

LESSON 14.4 First Aid and Emergency Procedures Note-Taking Guide

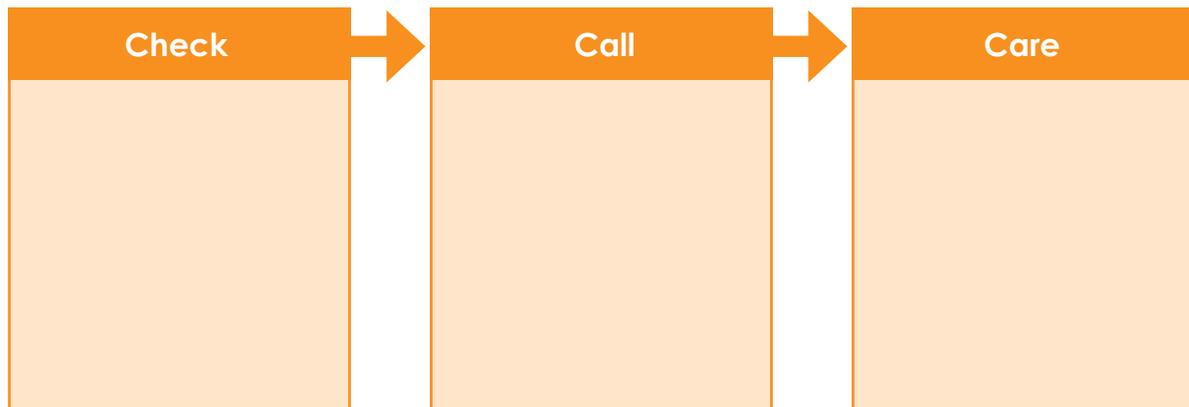
Preparing for Emergencies

- 1. Define the term *first aid*.

| | |
|-------------------|--|
| First aid: | |
|-------------------|--|

Emergency Action Steps

- 2. Fill in the following boxes for each emergency action step with a short explanation of what you should do.



Universal Precautions

- 3. What is the purpose of universal precautions?

Cardiac Emergencies

4. Complete the boxes below and explain what each term means regarding the two most common cardiac emergencies.

| | |
|-------------|--------------|
| Heart _____ | _____ arrest |
| | |

Cardiopulmonary Resuscitation

5. List the four steps to giving CPR.

1.
2.
3.
4.

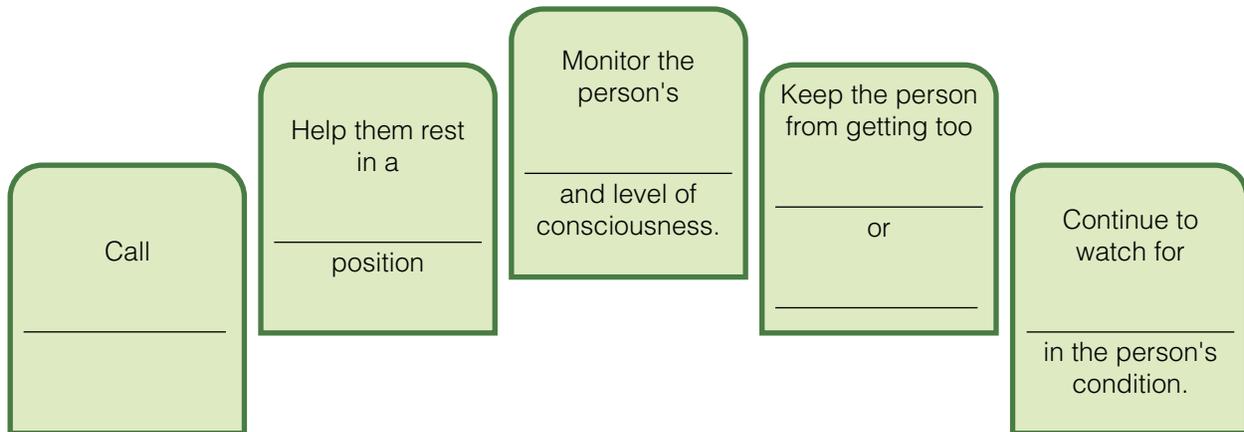
CHAPTER 14 Injury Prevention, Safety, and First Aid

Lesson 14.4

6. In compression-only CPR, you give continuous _____ compressions, which is better than doing nothing and can save a person's life.

Sudden Illness

7. A sudden illness can strike with little to no warning and can include asthma, allergic reactions, diabetic emergencies, seizures, and fainting. Regardless of the sudden illness complete the general care steps you should follow.



Other Types of Emergencies

8. List the steps in caring for an adult or child who is choking.

9. Complete the boxes below for information on shock.

| | |
|---|---|
| <p>Two causes of shock</p> | <p>Two signs and symptoms of shock</p> |
|---|---|

10. Heat-related emergencies are caused by overexposure to heat and dehydration. List the three heat-related emergencies in order from least to most severe.

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graph LR; A[ ] --> B[ ]; B --> C[ ]
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11. Cold-related emergencies occur from an overexposure to cold. List the two cold-related emergencies.

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graph LR; A[ ] <--> B[ ]
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Burns

12. Explain how the three degrees of burns are different from each other.

13. Fill in the boxes with how you would protect yourself from a sunburn.



Wounds

14. Explain the difference between an open and a closed wound.

| Open wound | Closed wound |
|------------|--------------|
| | |

Injuries to the Face

15. Two of the most common facial injuries are _____ and _____ teeth.

Muscle, Bone, and Joint Injuries

16. The four types of injuries to muscles, bones, and joints include

_____, _____, _____,
and _____.

17. What does the acronym RICE stand for?

| | |
|---|--|
| R | |
| I | |
| C | |
| E | |

Head, Neck, and Spinal Injuries

18. Complete the boxes below on the signs and symptoms of head, neck, and spinal injuries.

| | | | | |
|---------------------------|---|--|---|--------------------------------|
| Changes in level of _____ | _____ or other fluids in the ears or nose | Partial or complete loss of _____ of any body part | Severe _____ or pressure in the head, neck, or back | Broken or damaged safety _____ |
|---------------------------|---|--|---|--------------------------------|

Concussions

19. List four of the signs and symptoms of concussion.