

## Chapter 27

# First Aid and Emergencies

1. Providing First Aid
2. CPR and First Aid for Shock and Choking
3. Responding to Other Common Emergencies
4. Emergency Preparedness

#Onedaylwokeup #Doppitup

## Lesson 1 — Providing First Aid

**First aid** is immediate, temporary care given to an ill or injured person until professional medical care arrives. The Three Cs: **Check** (scene safety + victim), **Call** (911), **Care** (provide first aid with permission).

**Universal precautions** — treating all body fluids as potentially infectious — protect you from HIV, hepatitis B, and other pathogens. Always wear gloves if available; wash hands thoroughly after giving first aid.

## Lesson 2 — CPR and First Aid for Shock and Choking

### Updated CPR Guidelines — Major Changes Since 2011

■ <b>Hands-Only CPR</b>	The AHA now recommends compression-only CPR for untrained bystanders with adults. No rescue breaths required. Push hard and fast on the center of the chest — 100–120 times/minute ('Stayin' Alive' tempo).
■ <b>C-A-B Sequence</b>	Current guidelines: Compressions first, then Airway, then Breathing (old sequence was A-B-C).
<b>Compression depth</b>	At least 2 inches for adults; about 1.5 inches for infants

<b>Ratio</b>	30 compressions : 2 breaths (single rescuer); 15:2 for two rescuers with children
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### **Naloxone (Narcan) — Critical New Addition**

The 2024 AHA/ARC guidelines added naloxone administration as a first-aid recommendation for suspected opioid overdose. Signs of overdose: blue or gray lips, very slow or stopped breathing, will not wake up, limp body, pinpoint pupils. **Call 911**, begin CPR if not breathing, administer naloxone if available.

## **Lesson 3 — Responding to Other Common Emergencies**

P.R.I.C.E. for sprains and strains: **P**rotect, **R**est, **I**ce (wrapped; never directly on skin), **C**ompress, **E**levate. For poisoning: call **Poison Control at 1-800-222-1222** immediately — do NOT induce vomiting unless directed.

## **Lesson 4 — Emergency Preparedness**

Know the difference: **Watch** = conditions favorable for severe weather (prepare). **Warning** = severe weather imminent (take action NOW). Build an emergency survival kit for 72+ hours: water (1 gal/person/day), shelf-stable food, first-aid kit, flashlights, battery radio, phone charger, cash, important documents.

## Chapter Vocabulary

### Lesson 1

<b>First aid</b>	The immediate, temporary care given to an ill or injured person until professional medical care can be provided
<b>Good Samaritan laws</b>	Statutes that protect individuals who provide reasonable emergency care in good faith
<b>Universal precautions</b>	The practice of treating all blood and body fluids as potentially infectious

### Lesson 2

<b>Chain of survival</b>	The sequence of actions (call 911, CPR, AED, advanced care, post-arrest care) that maximize survival chances
<b>CPR (cardiopulmonary resuscitation)</b>	An emergency procedure combining chest compressions and rescue breathing to circulate blood and oxygen
<b>Hands-Only CPR</b>	Compression-only CPR recommended by the AHA for untrained bystanders responding to adult cardiac arrest
<b>Shock</b>	A life-threatening condition in which circulation is inadequate to supply oxygen to body tissues

### Lesson 3

<b>Fracture</b>	A break in a bone; a medical emergency
<b>Concussion</b>	A jarring brain injury caused by a blow or jolt to the head; always warrants medical evaluation
<b>Poison</b>	Any substance that causes injury, illness, or death when it enters the body

### Lesson 4

<b>Hurricane</b>	A tropical storm with sustained winds of 74+ mph
<b>Tornado</b>	A violent rotating column of air extending to the ground; seek the lowest interior room immediately
<b>Emergency survival kit</b>	A collection of supplies needed to sustain a household for 72+ hours during or after an emergency