EIDWS - FIRST AID Cheat Sheet

by weatherman22 via cheatography.com/20977/cs/3824/

Objectives of First Aid

1. Save Lives
2. Prevent Further Injury
3. Prevent Infection

Symptoms of Shock

Vacant or Lackluster Eyes
Shallow or Irregular Breathing
Cold Pale Skin
Weak or Absent Pulse
Nausea

Electrical Shock Treatment

Keep Warm; Do Not Overheat
Keep Head Lower than Feet

Storing HAZMAT

Acids Seperately from Bases
Oxidizers Away from Flammables & Combustibles
Compressed Gases Seperately from other HAZMAT
Powders Above Wet materials

Methods of Controlling Bleeding

1. Direct Pressure
2. Pressure Points
3. Tourniquet

Electrical Shock Rescue

Shut Off Power
Remove Victim Immediately
Administer CPR
Account for Fractures/Spinal Injuries

What is HAZMAT

Any chemical, physical, biological agent that can cause harm

Contents of the MSDS

Identity, Ingredients, Emergency Procedures for Exposure, Date of MSDS, Physical and Chemical Make-up, Reactivity, Health Hazards, Precautions for Safe Use, Control Measures, Routes of Entry into the Body, Contact Info of Responsible Party

Pressure Points

Ankle
Pelvis
Wrist
Below Bicep
Base of Neck
Jaw Line
Temple
Inner Elbow
Inner Thigh
Behind the Knee

Temperature Injuries

Frostbite
Hyperthermia
Heat Exhaustion
Heat Stress
Heat Stroke

PPE

Respirators, Hand Protection, Foot Protection, Eye Protection, Face Protection, Skin/Body Protection, Hearing Protection

What is Shock?

A Disruption of the Circulatory Process

Treatment for Shock

Lay Victim Down
Feet Elevated 6" to 12"
Maintain Body Heat
Reassure and Calm Victim

Methods to Clear Obstructed Airway

Standing Abdominal Thrust
Reclining Abdominal Thrust
Standing Chest Thrust
Reclining Chest Thrust

Improperly Stored HAZMAT

Prolonged Periods of Solvents Contacting Combustibles
Liquids above Dry materials
Mixing HAZMAT
Leaky Containers
Improper Labeling

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