1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      1. Three types of bleeding
         1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – blood oozes slowly
         2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – blood flows steadily
         3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – blood spurts
      2. Wound attention
         1. Use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to protect against disease and infection
         2. Cover the wound with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and apply \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (most bleeding should stop within a few minutes)
         3. If an arm or a leg is involved, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the injury above the level of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ while continually applying pressure to the wound
         4. Use a pressure bandage to hold pressure on the wound
         5. Wrap the bandage in a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ pattern, snugly over the dressing, but not so tight that it cuts off \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
         6. Apply \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dressing with another bandage over it if the blood soaks through the first bandage
         7. Find a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and apply pressure to slow the blood flow if the bleeding from an arm or leg cannot be controlled
      3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ wounds
         1. Clean with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to prevent infection
         2. Flush the wound with running \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
         3. Apply some antibiotic \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the wound
         4. Cover the wound with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
         1. Control the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
         2. Wrap the amputated area with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
         3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the amputated part and wrap it in a dry, sterile dressing or clean cloth
         4. Place the amputated part in a container and keep it cool by placing it on ice
      5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ object
         1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
         2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the impaled object to prevent movement which can cause more damage
         3. Control the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by placing pressure around the object
         4. Wrap the area with gauze or a clean cloth in order to stabilize the object
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      1. Affects the circulatory system
         1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
         2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
         3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      2. Classified as
         1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – happens during a cardiac arrest when the heart does not pump enough blood
         2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – caused by vomiting, diarrhea, or lack of water
         3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – a spinal cord injury or severe allergic reaction
      3. Do not wait for symptoms instead immediately treat victims for shock
      4. Symptoms
         1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ /restlessness
         2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ lips
         3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ breathing
         4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or clammy skin
         5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ pulse
      5. Treatment
         1. Attend to any immediate life threatening injuries
         2. Lay alert and/or responsive victims on their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when appropriate
         3. Elevate the victim’s legs \_\_\_\_\_\_\_\_\_\_\_ inches to move blood from the legs to the heart
         4. Place a nonresponsive or vomiting victim on his or her \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the recovery position
         5. Wrap the victim with blankets to prevent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ shock
         1. Caused by a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
            1. Examples

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* + - 1. Life-threatening, requires immediate medical care
      2. Signs and symptoms could appear within minutes of contact
         1. Difficulty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
         2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of breath and wheezing
         3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
         4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the tongue, mouth, and throat
  1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
     1. Tissue receives more thermal energy than it can absorb
     2. Types
        1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
        2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
        3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
     3. Levels
        1. \_\_\_\_\_\_\_\_ degree (superficial)
        2. \_\_\_\_\_\_\_\_ degree (partial thickness)
        3. \_\_\_\_\_\_\_\_ degree (full thickness)
     4. General Information
        1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – the palm represents about 1 percent of the total body surface
        2. Burns on the face, feet, and genitals are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
        3. Burns can be more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for small children and the elderly
        4. Preexisting conditions may affect the severity of the burn
     5. Treatment
        1. Determine the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_ of the burn
        2. \_\_\_\_\_\_\_\_ degree burns
           1. Immerse the affected area in cool water or apply a cold, wet cloth until the burn is pain free
           2. Apply an aloe vera gel or skin moisturizer
        3. Small \_\_\_\_\_\_\_\_ degree burns
           1. Apply an antibiotic ointment
           2. Cover the burn with a dry, sterile dressing
        4. Large \_\_\_\_\_\_\_\_ degree and \_\_\_\_\_\_\_\_ degree burns
           1. Cover with a dry, sterile dressing
           2. Bandage loosely
        5. \_\_\_\_\_\_\_\_ burns
           1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the chemical as quickly as possible (brush off any dry or powdered chemical from the victim’s skin)
           2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ any contaminated clothing or jewelry before \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the burn area
           3. Immediately flush the victim’s skin with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
           4. Cover the burn with a dry, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
        6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ burn
           1. Remember that electrical current travels along the path of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, often through blood vessels and nerves until it finds an outlet
           2. Make sure that the location is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by disconnecting or unplugging the source of electricity
           3. Check if the victim is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
           4. Check the victim for a possible spinal injury if he or she fell during electrocution
           5. Treat for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
           6. Cover the burn with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
           7. Bandage \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  2. Poisoning
     1. Factors affecting care
        1. The \_\_\_\_\_\_\_\_\_\_\_\_\_ and the \_\_\_\_\_\_\_\_\_\_\_\_\_ of the victim (poisoning is usually intentional when it happens to adults)
        2. The \_\_\_\_\_\_\_\_\_\_\_\_\_ of poison that was ingested (some substances cause immediate damage)
        3. The \_\_\_\_\_\_\_\_\_\_\_\_\_ of the poison ingested
        4. The amount of \_\_\_\_\_\_\_\_\_\_\_\_\_ that the poison has been ingested
     2. Contact the Poison Control help number for further instructions 1-800-222-1222
  3. Cold and Heat Emergencies
     1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
        1. Occurs when the skin \_\_\_\_\_\_\_\_\_\_\_\_\_
        2. Causes the skin to become numb and turn \_\_\_\_\_\_\_\_\_\_\_\_\_ or waxy \_\_\_\_\_\_\_\_\_\_\_\_\_
        3. May cause the victim to feel \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_ Usually effects the \_\_\_\_\_\_\_\_\_\_\_\_\_
        4. Treatment
           1. Get the victim out of the \_\_\_\_\_\_\_\_\_\_\_\_\_
           2. \_\_\_\_\_\_\_\_\_\_\_\_\_ all of the victim’s wet or constrictive clothing
           3. Place a dry dressing between the victim’s affected \_\_\_\_\_\_\_\_\_\_\_\_\_ and/or \_\_\_\_\_\_\_\_\_\_\_\_\_
     2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
        1. The victim’s body loses more \_\_\_\_\_\_\_\_\_\_\_\_\_ than it produces
        2. Symptoms
           1. \_\_\_\_\_\_\_\_\_\_\_\_\_
           2. \_\_\_\_\_\_\_\_\_\_\_\_\_
           3. \_\_\_\_\_\_\_\_\_\_\_\_\_ skin
        3. Treatment
           1. Get the victim out of the \_\_\_\_\_\_\_\_\_\_\_\_\_
           2. Remove the victim’s wet \_\_\_\_\_\_\_\_\_\_\_\_\_
           3. Warm the victim with \_\_\_\_\_\_\_\_\_\_\_\_\_
           4. Cover the victim’s \_\_\_\_\_\_\_\_\_\_\_\_\_
           5. Give the victim a \_\_\_\_\_\_\_\_\_\_\_\_\_ drink
     3. Heat \_\_\_\_\_\_\_\_\_\_\_\_\_
        1. Move the victim to a \_\_\_\_\_\_\_\_\_\_\_\_\_ area
        2. \_\_\_\_\_\_\_\_\_\_\_\_\_ the muscles
        3. Offer the victim some \_\_\_\_\_\_\_\_\_\_\_\_\_ or a sports drink
     4. Heat \_\_\_\_\_\_\_\_\_\_\_\_\_
        1. Move the victim to a \_\_\_\_\_\_\_\_\_\_\_\_\_ area
        2. Provide the victim some \_\_\_\_\_\_\_\_\_\_\_\_\_ or a sports drink
        3. Have the victim \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_
        4. Apply a cool cloth to the victim’s \_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_ , or groin area
     5. Heat \_\_\_\_\_\_\_\_\_\_\_\_\_
        1. Move the victim to a cool area
        2. \_\_\_\_\_\_\_\_\_\_\_\_\_ any heavy clothing that the victim is wearing
        3. Cool the victim \_\_\_\_\_\_\_\_\_\_\_\_\_ by any means possible