

# First Aid Essentials

Presented by Woodside Fire Protection District



# DISCLAIMER

This is an awareness class *only*. If you would like more in depth courses contact:

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# "You Are the Help Until Help Arrives"

- Initiate 9-1-1
  - Location i.e. what field, where you are at
- Stay Safe
  - Pause to identify hazards
  - Consider your surroundings
  - Be careful along roadways
  - Consider things that are not apparent
  - Personal Safety – Know your limits



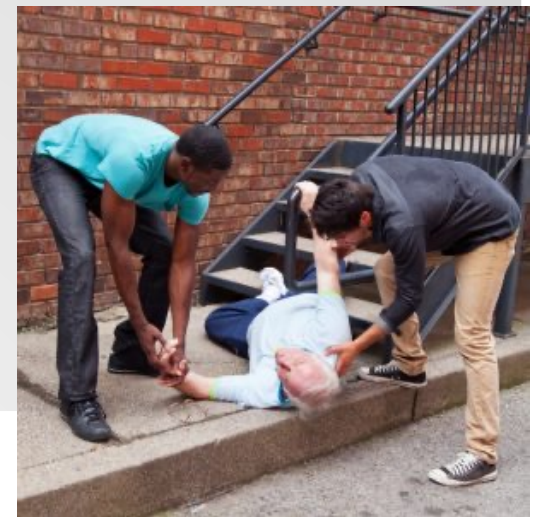
# Personal Protective Equipment PPE

- Disposable Gloves
  - Non-latex
- Eye Protection
- Dispose in biohazard bag or Ziploc
  - Wash hands thoroughly



# Assessing a Patient

- Head-to-Toe
  - Toe-to-Head for Younger Divisions
- When to Move/Not Move Patient
  - Further Risk of Injury
  - Assumption of head/spine injury
  - Face Down VS Face Up



# Heat Related Emergencies

- Things to Watch For
  - Signs and Symptoms
    - Rosy Cheeks
    - No Longer Sweating
    - Headache
    - Cramps
- Encourage Parents to Provide:
  - Sunscreen
  - Hydration (water or watered-down sports drinks)
  - Snacks (healthy)

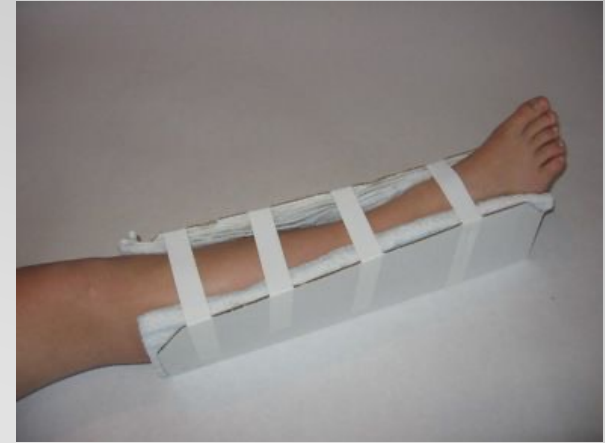
# Bleeding Control

- Nose Bleeds
  - Pinch and Lean Forward
- Scrapes/Scratches/Lacerations
  - Direct Pressure
  - Elevation
  - Stop the Bleed/Cleaning the Wound



# Sprains and Broken Bones

- Sprains – R.I.C.E.
- Broken Bones
  - Do not straighten if abnormally bent
  - If bone is exposed do not try to push bone back in
  - Splinting – Formal vs Improv
    - Above and Below Joints





# Allergic Reactions – Epi-Pens

- Rx Medication
- Be aware if someone on the Team has one



# Concussions

- Causes

Blunt Trauma to the Head

ex. Ball-to-head, Bat-to-head,  
Collisions.

- Signs and Symptoms

ALOC, Nauseous/Vomiting, Sleepiness,  
Severe Headache, Unsteady Gate

# AED/CPR

**\*\*Not A Certified Course\*\***



# CPR

**\*\*Not A Certified Course\*\***

- Activate 911
- Hand Placement
  - Middle of Chest
- Push Hard – Push Fast
- Approx 110 bpm

# AED

**\*\*Not A Certified Course\*\***

- Activate 911
- Open and Turn on Device
- Follow Prompts
- Know Location of AED on Field

# Questions?

