

# Do 1 Thing...First Aid

www.do1thing.us



The mission of [www.do1thing.us](http://www.do1thing.us) is to move individuals, families, organizations, businesses, and communities to prepare for all hazards and become disaster resilient.

**THE GOAL: Be prepared to deal with medical emergencies while waiting for first responders.**

## Do One Thing (choose one thing to do this month):

- ☐ Buy ready made first aid kits for your home and your car.
- ☐ Make a first aid kit from items you have at home or can purchase for low cost.
- ☐ Make sure everyone knows where the first aid kits are located.
- ☐ Take training in first aid, CPR and AED usage.
- ☐ Take a pet first aid class.

## First Aid: Knowing What to Do

Do you know what to do in a medical emergency? Actions you take in the first few minutes after an injury or other medical incident may save someone's life.

An emergency can happen at any time and any place. Many public locations have a first aid kit, oxygen, or an Automated External Defibrillator (AED) to treat people. Airports, workplaces, places of worship, and malls are placing these items so that quick access can make the difference between a tragic incident and a temporary setback. These items can only save lives if someone knows how to use them.

Knowing how to apply a bandage, take care of a broken limb, knowing the signs and symptoms of shock, how to properly maintain an open airway, perform CPR, use an AED, and knowing the information a dispatcher will need when you call 911 is not as hard to learn as you might think.

Contact your local fire department or American Red Cross chapter to learn what first aid classes are available in your area. Ask your employer if they will sponsor a class for your workplace, or take a class with your family or on your own. Many classes are offered free of charge. Courses may also be offered at your place of worship, school, or community organization. Community Emergency Response Team (CERT) training also includes first aid training.

## First Aid: Having the Things You Need to Help

Ready made first aid kits are available at most department stores or your local American Red Cross chapter. These kits come in a variety of sizes and prices. You can also make your own kit from supplies you already probably have around the home.

Some items that should be included in a basic first aid kit are:

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|------------------------------|--|
| S Adhesive Tape              | S Gauze Pads and Roller Gauze (asst sizes) |
| S Antiseptic Ointment        | S Hand Sanitizer (liquid or wipes)         |
| S Band-Aids (assorted sizes) | S Plastic Bags                             |
| S Blanket                    | S Scissors and Tweezers                    |
| S Cold Pack                  | S Small Flashlight and Extra Batteries     |
| S Disposable Gloves          | S Triangular Bandage                       |

## Cardio-Pulmonary Resuscitation (CPR)

CPR has the greatest chance to save a life when it is started in the first few minutes of an incident. First responders may not reach the scene for five minutes or more. It is up to individuals, like you, to be ready to help someone who needs CPR. The person whose life you save may be someone that you love.

Check your local American Red Cross chapter, American Heart Association office, or local Fire and/or EMS provider to find out when the next first aid or CPR course will be offered and sign up for a class. Depending on the time of year you may also be faced with environmental hazards that could require first aid or CPR such as:

- Heat exhaustion; exposure to high temperatures that the body cannot compensate for
- Frostbite; exposure to extreme cold temperatures causing tissue damage
- Hypothermia; exposure to extreme cold causing a drop in the body's temperature
- Dehydration; an extreme loss of fluids from the body

You may be involved in or witness an accident. Until first responders arrive, you may be the only person who can help save a life or prevent further harm. Be ready to help by getting first aid and CPR training now.

### What is CPR?

Cardiopulmonary resuscitation (CPR) is a combination of rescue breathing and chest compressions delivered to victims thought to be in cardiac arrest. When cardiac arrest occurs, the heart stops pumping blood. CPR can support a small amount of blood flow to the heart and brain to “buy time” until normal heart function is restored. *(American Heart Association)*

## What to do while waiting for an ambulance to arrive

Call 911 instead of transporting an injured or ill person yourself. It seems like waiting for an ambulance will make it take longer to get help, but ambulance crews can start providing care as soon as they arrive on scene, and can get the patient to the hospital quickly, legally, and more safely.

1. Stay on the line with 911 and follow emergency instructions.
2. Stay calm and try to keep the patient calm.
3. Don't move a patient who was injured in an automobile accident or fall, or who was found unconscious.
4. If the patient is cold, cover them with a blanket.
5. Don't give an injured person anything to eat or drink (unless instructed by the 911 dispatcher).
6. Have someone look out for ambulance and escort them to the patient (especially in an apartment or office building, or if your address is hard to see from the street).

## Pet First Aid

Many American Red Cross chapters now offer training in pet first aid. Training may also be available through your local humane society, kennel club, or pet store. Check with your veterinarian to see what special items you may need to include in a first aid kit for your pets. If you travel with your pet, or if they are service or hunting animals, you may want to make a travel-sized pet first aid kit as well.

***Being prepared doesn't have to be hard or expensive. By doing one thing a month, you can make sure that you and the people who depend on you will be better prepared for whatever happens.***

**For more information:**  
<http://www.do1thing.us>

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