



FIRST AID ON THE FARM

First Response

A. Get professional help by activating emergency service (EMS)

Know who to call

Know how to call. Give the dispatcher the following information.

- Name
- Location of Accident
- Phone number you're calling from
- Nature of the accident
- Number of victims and their condition

Don't hang up until the dispatcher tells you!

B. Make sure the victim and you are not in further danger

C. Provide care until EMS arrives

Check airway (A)

Check breathing (B)

Check circulation (C)

Check spine

Splint fracture

Shock, Unconsciousness and Fainting – usually accompanies severe injury

A. Signs

Cold, clammy skin

Pale face

Chills

Confusion

Frequent nausea or vomiting

B. What to do

Lie the person down

Elevate legs

Cover the victim with a blanket

Give fluids if the victim if the victim is able to swallow and has not sustained an abdominal injury.



Choking

A. Determine whether there is a foreign object obstructing breathing

Ask, "Are you choking?"

Yell for help

Send someone to call an ambulance or call yourself

Do abdominal thrusts

- Wrap your arms around the victim's waist
- Make a fist
- Place the thumb side of the fist on the victim's abdomen
- Grasp fist with the other hand
- Press the fist into the abdomen with quick upward thrusts

Repeat abdominal thrusts until the victim starts to breathe or cough

If the victim becomes unconscious

- Do a finger sweep
- Open the airway tilting the head back and lifting the chin
- Give two full breaths. Keep the head tilted back, pinch the nose shut and seal your lips tight around the victim's mouth. Give two full breaths

Artificial Respiration

A. Steps to determine whether someone has stopped breathing

Does the person respond?

Yell for help

Make sure the person is on their back

Open the airway by tilting the head back and lifting the chin

Clear the mouth of any obstructions

Check for breathing

- Look
- Listen
- Feel

Give two full breaths

Check pulse at the side of neck for 5 to 10 seconds

Call ambulance for help

Continue rescue breathing keeping head back, lift the chin and pinch the nose shut.

Give one full breath every 5 seconds

Look, listen and feel for breathing between breaths



Head, Spine and Neck Injuries.

- A. All damage to the spinal nerve tissue is permanent**
- B. Do not move the person with a possible spinal injury unless there is imminent danger of further injury**
- C. Stabilize the body to prevent movement of the head, neck and spine**
- D. If the victim needs to be moved**
 - Keep the body/spine as straight as possible
 - Pull the body from the feet or shoulders
 - Clothes can be used to drag, using the victim's shirt collar while supporting the head with your forearms

Broken Bones

A. Fractured limbs

Place the injured limb in as natural a position as possible without causing discomfort

Any splints to be applied should extend well beyond the joints above and below the fracture

Use firm material (board, pole or metal rod) for splints

Pad the splints with clothing or some material (*to prevent skin injury.*)

Fasten splints with a bandage or cloth at the break and at points along the splint above and below the break

B. Amputated limbs

Recover the severed part

Rinse it in clean water

Wrap it in a moist towel (not dripping) and seal it in a plastic bag

Cool the severed part with ice. Don't place it in a freezer tissue could be damaged by frostbite

Heat Exhaustion and Heat Stroke

A. Heat Exhaustion

Results from increasing heart rate

Can occur with poor ventilation (*e.g. open furnace or heavy machinery*)

Can occur from loss of body fluids and salts

Symptoms

- Fatigue
- Dizziness
- Clammy with normal skin temperature



Treatment

- Move the victim to a cool spot
- Cool water
- Rest

B. Heat Stroke

Results from the body's sweat glands shutting down

Symptoms

- Mental confusion
- Collapse
- Unconsciousness
- Fever
- Mottled skin

Treatment – Time is of the essence!

- Move the victim to a cool place
- Pour cool water over the victim
- Fan the victim until medical help arrives

Bleeding

A. Put on gloves

B. Use finger or hand pressure to control bleeding

C. Use a belt, bandage, belt or strap to hold in place

D. Do not cut off circulation to the rest of the limb

If bones are not broken, elevate the bleeding body part

Eye Injuries

A. Foreign object

Do not rub the eye

Pull upper eyelid over lower eyelid so that tears may wash the object into view.

Flush the eye with water

If unable to remove the object, cover both eyes with gauze and get medical attention

B. Chemical injury

Flush the eye with water for 15 minutes

Seek medical attention

C. Penetrating Injuries

Don't remove the object or wash the eye

Cover both eyes with gauze

Keep the victim on his/her back

Transport on stretcher

Seek immediate medical attention



D. Eyelid injuries

Check the eye for lacerations before applying pressure over an eyelid

If bleeding, apply direct pressure and apply cold to lessen the bleeding and swelling

Seek medical attention

E. Blunt injuries

Apply cold

Dress with sterile bandage

Transport victim on stretcher

Seek medical attention

Poisons

A. If the poison is a solid, such as pills,

Use a clean cloth to cover your finger

Perform a finger sweep and remove the solid (*Note: The exception to this is infants.*)

B. If the poison is a gas

You may need a respirator to protect yourself

Take the victim to fresh air

C. If the poison is a corrosive to the skin

Remove the clothing from the affected area

Flush with water for 30 minutes

D. Take the label to any poison with you when calling for help