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### **First Aid For The Emergency**

Treating Sprains Keep the injured limb elevated. Apply ice to the injured area. Don't apply ice directly to the

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skin. Wrap it in a cloth or put ice in a plastic bag. Keep the injured area compressed. Put it in a brace or tightly wrap it. Don't wrap it so tight that it'll cut off... Ice for a while. ...

### **10 Basic First Aid Training Tips for Any Emergency**

Remove excess layers of clothing and try to cool their body down by doing the following:  
Cover them with a

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cool, damp sheet.

Apply a cool, wet towel to the back of their neck. Sponge them with cool water.

## **Introduction to First Aid - Healthline**

First Aid for the  
Emergency Medicine  
Oral Boards, Second  
Edition David Howes.  
4.8 out of 5 stars 13.  
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Medicine: A  
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Judith Tintinalli. 4.8 out  
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## **First Aid for the Emergency Medicine Boards Third Edition**

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First aid is the  
immediate medical  
assistance given to an  
ill or injured person  
until professional help  
arrives to take over.

There are four basic



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steps to performing  
emergency first aid.

These four first aid  
steps are:

## **The Four Steps of First Aid | First Aid for Free**

First aid is vital at the scene of an emergency. First aid is an emergency measure, generally consisting of simple, often life-saving techniques that most people can train to

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perform with minimal...

## Medicine Oral **First aid: Skills, recovery position, and CPR**

Rinse the area of the sting generously with vinegar for at least 30 seconds. If you don't have vinegar available, use a... Immerse the affected area in hot water, as hot as the person can tolerate, for at least 20 minutes or until the pain... Do not use a pressure

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## Medicine Oral Boards First Aid Specialty Boards **10 Basic First Aid Procedures - Verywell Health**

- Send someone to call 911 or the designated emergency number and obtain an AED and first aid kit.
- Ensure that the person is face-up on a firm, flat surface such as the floor or ground.
- Begin CPR (starting with compressions) or use an AED if one is

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immediately available,  
if you are trained in  
giving CPR and using  
an AED.

## **First Aid Steps | Perform First Aid | Red Cross**

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Boards, 2e is a concise  
review of every topic  
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recently prepared for  
and taken the test  
know best how to  
teach others to study  
for it.

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Shock Treatment 1.  
Lay the Person Down, if  
Possible. Elevate the  
person's feet about 12  
inches unless head,  
neck, or back is injured  
or...

2. Begin CPR, if

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Necessary. For a child, start CPR for children. For an adult, start adult CPR. Continue CPR until help.. 3. Treat Obvious Injuries. 4. Keep ...

## **Shock Treatment: First Aid Information for Shock**

After delivery, hold the baby with his or her head slightly lower than the feet to drain fluid from the nose and throat. Do not hold the

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baby upside down or slap him or her. Gently dry off the baby and wrap him or her in a dry towel or blanket. The baby should start breathing and his or her color should improve as oxygen is breathed in.

### **Emergencies and First Aid - Childbirth - Harvard Health**

If the broken bone is the result of major trauma or injury, call



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911 or your local  
emergency number.

Also call for emergency  
help if: The person is  
unresponsive, isn't  
breathing or isn't  
moving. Begin CPR if  
there's no breathing or  
heartbeat.

## **Fractures (broken bones): First aid - Mayo Clinic**

Richmond Training  
Concepts has launched  
new first aid training  
classes such as basic

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first aid, CPR and AED for community and workplaces, emergency oxygen classes and other first aid programs. The classes are suitable for anyone looking for professional first aid training to develop emergency knowledge and skills.

**Get The Best  
Richmond, VA First  
Aid & Emergency  
Situation ...**

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Emergency First Aid  
Some people try their best to assist someone in need of first aid, even if they don't have the knowledge.

However, often a person fears they will make a mistake if they try to help a victim, thus paralyzing them into inaction. The first step in first aid is wanting to help.

## **33 First Aid Kit List of Contents,**

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First Aid For The  
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**Essentials, and  
Types**

Cuts and Scrapes Wash your hands. First, wash up with soap and water so you don't get bacteria into the cut and cause an infection. If... Stop the bleeding. Put pressure on the cut with a gauze pad or clean cloth. Keep the pressure on for a few minutes. Clean the wound. Once you've stopped the ...

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**First Aid Tips: How  
to Treat Burns, Cuts,  
and Bites**

If the child is NOT  
breathing follow these  
baby and child first aid  
steps for seeking  
assistance and  
administering CPR: -  
Ask a bystander to call  
911 and retrieve an  
AED. If there is no  
bystander, call 911  
after delivering 2  
minutes of care. -  
Begin steps for CPR.

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## **How to Perform Child & Baby First Aid | Red Cross**

You can send a hiker to get help or bring a cell phone, emergency beacon, or satellite phone to contact assistance. In an emergency situation, reduce your exposure, stay warm, and stay hydrated. If there is an injured member in your group, don't leave them alone if at all possible.

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## **Ep. 11 - Emergency First Aid Skills for the Backcountry ...**

First aid is the first and immediate assistance given to any person suffering from either a minor or serious illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery.

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