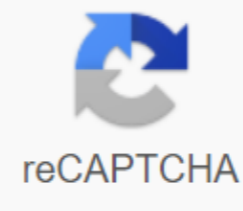




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First aid cases step 1 pdf

Share on PinterestDo you know what to do if your child is choking? While this is something that no caregiver wants to think of, even seconds count if your child's airways are obstructed. Knowing the basics can help you potentially knock out an object or know what to do until help arrives. Here's more on how you can help your child (up to 12 months) that you definitely shouldn't do, and some tips on preventing choking accidents in your home. Things can happen very quickly in emergencies, so we have kept our descriptions clear and to the point. Step 1: Make sure your child is actually choking your baby can cough or gag. It may sound scary, but if they make noise and are able to take breaths, they probably don't suffocate. Choking when the child is unable to cry or cough. They will also not be able to make noise or breathe because their airways are completely obstructed. Step 2: Call 911Ideally, you can have a friend or family member call 911 or local emergency services while you are taking care of your child. Explain to the operator the steps you're following and provide updates. It is especially important that you tell the operator if your child becomes unconscious at any point during the process. Step 3: Place the baby face down on your forearm on PinterestUse hip for support. With a heel of free hand, apply five blows on the area between the shoulder blades. These punches need to be fast and strong to be effective. This action creates vibrations and pressure in your child's airways, which will hopefully force the object out. Step 4: Turn the baby over on their backShare on PinterestRest your baby is on your hip, holding their head lower than their chest. With index and middle fingers, find your baby's chest bone (between and slightly below the nipples). Push down five times with enough pressure to push the chest down about one-third. This action helps push air from the lungs into the airways to potentially force the object out. Step 5: RepeatIf the object has not yet dislodged, return to back kicks after the same instructions above. Then repeat the thrusts of the chest. Again, immediately notify the 911 operator if your child loses consciousness. Related: Why every anaphylactic reaction requires a trip to the emergency roomIt's scary thinking about all this scenario playing out in real life. But it happens. You may or may not be surprised to learn that food is the most common cause of choking with infants. That's why it's important to introduce age-appropriate foods - usually mashed - for your child after they turn 4 months old. Keep an eye out for these products in particular: grapes (If providing these for your eldest child - they do not fit until closer to the year - remove the skin and cut in half in the first place.) hot dogs raw fruit or vegetableschunks meat or or and butter seedspeanut (Although perhaps technically mashed, thickness and stickiness makes it a danger.) marshmallowshard candieschewing gum course, we know that you're probably not giving chewing gum or hard candy to the baby - but consider if your child has found some on the ground. Even the most cautious caregiver may miss some objects that land places where small eyes eventually see them. Other suffocation hazards found around the house include: marbles toys with small parts of latex balls (non-inflation) coinsbutton batteries to capsdiceother small household itemsYoung children can also choke fluids like breast milk, formula, or even their own spitting or mucus. Their airways are particularly small and easily obstructed. This is one of the reasons that you keep your baby with your head below your chest while trying to help. Gravity can allow fluid to drain and clear the airways. Related: Choking on saliva - causes and treatments While it's tempting, resist the urge to reach into your child's mouth and grab an object if it's not visible and easy to understand with your fingertips. Capturing around something you can't see in your throat can be harder than you think. And you can actually push the object further down into the airways. Also, do not try to make a Heimlich maneuver (abdominal thrust) with the baby. While abdominal thrust can help children and adults move objects in the airways, they can be damaging the developing organs of the baby. You may also have heard to turn your baby upside down and hold them by their feet. It's not a good idea because it can force the object deeper down your throat - or you may accidentally drop your child in the process. Related: Introduction to first aid for infants, children and adultsIf your child loses consciousness, a 911 operator can instruct you to do CPR until help can arrive. The purpose of CPR is not necessarily to bring the child back to consciousness. Instead, it does keep blood and oxygen circulating in their body and - more importantly - in their brains. One set of CPR includes 30 chest compressions and 2 life-saving breaths: Place your baby on a flat, hard surface like the ground. Look for an object in your child's mouth. Remove it only if it is visible and easy to understand. Place two fingers on the baby's chest bone (the area where you applied pressure to the breast thrust). Apply pressure that compresses the chest about one-third (1 1/2 inches) in a rhythm of about 100 to 120 compressions every minute. Perform 30 chest compressions in total. Tilt the baby's head back and lift your chin to open the airways. Give two lifesaving breaths by making a seal around the baby's mouth and nose. Beat each breath for 1 full second. Then repeat the process until it comes You may not be able to prevent all choking accidents. However, you can take steps to make your home a home safe as much as possible for your child. Pay attention to mealtime Socially, as the foods you offer to get chunkier, it is important to keep a good watch on your toddler as they eat. And don't forget to have your child sitting at a meal compared to walking or running around. Provide age-appropriate products to age-appropriate means starting with a puree at first and then gradually offering large chunks of soft food that can mash in your child's mouth. Think boiled sweet potatoes versus raw carrots or slices of avocado compared to slices of orange. However, if you decide to make a baby-led weaning approach to feeding your baby, you don't necessarily have to worry. Numerous studies (e.g., studies in 2016 and 2017) have shown no significant difference in the risk of feeding spoons and feeding soft food with your finger. Talk to your doctor before offering high-risk foods like grapes and peanut butter, check with your pediatrician. They can help you decide when the best time to introduce these products is and the best way to introduce them is so they don't have much choking risk. Read the labels on toysCheck toy labels to make sure you buy those that are age suitable for your child. And explore other toys in your home that may belong to older siblings. Consider creating a special place for toys with small parts to keep them out of the ground. Create a safe space for other hazards, such as batteries or coins, beyond your child's reach. If babyproofing your entire home seems overwhelming, you might try to create a special safe space that is closed while you work on babyproofing the rest. If you still feel a bit uneasy about your ability to help your

baby in an emergency, consider taking a baby first aid class that covers both the choking and the skills of CPR. You may be able to find classes near you by calling your local hospital. A 2019 study found that practicing on mannequins can help with training and confidence in the implementation of these procedures. Otherwise, do your best to keep choking dangers out of your baby's play areas and pay close attention to anything you see in your baby's mouth that doesn't necessarily have to be there. We include products that we find useful for our readers. If you buy by links on this page, we can earn a small commission. That's our process. At any time you or someone around you may experience trauma or illness. Using basic first aid, you may be able to stop minor setbacks from getting worse. In the case of a serious medical emergency you can even save a life. This is why it is so important to learn basic first aid skills. To build on the information you learn here, considering taking a first aid course. Many organizations offer first aid training, including the American Red Cross and St. John Ambulance. When you provide basic medical services to those experiencing sudden injury or illness, it is known as first aid. In some cases, first aid consists of initial support provided to someone in the middle of an emergency medical care. This support can help them survive until professional help arrives. In other cases, first aid is provided to a person with minor injuries. For example, first aid is often all you need to treat minor burns, cuts and insect bites. If you are facing an emergency, follow these three main steps: 1. Check the scene for hazards and anything that may be dangerous, like signs of fire, falling debris, or violent people. If your safety is at risk, remove yourself from the area and call for help. If the scene is safe, assess the condition of the patient or victim. Don't move them if you don't have to do it to protect them from danger. Call for medical attention, if you suspect that the patient or victim needs emergency medical attention, tell a nearby person to call 911 or the local emergency number. If you're single, call yourself. 3. Provide care if you can do it safely, stay with the sick or injured until professional help arrives. Cover them with a warm blanket, comfort them, and try to keep them calm. If you have basic first aid skills, try treating any potentially life-threatening injuries they have. Remove yourself from danger if at any point in a situation you think your safety may be at risk. In many cases, you can use a glue bandage to cover minor cuts, scratches, or burns. To cover and protect large wounds, you may need to apply a clean gauze pad or roller bandage. To apply a bandage to the wound, follow these steps: Keep the damaged area stable. Gently but firmly wrap the bandage around the injured limb or body part, covering the wound. Fix the bandage with sticky tape or pins. The bandage should be wrapped firmly enough to stay in place, but not so tightly that it cuts off the bloodstream. To check the circulation in the bandaged limb, pinch one of the human nails or nails until the color drains from the nail. If the color does not return within two seconds of the release, the bandage is too tight and needs to be adjusted. If you suspect someone has a third-degree burn, call 911. Seek professional medical help for any burns that: cover a large area of skin are located on the person's face, groin, buttocks, hands, or feet have been caused by contact with chemicals or electricity To treat minor burns, run cool water over the affected area for up to 15 minutes. If it's Apply a cold compress to the area instead. Avoid applying ice to the burnt fabric. It could do more harm. Over-the-counter painkillers can help relieve pain. The use of lidocaine or gel or aloe vera cream can also reduce discomfort from minor burns. To prevent infection, apply antibiotic ointment and freely cover the burn with pure gauze. Find out when you're you see a doctor for follow-up care. If you see someone collapsed or found someone unconscious, call 911. If the area around the unconscious person seems safe, approach them and start CPR. Even if you don't have formal training, you can only use hand PPC to help save someone's life until professional help arrives. Here's how to treat an adult with hand-only CPR: Place both hands on the center of your chest, on one side, on top of the other. Tap straight down to squeeze your breasts repeatedly, at a rate of 100 to 120 compressions per minute. Compressing your breasts to beat Stay Alive on Bee Gees or Crazy in Love Beyonce can help you count on the right speed. Continue to perform chest compressions until professional help arrives. Learn how to treat an infant or baby with CPR and how to combine chest compression with life-saving breathing. For some people, a bee sting is a medical emergency. If a person has an allergic reaction to a bee sting, call 911. If they have an epinephrine auto-injector (such as an EpiPen), help them find and use it. Encourage them to remain calm until help arrives. Anyone who has stung bees and showing no signs of an allergic reaction can usually be treated without professional help. If the sting is still stuck under the skin, gently scrape off a credit card or other flat object all over your skin to remove it. Then wash the area with soap and water and apply a cool compress for up to 10 minutes at a time to reduce the pain and swelling. To treat itching or bite pain, consider applying calamine lotion or paste baking soda and water to the area several times a day. Get the information you need to recognize and treat other types of bites and stings. To treat someone with nosebleeds, ask them to sit down and tilt their head forward. Using your thumb and forefinger, press firmly or pinch the nostrils closed. Continue to apply this pressure continuously for five minutes. Check and repeat until the bleeding stops. If you have nitril vinyl gloves, you can press or pinch their nostril closed to them. If nosebleeds continue for 20 minutes or longer, seek emergency medical attention. The person should also receive follow-up care if the injury caused a nosebleed. Find out when professional care is needed for nosebleeds. When your body overheats, it can lead to heat exhaustion. If left untreated, heat exhaustion can lead to heat stroke. This is a potentially life-threatening condition and emergency medical care. If someone is overheated, encourage them to relax in a cool place. Remove unnecessary layers of clothing and Cool their body down by doing the following: Cover them with a cool, damp sheet. Apply a cool, damp towel to the back of the head. Sponge them with cool water. Call 911 if they develop signs or symptoms of heat stroke, including any of the following: nausea or vomiting fever 104 degrees Fahrenheit (40 degrees Celsius) or more If they are not vomiting or unconscious, encourage them to sip cool water or a sports drink. Take a moment to learn about other strategies to help someone with heat exhaustion or heatstroke recover. If you think someone might have a heart attack, call 911. If they have been prescribed nitroglycerin, help them find and take this medicine. Cover them with a blanket and comfort them until professional help arrives. If they have difficulty breathing, loosen any clothing around the chest and neck. Start CPR if they lose consciousness. To prepare for a potential emergency, it is a good idea to keep a well stocked first aid kit in your home and car. You can buy pre-assembled first aid kits or make your own. If you have a baby, you may need to replace or supplement some of the products in a standard first aid kit with the infant's respective alternatives. For example, your kit should include a pediatric thermometer and baby acetaminophen or ibuprofen. It is also important to store the set in a place where your baby cannot access it. Ask your pediatrician or family doctor for more information about infant first aid. You never know when you may need to provide basic first aid. To prepare for the unpredictable, given the storage of a well stocked first aid kit in your home and car. It is also a good idea to have a first aid kit available at work. You can buy pre-assembled first aid kits from many first aid organizations, pharmacies or outdoor recreation shops. You can also create your own first aid kit using products purchased from a pharmacy. The standard first aid kit should include: glue bandages of various sizes roller bandages assorted sizes absorbent compresses adhesive gauze pads adhesive cloth ribbon bandages septic wipes aspirin acetaminophen or ibuprofen antibiotic ointment hydrocortisone cream antihistamine lotion nitril or vinyl gloves safety pins scissors tweezers thermometer breathing barrier cold pack blanket first aid kit's also smart to include a list of your health care providers, emergency contact numbers, and prescribed medications in first aid kits. It is important to protect yourself from infectious diseases and other dangers when providing first aid. To protect yourself: Always check the dangers that may put your safety at risk before approaching the patient or victim. Avoid direct contact with blood, vomiting and other bodily fluids. Wear protective equipment such as nitril or vinyl gloves when treating someone with an open wound or breathing barrier while performing life-saving breathing. Wash your hands with soap and immediately after first aid. In many cases, basic first aid can help stop minor situations from deteriorating. In the case of emergency medical care, first aid can even save lives. If someone has serious serious or illness, they should receive follow-up care from a medical professional. Professional. first aid cases step 1 reddit. first aid cases step 1 pdf download. first aid cases step 1 pdf. first aid cases step 1 pdf free download. first aid cases for the usmle step 1. first aid cases for the usmle step 1 5th edition. first aid cases for the usmle step 1 pdf. first aid cases for the usmle step 1 4th edition pdf

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