

Betty Canavese

L-372
Safety Series

Worksheet No. 6

First Aid

W. L. ULICH, EXTENSION AGRICULTURAL ENGINEER
THE TEXAS A. & M. COLLEGE SYSTEM



4-H First Aid Kit

BE PREPARED IF ACCIDENTS HAPPEN — *Keep a First Aid Kit Handy*

Even the most careful farm worker may need first aid sometime. Cuts, bruises and blisters—no matter how small—should be given attention. A small cut might cause a big infection.

Although first aid may mean the difference

between life and death, have your doctor treat all major injuries as soon as possible. If you do not have a first aid kit, one like that pictured above will provide adequate aid for the usual farm accident. The box is an ordinary cigar box and the contents are listed on the next page.

Contents of First Aid Kit

1 small first aid handbook

1 roll adhesive tape	1 bottle merthiolate
1 box adhesive bandages	1 tube butesin picrate ointment
1 box aspirin	1 bottle argyrol 5-10 percent solution
1 box gauze pads	1 packet simple tourniquet
1 roll gauze bandages	1 box absorbent cotton
1 bottle spirits of ammonia	1 ordinary razor blade
1 cake germicidal soap	1 bundle swab sticks

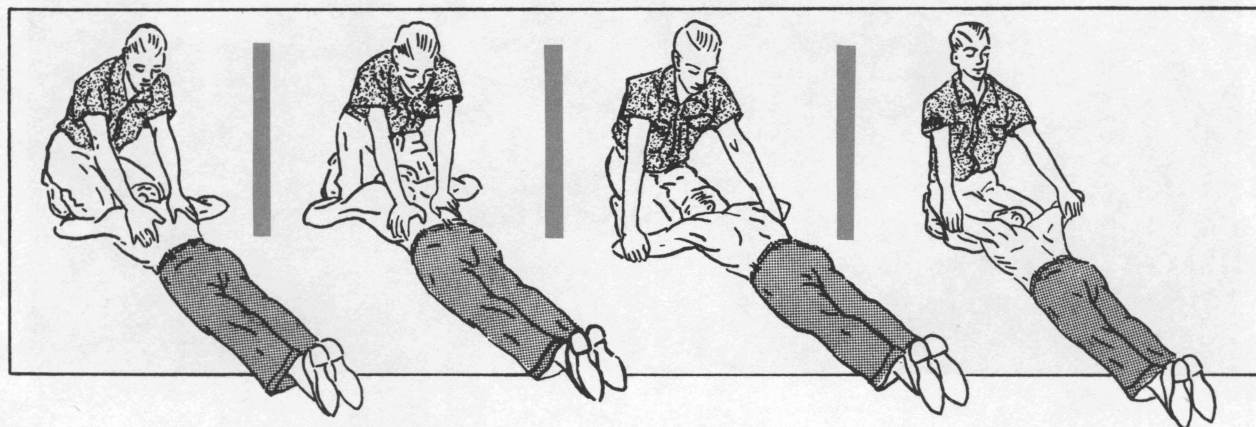
Study the handbook and learn how to use the contents of the kit.

Know How to Give Artificial Respiration

Artificial respiration is a means of aiding the human body to regain its normal breathing function. Everyone needs to know how to give artificial respiration for it may help save a life. The Nielsen method of artificial respiration is easy to learn and do. It must be given immediately when someone stops breathing or has great trouble breathing. That may happen after rescue from drowning, suffocation, electric shock or gas poisoning.

The Nielsen Method

Begin by placing the victim on his stomach with his cheek on his hands to keep dirt out of his mouth. Be careful to remove sand, pebbles or other foreign matter from his mouth. Pull his tongue out. You can do all these things as you put him in position or soon afterwards. Have someone call a physician, if possible.



position 1

Kneel on either your right or left knee, or on both, in front of the victim's head. Put your hands—thumbs almost together and fingers spread out—on his back just below his shoulder blades.

position 2

Rock forward and keep elbows straight. Press slowly and evenly downward on his back, adjusting your pressure to the size of his body. This empties the lungs.

position 3

Rock back, easing up on the pressure slowly. At the same time take hold of the victim's arms just above the elbows.

position 4

Lift his arms up and toward you until you meet resistance at his shoulders. Raising the arms pulls air into the lungs. Keep your elbows straight while you do it. Then let the victim's arms fall back into place and drop your own arms.

Repeat these motions steadily from 10 to 12 times a minute. They should take about 1½ seconds with a short pause in between.

Answer the following questions:

(Correct answers may be found in first aid manuals.)

1. Do you give liquids to an unconscious person? _____

2. List at least six pressure point. _____

3. Should you elevate the head of a person who has fainted and appears pale? _____

4. Outline step in giving artificial respiration. _____

5. What are three instances where you would use artificial respiration? _____

6. Should you cover a person who apparently is suffering from shock? _____

7. Poison oak and poison ivy can be identified by the leaves. Describe the leaves. _____

8. Explain how you would treat a minor burn. _____

9. What is the telephone number of your doctor? _____

10. How would you treat a person suffering from heat exhaustion? _____

