

First Aid

Permafold®: What You Need To Know



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Reviewed and Approved by the Senior Medical Advisory Board

This Permafold® is not meant to take the place of expert medical care or treatment. Follow your doctor's or health care provider's advice.

Emergency Procedures

1. Assess Needs

1. Look around. If it is not safe to help, call or have someone else call **9-1-1**. If it is safe to help, stay calm.
2. If the person responds or moves, give first aid for the problem(s) in topics 4 through 28, as needed. If the person does not respond or move, begin CPR. See topic 2.

2. CPR

CPR is cardiopulmonary resuscitation. Take a CPR course to learn how to do it the right way. Find out about CPR training and updates from: The American Heart Association at 877.AHA.4CPR (242.4277) or www.americanheart.org. **Do CPR only when the person does not move or respond.**

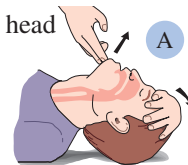
Hands Only CPR for Adults

(This is chest compressions without rescue breaths.)

- Call or have someone else call **9-1-1**.
- Push hard and push fast in the center of the person's chest. Give 100 compressions a minute. Do this to a song that has 100 beats per minute, such as, "Staying Alive" by the Bee Gees. Keep it up until an automated external defibrillator (AED) is used or EMS takes over. {Watch a Hands-Only™ CPR video at <http://handsonlycpr.org>.}

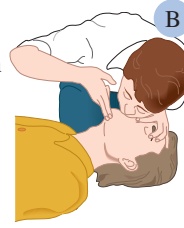
CPR for Adults and Children over 8 Years Old

1. Shout for help! **Call 9-1-1**. Get an AED, if one is nearby. If another person is around, one of you stay with the person; the other one call EMS and get the AED.
2. Follow the **9-1-1** dispatcher's advice.
3. Do CPR until the AED is used or EMS takes over.
4. Open the airway. With one hand, tilt the head back. With 2 fingers of your other hand, lift the chin up. **A** If the airway is still blocked, tilt the head gently and slowly until the airway is open.
5. Within 10 seconds, check for breathing. Look to see if the chest and abdomen rise and fall. Listen for breath sounds exhaled from the person's mouth and nose. Feel for the person's exhaled air on your cheek. If the person is breathing, keep the airway open. Check for other problems.



6. If the person is not breathing, give 1 "Rescue Breath":

- Pinch the nose shut.
- Forming a tight seal, place your mouth over the person's open mouth. **B**
- Give 1 full breath for 1 second. See if the chest rises. If it doesn't, do head tilt and chin lift again. **A** Give the 2nd full breath for 1 second. Look to see if the chest rises.



7. Begin "Chest Compressions":

- Kneel at the person's side. Place the heel of one hand 1/2 inch above the "V" where the ribs join the breastbone. Place the other hand on top of the one already in place. **C**
- Lean over the person and press straight down on the chest using only the heels of your hands. Depress the middle of the chest between the nipples about 1 1/2 to 2 inches.
- **Push hard and push fast.** Give about 100 compressions a minute. Relax pressure completely after each compression.



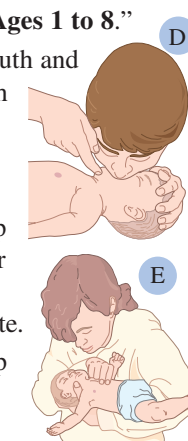
8. Give cycles of 30 chest compressions and 2 rescue breaths, without a break, until: The person moves, an AED is used, or until medical help takes over.

CPR for Children Ages 1 to 8 Years Old

1. Shout for help! If you are alone, do CPR first. (Do 5 cycles of 30 compressions and 2 rescue breaths.) See steps 3-7 of CPR on panel 2 and listed above. Then **call 9-1-1**, get an AED, and return to the child. If you are not alone, someone start CPR. Someone else **call 9-1-1** and get an AED.
2. During Step 7 of CPR, don't press on the child's ribs or the lowest part of his or her breastbone. Depress the middle of the chest between the nipples about 1/3 to 1/2 the depth of the chest.
3. Give 30 chest compressions and 2 rescue breaths until: The child starts to move; an AED is used; or until medical help takes over. Always open the airway before giving rescue breaths. {**Note:** Chest compressions alone are better than doing nothing, but it is best to give rescue breaths and chest compressions in children. Why? Airway problems are the main cause of cardiac arrest in infants and children.}

For Babies Up to 1 Year Old

1. Follow Step 1 of "CPR For Children Ages 1 to 8."
2. For rescue breaths, cover the baby's mouth and nose with your mouth. **D** Give 1 breath for 1 second after every 5th chest compression.
3. Use the tips of your middle and ring finger to compress the baby's chest. Slip the other hand under the baby's back for support. **E** Depress the breastbone 1/2 to 1 inch at a rate of 100 times a minute.
4. Give CPR, as needed, until medical help arrives and takes over.



3. Recovery Position

See **F** for the recovery position. The person's head is tilted back to keep the airway open. This position *should not* be used when a person is not breathing or has a head, neck, back, or serious injury.



4. First Aid for Choking

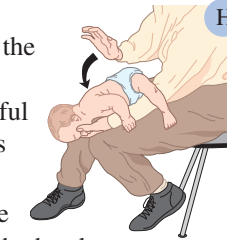
For Persons Over 8 Years Old

1. Ask, "Are you choking?" Don't interfere if he or she can speak, cough, or breathe. Otherwise, reach around the person's waist from behind. Make a fist. Place it above the navel, but below the rib cage. Grasp your fist with your other hand. **G** Press your fist into person's abdomen and give 5 quick, upward thrusts.
2. Repeat upward thrusts until the object is forced out or until the person becomes unconscious.
3. If person is unconscious, shout for help! **Call 9-1-1!** Tilt the head back and lift the chin to open and check the airway. Give 2 slow **Rescue Breaths** (See Step 6 in Topic 2). Give 2 rescue breaths again. If the person does not move or respond, give 15 chest compressions. (See Step 7 in Topic 2.) Repeat rescue breaths and chest compressions. Each time you open the airway to give rescue breaths, check the person's mouth for the object and remove it if you can.
4. Continue CPR, until the object blocking the airway is forced out or until medical help takes over. Even when the object is removed, the person should see a doctor.



For Babies Up to 1 Year Old

1. Don't interfere if the baby coughs, cries, or breathes okay.
2. If the baby is conscious, hold the head (face down) in one hand. Straddle the baby over your forearm. Rest your arm on your leg for support. Keep the baby's head lower than the rest of his/her body.
3. With the heel of your free hand, hit the baby's back between the shoulder blades 5 times. **H** Use quick, forceful motions. Do this 3 to 4 times. If this does not work, go to step 4.
4. Turn the baby over (face up). Cradle the baby on your forearm. Support the head with one hand. Rest your arm on your leg for support. Place 2 fingers 1/2 inch below and in between the nipples on the baby's chest. Give 5 quick downward thrusts.
5. Repeat steps 3 and 4 until object is removed or the baby is unconscious. If the baby is unconscious have someone **call 9-1-1!** If no one calls **9-1-1**, give first aid for 1 minute, stop to **call 9-1-1**, then resume rescue efforts. Perform tongue-jaw lift. **I** If you see the object, remove it.
6. Give 2 slow **Rescue Breaths**. (See **D** in Topic 2). Give up to 5 back blows; then give up to 5 chest thrusts. If the object is expelled, stop.
7. Check for and remove the object in the airway, if visible.
8. Repeat steps 7 and 8, as needed. Don't give up!



For Children Ages 1 to 8

1. For a conscious child, give abdominal thrusts as for adults. Don't be too forceful.
2. For an unconscious child, give first aid for choking as for an adult.

First Aid Conditions

5. Animal / Human Bites

1. Control **Bleeding** (Topic 6).
2. Clean the wound with soap and water. Dry and cover the wound with a clean bandage.
3. For an animal bite, notify pet owner and local animal control.
4. Get medical care.

6. Bleeding

1. Cover wound with a clean, dry cloth, then a waterproof material, and apply direct pressure. For severe bleeding, call **9-1-1** or take the person to a hospital ER. Lift wound area higher than the heart if able and no bone is broken.
2. Apply pressure until bleeding stops or getting medical care. Put extra cloths on top of existing ones, as needed.
3. Do not remove an object stuck in a wound if blood gushes from it or it bleeds badly. **Call 9-1-1**. Put padding and tape around (not on) the wound.
4. Monitor for **Shock** (Topic 26).
5. Only apply a tourniquet if bleeding cannot be stopped with direct pressure.

7. Broken/Dislocated Bones

1. For a serious injury, **call 9-1-1!** Do not move the person.
2. Check for **Shock** (Topic 26). Control **Bleeding** (Topic 6).
3. Don't reset a bone. Immobilize the wound with a splint. Use a firm material; pad with softer one. Secure the splint above and below the injury or tie the injured part to uninjured part.
4. Get immediate medical care.

8. Burns

For Heat Burns

1. Use cold water, not ice, on the burned area.
2. Remove hot or burned clothes that come off easily. Do not remove clothing that is stuck to the skin.
3. Cover the area with a clean, dry cloth. Do not use ointments. Do not break blisters.
4. **Call 9-1-1** for a serious burn or for **Shock** (Topic 26).

For Chemical Burns

1. Rinse chemicals off fast, while removing contaminated clothing. Rinse the area for 15 or more minutes.
2. **Call 9-1-1** or get emergency medical care.
3. Cover the area with a clean, dry cloth.
4. Monitor for **Shock** (Topic 26).

9. Choking

See First Aid for Choking (Topic 4).

10. Drug Overdose

1. **Call 9-1-1** for: No movement or response (give **CPR**, Topic 2, as needed); **Heart Attack** signs (Topic 17); **Fainting/Unconsciousness** (Topic 14); pulse rate of 40 or fewer beats/minute or 140 or more beats/minute; **Seizures** (Topic 25); hallucinating, combative behavior, or suicidal attempts or gestures.
2. For suspected drug overdose, call the Poison Control Center (800.222.1222). Follow instructions.
3. Before medical care, keep the person awake.

11. Electric Shock

1. Do not touch the person until power source is shut off. If source is a high voltage wire, **call 9-1-1!** If source is a low voltage current, remove fuse or switch off circuit breaker. If you can't shut off source, with dry feet and hands, use a wood broom handle, etc. to get person away from source. You can touch a lightning victim.
2. Check for movement or response. Do **CPR** (Topic 2) or treat for **Shock** (Topic 26), as needed.

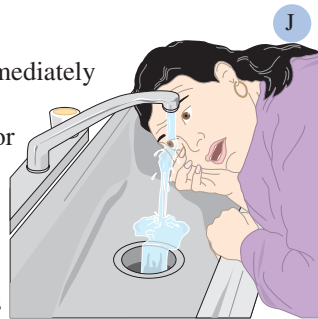
12. Eye Injuries

For Chemicals in the Eye

1. Hold the eyelids apart. Immediately flush the eye with water, gently, without stopping, for 15 to 30 or more minutes or until you get medical help. Don't let water flow to other eye. **J**
2. Loosely bandage both eyes with sterile gauze or cloth.
3. Take the person to a hospital emergency department.

For Cuts or Objects Embedded in the Eye

1. Do not remove the object or press on or rub the eye.
2. Cover the injured eye with a paper cup. Gently tape it in place. Loosely cover the other eye with a bandage.
3. Take the person to a hospital emergency department.



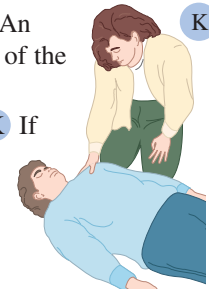
13. Falls

1. Check for **Head/Neck/Spine Injuries** (Topic 16).
2. **Call 9-1-1** if the person can't move or get up.
3. Check for condition that caused the fall. See **Fainting** (Topic 14), **Seizure** (Topic 25), **Stroke** (Topic 28).

14. Fainting/Unconsciousness

Fainting is a brief loss of consciousness. An unconscious person can't be made aware of the surroundings.

1. Gently tap the person for response. **K** If none, **call 9-1-1**. Check for a medical alert tag. Respond as needed.
2. Follow step 2 in **Assess Needs** (Topic 1).
3. Take the person who fainted to a doctor or hospital ER; call 9-1-1 if the person is older than age 40.



15. Frostbite/Hypothermia

Frostbite signs are pain (at first); swelling; white to red to purple skin; then numbness. The skin is hard, solid, and frozen. Loss of function and absence of pain follow.

1. Move the person to a warm place. Don't rub or massage the skin or put snow on it.
2. Soak affected area(s) in warm water 101°F-104°F (38.3°C-40°C) for about 45 minutes. Stop when the skin becomes red, not when sensation returns.
3. Elevate and protect affected areas with loose bandages.
4. Get emergency medical care.

Hypothermia is a body temperature less than 95°F (35°C). Signs are blue colored skin, lips and nailbeds, rigid muscles, shivering, confusion, and decreasing level of consciousness.

1. Gently move the person to a warm place right away.
2. Check for movement or a response and give **CPR** (Topic 2), as needed.
3. Remove wet and/or cold clothing, etc. Change to warm and dry coverings. Keep the person in a flat position. Put blankets under and around him/her. Cover the head.
4. Give a conscious person a warm drink without caffeine or alcohol. Get emergency medical care.

16. Head/Neck/Spine Injuries

1. Immobilize the head, neck, and back. Use rolled towels, etc. or your hands along both sides of the head.
2. **Call 9-1-1**. Check for a response. Give **CPR** (Topic 2), as needed. Do not tilt the head back for rescue breaths. Pull the lower jaw open instead.
3. Only move the person if his or her life is in danger.
4. Monitor for **Bleeding** (Topic 6) and **Shock** (Topic 26).
5. Keep the person warm.

17. Heart Attack

1. **Call 9-1-1** for any of these signs: Chest pain (may spread or be felt in arm, neck, tooth, jaw, or back); tightness, burning, squeezing, fullness or heaviness in the chest that lasts more than a few minutes or goes away and comes back; or chest discomfort with fainting, lightheadedness, nausea, shortness of breath, or sweating.
2. Check for movement or a response. Give **CPR** (Topic 2), as needed.
3. If conscious, put the person in half-sitting position. Give one 325 mg. aspirin to chew (if no aspirin allergy or past reaction to it).
4. Give prescribed medicine (e.g., nitroglycerin).



18. Heat Stroke/Exhaustion

Heat Stroke signs are body temperature 104°F (40°C) or higher; red, dry, and hot skin; fast pulse that gets weak; no sweating, and decreasing level of consciousness.

1. Move the person to a cool place. Put feet higher than head.
2. Remove heavy clothing. Fan and cool the person. Wrap in a cold, wet sheet or apply cold packs or wet towels.
3. Monitor for movement or a response and **Shock** (Topic 26).

Heat Exhaustion signs are: heavy sweating; nausea; headache; fast pulse; weakness; and dizziness.

1. Follow steps 1 and 2 under *Heat Stroke*.
2. If the person is conscious, give cool or cold water to sip.
3. Have the person lie in a cool, breezy place.
4. Get medical care if no improvement after 30 minutes.

19. Insect Bites/Stings

1. For a severe allergic reaction or history of one, **call 9-1-1!** If available, use prescribed medicine (e.g., EpiPen).
2. For a high fever, stiff neck, severe headache, muscle weakness, tremors, and decreasing level of consciousness 3 to 5 days after mosquito bite, go to a hospital ER.
3. For minor bites/stings, clean the area with soap and water, apply cold compress to it, and keep it lower than heart level. For bee sting, first scrape out stinger with a credit card, blunt knife, etc.

20. Knocked-Out-Tooth

1. Pick the tooth up by the crown. Rinse all but the root with clear water. Don't remove tissue attached to tooth.
2. Gently put the tooth back in its socket; hold it under the tongue; put it in a jar with milk; or in a wet cloth.
3. Hold a gauze pad, etc. over a bleeding gum.
4. Get to a dentist or hospital ER within 30 minutes. Take the tooth.

21. Low Blood Sugar Reaction

Signs are shallow breathing; rapid pulse; cold, clammy skin; weakness; dizziness; trembling; faintness.

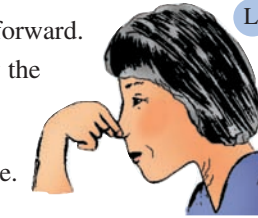
1. If the person is unconscious, see **Fainting/Unconsciousness** (Topic 14).
2. Check for a medical alert tag. Respond as needed.
3. If the person is conscious, give a sugar source (juice, candy, glucose tablets, etc.).
4. **Call 9-1-1** or get emergency medical care.

22. Near Drowning

1. **Call 9-1-1** first!
2. If it is safe and possible, try to reach person with a life preserver, long pole, rope, etc. Support the head and neck when removing the person from the water.
3. Check for movement or a response. Give **CPR** (Topic 2), as needed.
4. Remove cold, wet clothes and cover the person with a warm item to prevent **Frostbite/Hypothermia** (Topic 15).

23. Nosebleed

1. Sit upright with the head tilted forward.
2. Pinch nostrils firmly, just below the bone for up to 20 uninterrupted minutes. **L** Repeat, if needed.
3. If still bleeding, get medical care.



24. Poisoning

For Swallowed Poisons

1. **Call 9-1-1** if the person is unconscious. Follow Topics 1, 2, and 3, as needed.
2. Once conscious, place him/her in recovery position.
3. Call the Poison Control Center (800.222.1222). Follow instructions. Do this first if steps 1 and 2 don't apply.
4. If the person needs to be taken to the ER, bring the poison container with the label intact.

For Inhaled Poisons

1. Protect yourself. Move the person to fresh air.
2. Follow first 3 steps in "For Swallowed Poisons" listed above.
3. Get medical attention.

For Chemical Poisons on Skin

1. Protect yourself. Flood the skin with water for 5 or more minutes and remove contaminated clothing.
2. Gently wash the skin with soap and water. Rinse well.
3. Get medical attention.

25. Seizures

Signs are sudden falling; loss of consciousness; drooling; and stiff muscles.

1. Protect the person from injury. Cushion the head, etc.
2. DO NOT hold the person down, put a spoon of anything else in the mouth, or throw water on the face.
3. Loosen tight clothes, especially around the neck.
4. After the seizure, lay person on his/her side. If he/she vomits, the vomit can drain out of the mouth without being inhaled. Let person sleep. Check for a medical alert tag, respond to condition as needed, and **call 9-1-1** (except for known seizure disorder in a person you know).

26. Shock

1. **Call 9-1-1** for: Cold sweat; cool, clammy skin; extreme thirst; lightheadedness; weakness; confusion; bluish lips, skin, and/or fingernails; and rapid pulse.
2. Lay the person flat, but do not move him/her if you suspect a head, back, or neck injury.
3. Give **CPR** (Topic 2), as needed.
4. If the person vomits or has trouble breathing, raise to a half-sitting position (if no head, back, or neck injury).
5. Raise the person's feet about 12 inches. Use a box, etc.
6. Cover the person with a coat or blanket.

27. Snakebite (Poisonous)

Signs are breathing problems; slurred speech; fast or irregular heartbeat; cool, moist skin; and unconsciousness.

1. Keep the person calm. Move the bitten extremity as little as possible.
2. Gently wash the bite area with soap and water. Don't apply ointments.
3. Between the bite and heart, use a venous constricting band snugly around the extremity, but not too tight that a pulse can't be felt.
4. Get the person to a hospital ER right away.
5. If more than 1½ to 2 hours from a hospital, use snake bite emergency kit, if available.

28. Stroke (Brain Attack)

1. **Call 9-1-1** for any of these signs:
 - Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
 - Sudden confusion, trouble speaking, or understanding.
 - Sudden trouble seeing in one or both eyes.
 - Sudden trouble walking, dizziness, loss of balance or coordination.
 - Sudden severe headache with no known cause.
2. Do not give the person aspirin or anything to eat or drink.
3. Tell emergency personnel when stroke sign(s) first appeared.