

1. **Choking**—Ask “*Are you choking? Try to cough.*” If they can’t cough forcefully, give the Heimlich Maneuver to the victim’s navel (or if pregnant or obese give thrusts to their breast bone). If so obese your arms won’t reach around victim, lie them on the floor for belly thrusts (also on *pg. 10 of ASHI first aid pocket guide*)
2. **Heart Attack**-- Notice and act on the signs & symptoms: Feelings of dull, gripping chest pain in men. In both sexes there can be pain or tingling radiating to neck, jaw, shoulders, or arms; the victim is pale and sweaty, has shortness of breath, nausea, light-headedness, is disoriented, has feeling of general weakness. Any combination of signs or symptoms lasting 2 minutes or longer, call 911. Denial is Deadly! After menopause, a woman’s heart attack risk significantly increases. Women’s symptoms in general can be more subtle than men’s. Understand this and act. (*pg. 28*)
3. **Stroke (Brain attack)**: In major strokes, one side of the person’s body does not respond. In smaller strokes, the victim can show sudden memory or vision problems. Look for **S-T-R**: Ask the person to **Smile, Talk, Raise** both arms. You will see a droopiness on one side of their face, trouble speaking, and/or difficulty raising one arm. Call 911, reassure and monitor the victim. (*pg. 32*)

(Begin first aid video)

4. **Burns**: Plenty of cool water over the burn 10-15 minutes. Call 911 for severe burns to: Infant/Elderly; multiple body areas; or severe burns to these areas—head, neck, hands, feet, genitals. (*pg. 19*)
5. **Fainting/Dizziness**: Lie the victim down, elevate legs 1-2 feet to give better blood flow to brain. “If the face is pale, raise the tail, if the face is red, raise the head.” Personal rest tip: this position done for 20 min gives 90 min worth of rejuvenation- source: Chinese medicine

6. **Bleeding**: Direct pressure on wound; elevate above level of heart if no broken bones; bandage. (**Demo and practice this.**)

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7. **Nose bleeds**: Pinch the bridge of the nose with thumb and index finger; Press Kleenex under nose; lean their head forward—not back, to limit vomiting (*pg. 25*).
 8. **Bee stings**: Use a credit card or finger nail to flick the stinger off of the skin. If an allergic reaction begins (swollen area larger than normal, difficulty breathing) call 911 and use Epi-pen if prescribed for victim and available. (*pg. 31*)
 9. **Tooth knocked out**: hold tooth by the crown, not roots, and place it in some milk and have the victim go to the dentist for possible replacement. (*pg. 24*)

10. *Injured arm (joint or break): Watch video, and do triangle bandage demo and practice.*

11. **Heat Emergencies**: Get the victim out of the sun and give water only if they are fully conscious. Use dampened cool towels and call 911 for a heat stroke victim, this victim is hot and dry and can no longer sweat to cool him or herself. (*pg. 34*)

12. **Eye emergencies**: Cover both eyes if one is injured. If chemical splashed in one eye, it is positioned lower than the healthy eye and cleansed with water. (*pg. 25*)

13. **Seizures**: Support head from banging on ground. Do not put anything in the victim’s teeth, move sharp objects away from victim. Seizures usually last 30 seconds to 1 minute, the victim stays breathing, but will not remember the episode. Check briefly for CPR steps after shaking stops. Call 911. (*pg. 31*)