

## **FIRST AID**

In any public place, first aid is very important. At least one member of the staff on duty should be trained and very familiar with the recommended first aid procedures.

Each department should have its own first aid kit.

For staff, the most common accidents are cuts and burns. For guests, the most common are food indigestion or poisoning.

To treat cuts and burns, it is not very difficult if the degree of the accident is very low. In the case of serious cuts and burns, the patient should be transported to the nearest emergency station immediately.

## **CUTS**

Cuts without severe bleeding that do not involve tissues deeper than the skin should be cleansed thoroughly. There will be some contamination, and it should be removed before the injury is dressed and bandaged, especially if medical attention is delayed. Removal of foreign materials in muscle or deep tissue should always be carried out by a physician.

1. To cleanse a wound, wash your hands thoroughly with soap and water. Use ordinary hand soap or mild detergent.
2. Wash in and around the victim's wound to remove bacteria and other foreign matter.
3. Rinse the wound thoroughly by flushing with clean water, preferably running tap water.
4. Blot the wound dry with a sterile gauze pad or a clean cloth.
5. Apply a dry sterile bandage or clean dressing and secure it firmly in place.
6. Caution the victim to see a physician promptly if evidence of infection appears.

## **BURNS**

First degree burns...the usual signs are:

1. Redness or discoloration;
2. Mild swelling and pain;
3. Rapid healing.

Second degree burns are those resulting from a very deep sunburn, contact with hot liquids, and flash burns from gasoline, kerosene, and other products. Second degree burns are usually more painful than deeper burns in which the nerve endings in the skin are destroyed.

The usual signs are:

1. Greater depth than first degree burns.
2. Red or mottled appearance.
3. Development of blisters.
4. Considerable swelling over a period of several days.
5. Wet appearance of the surface of the skin, due to the loss of plasma through the damaged layers of the skin.

The objective of first aid for burns is to relieve pain, prevent contamination, and treat for shock. Usually, medical treatment is not required.

A. First Degree Burns

1. Apply cold water applications, or submerge the burned area in cold water.
2. Apply a dry dressing if it is necessary.

B. Second Degree Burns

1. Immerse the burned part in cold water (not ice water).
2. Apply freshly ironed or laundered cloths that have been wrung out in ice water.
3. Blot dry, gently.
4. Apply dry, sterile gauze or clean cloth as a protective bandage.
5. Do not break blisters or remove tissue.
6. Do not use an antiseptic preparation, ointment, spray or home remedy on a severe burn.
7. If the arms or legs are affected, keep them elevated.

**FOOD POISONING OR OVERDOSE**

In case of food poisoning one should immediately call a physician. Try to keep the patient warm and determine if it is a case of food indigestion, poisoning or if the patient took an overdose. A trained first aider should be in charge and while waiting for the physician he/she should give appropriate counter-dose. But he/she should never force any kind of liquid into the patient if he/she is unconscious. Never induce vomiting if the patient is having convulsion or if he/she is unconscious.

The following chart is recommended by the American Red Cross:

<b><u>Poisons</u></b>	<b><u>Procedures</u></b>
For overdose of "pep" medicines and insect and rat poisoning with arsenic	1. Give glass of milk, or 1 tablespoon full of activated charcoal mixed with a little water. Induce vomiting by finger in throat or a teaspoonful of mustard in ½ glass of water.
For disinfectant with carbolic acid.	2. Induce vomiting (see #1). Then give 4 tablespoons of castor oil. Next give a glass of milk or the white of 2 raw eggs.
For overdose of codeine, paregoric, morphine and opium.	3. Induce vomiting (see #1). Give glass of milk, or activated charcoal in water. Give 2 tablespoons of epsom salt in 2 glasses of water. Keep patient awake.
For insect and rat poison with strychnine.	4. Give glass of milk, or activated charcoal in water. Induce vomiting (#1) if not in convulsions. Keep patient quiet.
For food poisoning, wild mushrooms and overdose of bromides.	5. Induce vomiting (#1). Next give 2 tablespoons of epsom salt in 2 glasses of water, except in cases where diarrhoea is severe.
For oil of wintergreen, rubbing alcohol, overdose of alcohol, aspirin, headache & cold compounds.	6. Give a glass of milk. Next, induce vomiting (#1). Give 2 tablespoons of bicarbonate of soda in a glass of warm water.
For overdose of barbiturates, sleeping medicine & tranquilizer.	7. Give activated charcoal in water. Induce vomiting (#1). Give 2 tablespoons of epsom salt in 2 glasses of water.
For insect and rat poisons with sodium fluoride.	8. Give glass of milk or lime water. Then induce vomiting (#1).

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| For carbon monoxide.   | 9. Carry victim into fresh air. Make patient lie down. Give artificial respiration if necessary.  |
| For insect and rat poisons with phosphorus.                                    | 10. Induce vomiting (#1). Don't let vomit touch victim's skin or yours. Then give 4 oz. of mineral oil. Positively do NOT give vegetable or animal oil. Also give 1 tablespoon of bicarbonate of soda in a quart of warm water. |
| For household ammonia, lye.  | 11. Give 2 tablespoons of vinegar in 2 glasses of water. Then give the white of 2 raw eggs or 2 ounces of vegetable oil. DO NOT INDUCE VOMITING!  |
| For gasoline, kerosene, furniture polish, lighter fluid, turpentine, pine oil. | 12. Give water or milk. Then give 4 tablespoons of vegetable oil. DO NOT INDUCE VOMITING!   |
| For detergents, chlorine, bleach, disinfectant with chlorine acids.            | 13. Give patient one or two glasses of milk.  |
| For all other acids.   | 14. Give large quantity of water. Give 2 tablespoons of milk of magnesia, or a similar antacid. DO NOT INDUCE VOMITING!   |

**<<<NEVER ADMINISTER MEDICATION TO A GUEST...EVEN ASPIRIN>>>**