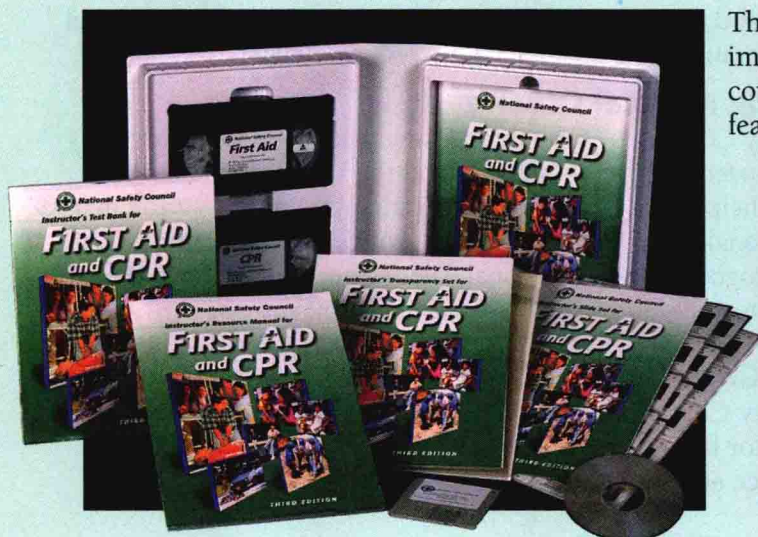
You can rely on the National Safety Council. Founded in 1913, the National Safety Council is dedicated to protecting life, promoting health, and reducing accidental death. For more than 80 years, the National Safety Council has been the world's leading authority on safety/injury education.



National Safety Council

ABOUT THE COURSE

Knowing what to do in an emergency situation is perhaps the most important skill anyone can learn. How many other courses teach you skills that could save a life? The National Safety Council's FIRST AID AND CPR course provides the most accurate, comprehensive, and up-to-date materials available. Instructors have access to a wide array of instructor supplements such as videos, slides, and CD-ROMs that have been carefully prepared to enhance your understanding of this important subject. Registered National Safety Council instructors can issue course completion cards for first aid and CPR.



This textbook is perhaps the most important component of the course and includes the important features described below.

FIRST AID and CPR Third Edition

When we published the first edition of *First Aid and CPR*, educators universally acclaimed the text as the finest book ever published in first aid. Over the past ten years, we have listened carefully to the users' feedback and we have been committed to improving the text. Now in its third edition, *First Aid and CPR* is even better!

The following enhancements have been made to the third edition:

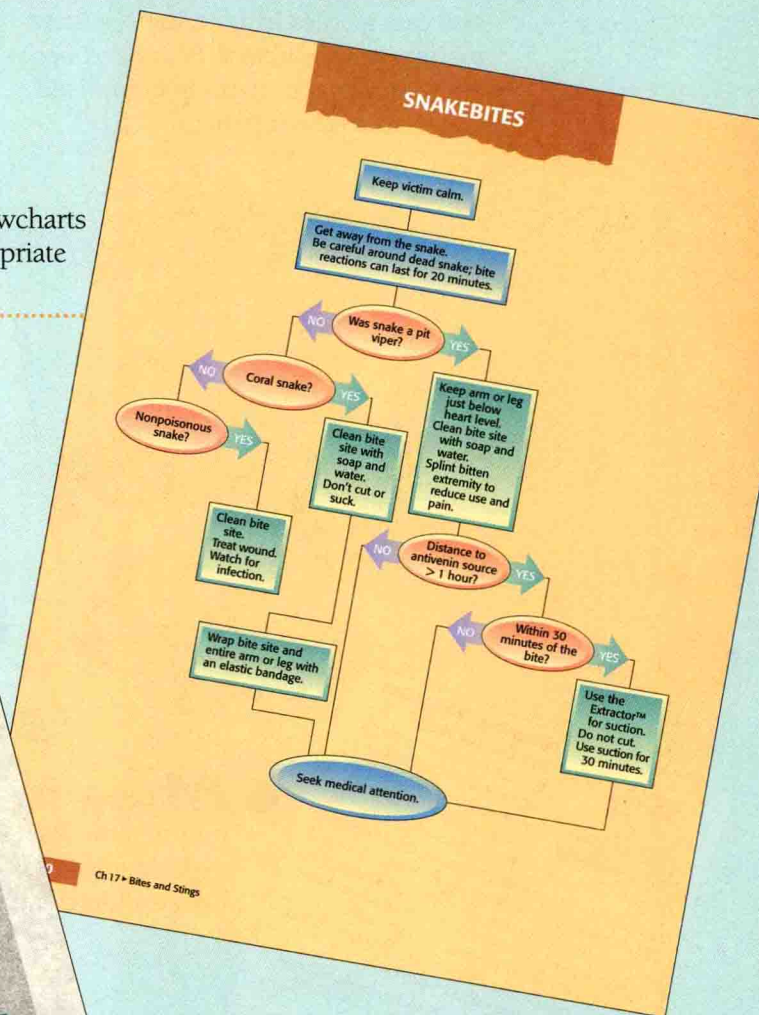
Reorganization A logical, student-oriented presentation of topics allows for increased proficiency and understanding of key skills and topics. For example, the bandaging chapter follows the wounds chapter and the splinting chapter follows the chapter on extremity injuries.

New Content Responding to past users, we have added four new chapters on wilderness emergencies, the human body, bites and stings, and action at an emergency.

New Design An outstanding new four-color design presents carefully planned pedagogy, and hundreds of new photographs, illustrations, charts, boxes, and flowcharts. Key elements of the design that will facilitate student learning and understanding of first aid and CPR include:

- **American Heart Association guidelines** The latest guidelines for cardiopulmonary resuscitation and emergency cardiac care are presented in an easy-to-understand format.

- **Flowcharts** Over 35 full-page flowcharts depict decision-making and appropriate first aid procedures.



- **SKILL SCAN pages** Over 20 skill scan pages present key first aid skills in a format that enhances student comprehension.

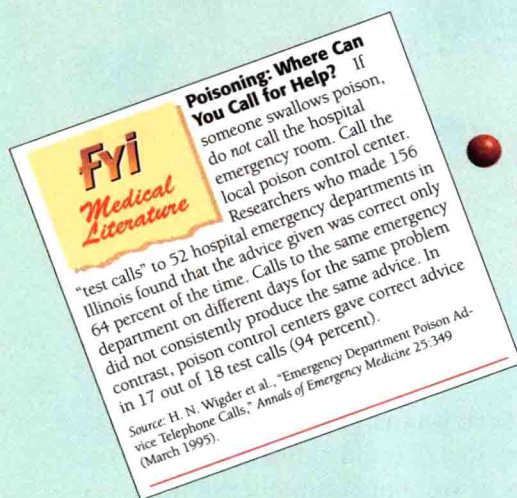
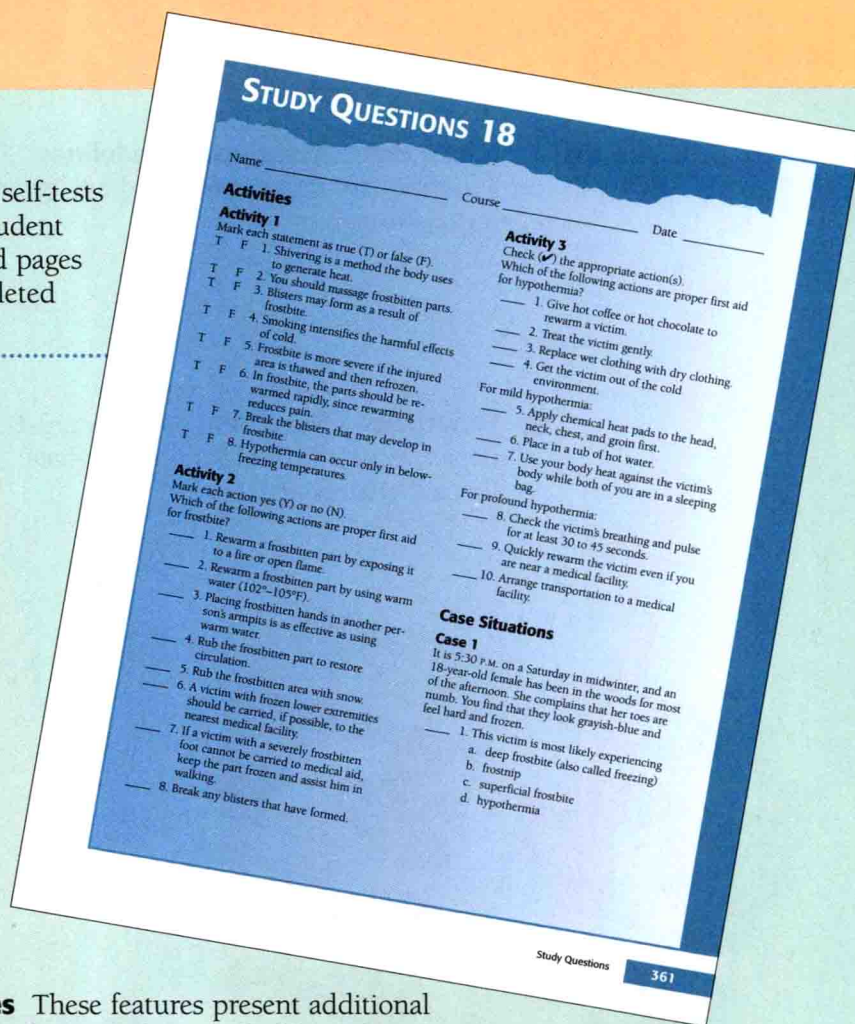
CAUTION: DO NOT

- try to warm the victim.
- give the victim anything to eat or drink. It could cause nausea and vomiting, which could result in aspiration. It could also cause complications if surgery is needed. Sucking on a clean cloth soaked in water will relieve a victim's dry mouth.

- **Highlighted Do Not procedures** It is important to know what *not* to do as well as to know what to do.

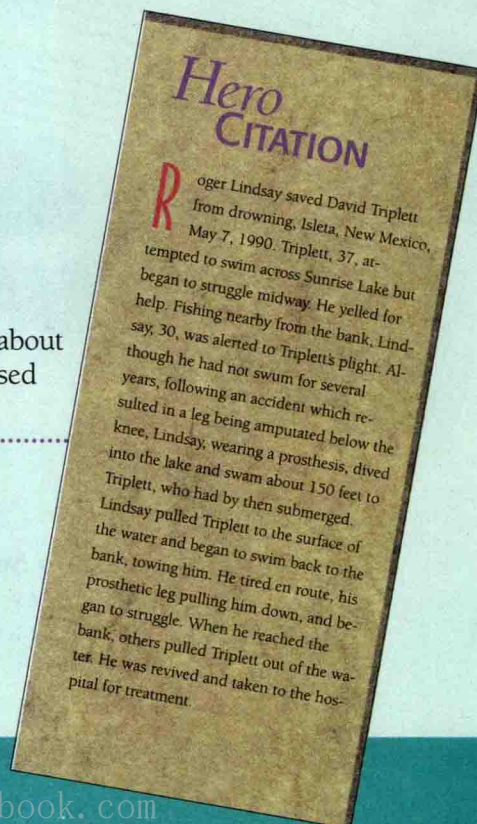


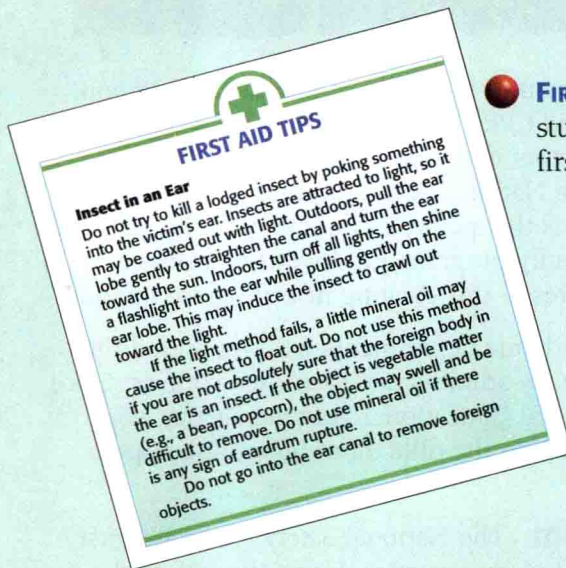
- **STUDY QUESTIONS** End-of-chapter self-tests and case studies help evaluate student mastery of the subject. Perforated pages allow students to hand in completed materials to the instructor.



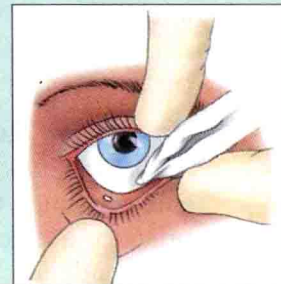
- **FYI boxes** These features present additional information that a student might like to know, including simplified medical journal articles for better understanding.

- **Hero CITATIONS** Real-life accounts about citizens saving lives are interspersed throughout the book.

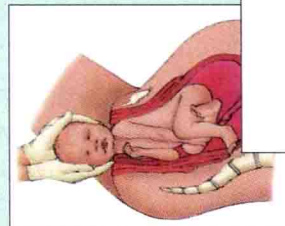
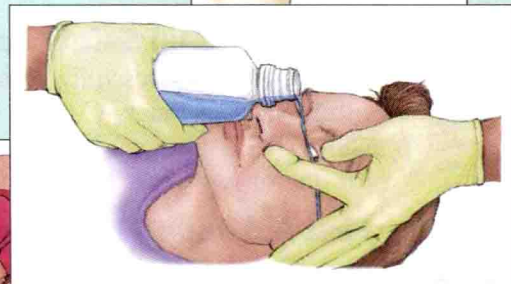




- **FIRST AID TIPS** Tricks of the trade help the student become a more complete, well-rounded first aider.



- **Outstanding illustrations** Accurately depicted graphics allow students to better understand proper procedures.



- **Injury photographs** Real injury photographs help prepare students to handle an actual real-life emergency.

We thank you for supporting the National Safety Council programs. For additional information on any aspect of this program, please contact Jones and Bartlett Publishers at **1-800-832-0034**, through e-mail at **nsc@jbpub.com** or via our homepage at **<http://www.jbpub.com/nsc/>**

TO THE INSTRUCTOR

The National Safety Council welcomes you to its family of instructors and congratulates you on selecting *First Aid and CPR*, Third Edition. You made the right choice! You join nearly 10,000 instructors who have already discovered the advantages of the National Safety Council. The National Safety Council firmly believes that the most important aspect of its program is the quality of instructors. The National Safety Council has designed an instructor-friendly program and invested heavily in state-of-the-art instructor resources. Key features of this exciting new program include:



Ease of Administration Academic departments with registered First Aid and CPR instructors can internally administrate their own courses. Once approved as a National Safety Council Educational Training agency, your department will no longer be subject to the difficulties of an off-campus certifying organization.



Complete Academic Freedom The National Safety Council's First Aid and CPR course is like other academic courses. Using the National Safety Council teaching materials, instructors determine the most appropriate course content, course length, and course structure best suited to their students.



FREE National Safety Council Course Completion Cards All students who successfully complete a course using *First Aid and CPR* receive FREE National Safety Council course completion cards for both first aid and CPR. The first aid cards are valid for three years and the CPR cards are valid for one or two years depending on your specific state requirements.



First Aid and CPR Internet Resources The National Safety Council, in close association with leading colleges and universities, has developed an array of instructor resources designed to enhance and improve the course. These exciting resources, FREE to all adopters, include:

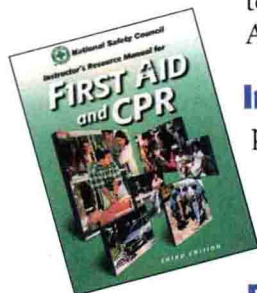
- **Online departmental approval** All departments seeking Educational Training Agency status can submit an electronic form to apply for departmental approval.
- **Online instructor credentialing** This new service allows instructors at educational institutions to qualify and maintain official instructor status. The credentialing process consists of basic questions that test an instructor on first aid procedures and teaching strategies. Instructors complete and submit an online exam via the Internet that is graded, and an e-mail response indicating the status of the approval is returned to the applicant. Instructors passing the minimum requirements receive accreditation and are sent an instructor card via surface mail. All instructors issuing National Safety Council course completion cards will be required to participate in this instructor credentialing process.
- **Instructor e-mail newsletter** Registered instructors receive a monthly, electronic instructor newsletter with the latest National Safety Council information, teaching strategies, and other first aid and CPR updates.
- **Instructor bulletin board** Instructors can post comments, ask questions and exchange ideas with other members of the National Safety Council community. You can access this service by visiting <http://www.jbpub.com/nsc/> and choosing the bulletin board option.
- **Online electronic supplements** Electronic instructor supplements can be downloaded directly to your own personal computer.

All Internet resources can be accessed through the Jones and Bartlett Publishers homepage at <http://www.jbpub.com/nsc/>

The following FREE Instructor Supplements are provided to all qualified adopters:



Interactive First Aid: A Scenario Based Approach This new CD-ROM covers all the key first aid topics and allows for classroom presentation and/or individual student usage through learning labs. This interactive CD-ROM includes full motion video, charts, boxes, illustrations, photographs, and key content from the text. The CD-ROM has been developed to challenge students' mastery of first aid through scenario-based learning. A student workbook is also available. ISBN 0-7637-0254-4

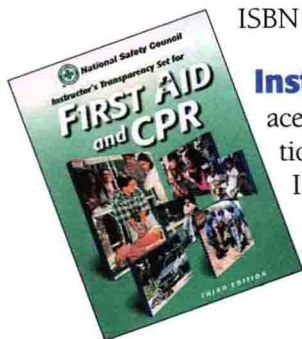


Instructor's Resource Manual This new manual includes lesson plans, teaching strategies, proficiency tests, supplemental information, transparency masters, and answers to all study questions in the text. This manual helps you utilize all of the outstanding instructor resources. ISBN 0-7637-0200-8



First Aid Video (VHS, 55 minutes) This new, full-feature video, designed in a topical format, corresponds with the material in the text. ISBN 0-7637-0196-3

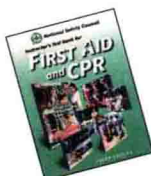
CPR Video (VHS, 38 minutes) This outstanding video applies to all CPR training and follows the latest American Heart Association standards as published in the JAMA supplement. An outstanding combination of dramatic, real-life emergencies with a proven lecture format make this video essential for all courses covering basic life support. ISBN 0-7637-0303-6



Instructor's Transparency Set An all-new set of 40 full-color acetate transparencies depicting the most important boxes, charts, illustrations, and diagrams from the text. ISBN 0-7637-0298-6



Instructor's Slide Set An all-new set of 80 35mm color slides depicting key first aid topics and actual injuries. The topical slides outline the most important information in the text while the injury slides prepare your students to handle real-life emergencies. ISBN 0-7637-0198-X



Instructor's Test Bank An all-new, 1,500 test question manual that corresponds to the chapters in the text. ISBN 0-7637-0199-8



Instructor's Computerized Test Bank A computerized version of the above test bank, available in both IBM and Macintosh formats. ISBN 0-7637-0201-3 IBM version
ISBN 0-7637-0202-1 Macintosh version

Call 1-800-832-0034 for more information.

A PROGRAM FOR ALL YOUR NEEDS

Program	Description
First Aid and CPR, 3/E 0-7637-0183-1, 496 pp., Paper	The best-selling program on first aid and CPR is appropriate for all colleges, universities, and high schools. Includes the latest American Heart Association CPR guidelines as well as contributions and reviews from over 70 national organizations. The most definitive first aid textbook available.
First Aid 0-86720-755-8, 176 pp., Paper	This program is suited for courses in colleges, universities, and high schools where CPR is not covered. The student text includes the latest information and procedures on emergency care.
CPR, 2/E 0-7637-0213-7, 128 pp., Paper	A comprehensive program, based on the 1992 AHA CPR guidelines, suitable for all colleges, universities, and high schools. Including complete coverage of basic life support for adults, children, and infants as well as additional coverage of two-rescuer CPR and highlights of the OSHA bloodborne pathogens standards.
First Aid and CPR: Infants and Children 0-86720-211-0, 208 pp., Paper	A one-of-a-kind program developed for students and teachers in the childhood education field. Accidental injuries are the leading health problem in children, and this program helps prepare the participant for accidents involving children. This program is designed to meet all state, local, and federal requirements for first aid and CPR training of child care providers.
Infant and Child CPR 0-7637-0211-0, 64 pp., Paper	Based on the latest AHA guidelines. Suitable for child care providers in all settings.
Bloodborne Pathogens, 2/E 0-7637-0315-X, 88 pp., Paper	A comprehensive new training program to meet the needs of all students entering the health-related fields as well as those at risk of occupational exposure. Over 5 million workers in health care related fields are at risk of exposure to bloodborne pathogens, such as HIV and HBV. Includes a new chapter on airborne pathogens.
First Responder, 2/E 0-86720-541-5, 440 pp., Paper	A joint program developed by the National Safety Council and the American Academy of Orthopaedic Surgeons based on the 1995 DOT First Responder curriculum. This new edition provides the framework around which first responders can gain the knowledge, skills, and confidence needed to care for victims of sudden illnesses and accidents. Suitable for courses offered through training academies, colleges, and universities.
Oxygen Administration 0-86720-983-6, 35 pp., Paper	An essential element of emergency care consists of providing supplemental oxygen. This outstanding new program effectively outlines the importance and proper use of portable medical oxygen equipment.
National Pool and Waterpark Lifeguard/CPR Training 0-86720-848-1, 272 pp., Paper	A joint program of the National Safety Council, Ellis & Associates, and the National Recreation and Park Association for use in colleges, universities, and high schools. Guidelines developed by this program have revolutionized the aquatic safety industry.
Stress Management 0-86720-980-1, 72 pp., Paper	A state-of-the-art training program designed to provide the latest, most comprehensive approach to identifying and controlling stress. Ideal for classroom use by students in colleges, universities, and high schools.
Scuba Diving First Aid 0-86720-944-5, 54 pp., Paper	A new program, extensively reviewed by noted scuba diving physicians and diving medical technician trainers, ideal for teaching scuba diving first aid.
Primeros Auxilios y RCP 0-86720-847-3, 92 pp., Paper	A Spanish version of the best-selling First Aid and CPR program.
Good Samaritan: Helping in an Emergency 0-86720-544-X, 32 pp., Paper	A new program that provides the basics of emergency care to individuals not interested in a formal course. Covers recognizing an emergency, getting help, and practical information on how to handle dozens of common emergencies.

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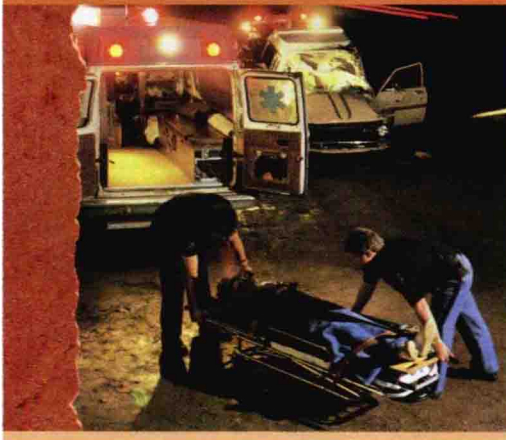
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