Common Emergencies

You may be faced with situations in which a friend or relative experiences a minor injury. Knowing how to handle these situations can help to ease the victim's pain and prevent further complications.

Directions: Read each situation below. Then describe what action you would take in handling the situation.

1. You and a friend are hiking in the woods when your friend steps on a branch and twists his ankle. The ankle is painful and swollen. What kind of injury is your friend experiencing? What action should you take?

2. You are standing in a long line with your sister on a hot day. Suddenly, she faints. How will you help her?

3. You are babysitting for the little girl next door. She is teasing your dog, and the dog bites her. There is a little bleeding, and the wound appears to be swollen. How should you handle this?
List and describe the “three Cs” of emergency care.

1. 

2. 

3. 

First Aid for Bleeding
I found this information on page(s) __________.

First Aid for Burns
I found this information on page(s) __________.

Describe the four types of open wounds.

<table>
<thead>
<tr>
<th>Abrasion</th>
<th>Laceration</th>
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<table>
<thead>
<tr>
<th>Puncture</th>
<th>Avulsion</th>
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</table>

Define the three types of burns.

First degree

Second degree

Third degree
The Chain of Survival
I found this information on page(s) _______.

Define the links in the Chain of Survival.

1. 

2. 

3. 

4. 

CPR
I found this information on page(s) _______.

Explain the Two Types of CPR.

<table>
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<tr>
<th>Adult</th>
<th>Infants and Children</th>
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</table>

Other Emergencies
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<table>
<thead>
<tr>
<th>Symptoms</th>
<th>First Aid</th>
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<tr>
<th>Shock</th>
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</table>
Muscle, Joint, and Bone Injuries
I found this information on page(s) ______.

Other Common Emergencies
I found this information on page(s) ______.

Describe the steps in the P.R.I.C.E. procedure for treating minor sprains and strains.

P: __________
R: __________
I: __________
C: __________
E: __________

Identify the steps that should be taken for the following ways that poison can enter the body.

Swallowing: __________

Inhalation: __________

Through the eyes: __________

Through the skin: __________

Describe the steps you should take if a person gets stung or bitten by an insect or spider but is not allergic to its venom.

1. __________

2. __________

3. __________

4. __________

5. __________
Lesson 4 Emergency Preparedness

Further Explanation

Directions: Knowing the rules for safety during natural disasters is important, but knowing the reasons behind those rules can be even more important. For each of the following safety rules, explain the reasons why the rule was established.

1. Thunderstorms: 30/30 rule

2. Tornado: Never try to outrun a tornado in a car.

3. Blizzard: Wear loose-fitting layers if you are outside.

4. Floods: Do not walk through moving water.

5. After a flood: Drink bottled water.

6. Earthquakes: Stay in a protected area until you are sure the earthquake has stopped.

7. Wildfires: Close all doors and windows before leaving your house, but do not lock the house.