**First Aid Study Guide/Red Cross**

**FIRST ACTIONS**

What first three steps should be followed when offering first aid to an injured person?

**SEVERE ALLERGIC REACTION (Anaphylaxis)**

1. What should you look for?

2. What should you do?

**SEIZURE**

1. What steps should be taken for someone having a seizure?

2. Should you restrain the person?

3. Should you place anything in the person’s mouth or between the teeth?

**POISONING**

1. If a person is conscious, and you suspect poisoning; what should you do?

2. What is the phone number for National Poison Control Center (PCC)?

**BURNS**

1. How should you care for a burn?

2. Should you break blisters on a burn?

**SHOCK**

1. What do you look for?

2. What should you do?

**STROKE**

Think FAST! What does F>A>S>T> stand for?

F

A

S

T

**BLEEDING**

1. What steps should you take to control external bleeding?

2. What signals should you look for to determine if a person is bleeding internally?

**HEAD, NECK OR BACK INJURIES**

1. What should you look for?

2. What is the main thing to remember if you suspect head, neck or back injury?

**SPLINTING**

1. When should you splint an injured body part?

2. What type of injury involves an open wound where the bone has torn through the skin?

3. Should a splint be loose, snug, or tied tightly, always allowing for circulation?

4. How should a splinted body part be checked for circulation?

**HEAT RELATED EMERGENCIES**

1. What should you do for a person with a heat related emergency?

2. What are the stages of heat-related emergencies from early (least severe) to late stage (most

severe)?

**COLD RELATED EMERGENCIES**

1. Describe the care that you should give someone with frostbitten hands.