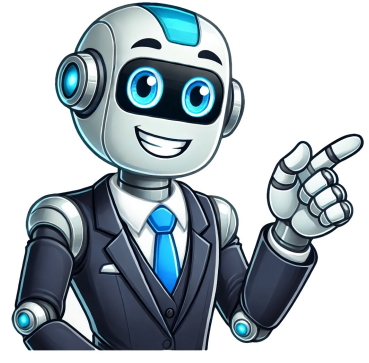


I'm human





When faced with an emergency, it's crucial to provide immediate care to the affected individual until professional help arrives. This guide aims to clarify the first aid process by breaking it down into clear steps. The initial step is to CHECK the scene for safety and potential hazards before proceeding. If the person appears unresponsive, perform a quick check (shout-tap-shout) to identify any life-threatening conditions. If needed, CALL 9-1-1 and obtain equipment or tell someone to do so. Provide CARE based on the condition found and your level of training. CPR: A Crucial Emergency Medical Procedure Rescue breathing and chest compressions work together to keep the person's blood circulating while they're unresponsive or not breathing. When performing CPR, it's essential to check for a pulse, provide chest compressions if necessary, and follow the proper sequence: Awake? If not, try to wake them; Breathing? If not awake or breathing, start rescue breathing and chest compressions. After calling 911, continue care until an ambulance arrives. Some courses also include D (Disability assessment) and E (Examination), which cover checking for signs of injury, bleeding, allergies, or other problems. Cardiopulmonary resuscitation (CPR) is a vital skill to know, as it can help restart the heart and recirculate blood in cardiac arrest situations. Automated external defibrillators (AEDs) are available in many public areas and businesses and can be used with minimal training. If someone is injured and bleeding, recognizing the type of bleed based on its color and flow rate can aid in treatment. Understanding capillaries, veins, and arteries helps identify the severity of the injury and guides first aid efforts. People can survive a severe injury if proper first aid is administered in time. First, put on disposable gloves to protect against infectious diseases and rinse the wound with water. Cover it with gauze or cloth, apply pressure to stop blood flow, and elevate the affected area above the heart. Do not remove the cloth even if it becomes soaked. If bleeding has stopped, apply a clean bandage. However, seek immediate medical help if the wound is deep, has widely separated sides, or is from an animal or human bite. You should also get medical attention if there's arterial bleeding, blood soaking through the bandages, or the bleeding won't stop. Choking occurs when food or an object blocks a person's trachea and can be fatal. Signs of choking include gagging, gasping, wheezing, turning blue in the face, grabbing at the throat, waving arms, and looking panicked. If someone is coughing or talking, they are not choking. To help dislodge the blockage, perform the Heimlich maneuver: stand behind the person, lean them forward, wrap your arms around their waist, clench your fist between their belly button and rib cage, grab it with your other hand, pull sharply backward and upward in five quick thrusts. To help a choking baby, place their head lower than their body and hold the back of their head with one hand. Then, put two or three fingers in the center of their chest and give five quick thrusts downward to push the breastbone in about 1.5 inches. If the baby loses consciousness, CPR may be necessary until help arrives. For a solo Heimlich maneuver, call 911 first, even if you can't speak, and leave the phone connected so they can locate you. Grasp one fist with the other hand and thrust inward and upward above your belly button, repeating until the object is dislodged. Alternatively, bend over a hard surface and use it to apply repeated thrusts to your abdomen. When treating burns, stop the burning process immediately. Burn severity depends on depth and size: first-degree burns affect only the outer skin layer, causing redness and swelling; second-degree burns affect two layers, causing blistering, redness, and swelling, and are considered major if over 3 inches wide or on sensitive areas; third-degree burns affect deeper layers, causing white or blackened skin that may be numb, and always require emergency attention. For non-emergency burns, flush the area with cool running water, apply a light gauze bandage, and take pain relief medication if needed. Do not break blisters, as they protect damaged skin while it heals. For small, unbroken blisters that don't hurt, it's best to leave them alone and cover them to prevent rubbing. However, big or painful blisters require first-aid treatment: wash your hands, sterilize a needle with alcohol, make small holes at the edge of the blister, gently push out the fluid, apply antibiotic ointment, and put on a bandage. If possible, protect the area from further friction or pressure. People with compromised immune systems should not drain blisters themselves and may need their healthcare provider to do so to prevent infection. Do not move the flap of broken skin on its own unless it's dirty, torn, or has pus underneath - use petroleum jelly and a bandage instead. If there's an injury to your arms, hands, or feet, assume it's a broken bone until an X-ray is done. Not all broken bones need emergency hospital treatment; first aid can help stabilize the bone until you see a healthcare provider. Emergency care is needed if someone is bleeding heavily, unresponsive, not breathing, or has multiple injuries. Also, call for help if you suspect spinal column, head, hip, pelvis, or thigh fractures, or if there's an open fracture with exposed bone. For other cases, use first aid and then visit urgent care or contact your healthcare provider. Do not try to straighten the broken bone; instead, use a splint and padding to keep it still, then elevate it. Apply a cold pack on the injury but not directly on the skin - use a barrier between the ice and the tissue. Give anti-inflammatory medication like Advil (ibuprofen) or Aleve (naproxen) for pain relief, but be aware that short-term NSAID use may have little effect on bone healing. A sprain is an injury to connective tissues that hold bones together; symptoms are similar to those of a broken bone. Stop activity and get medical care if the injured person has severe pain, can't put weight on the joint, or shows signs of infection. In case of a nosebleed in children, common causes include dry air, colds, allergies, or injury, but sometimes there's no obvious reason - always have your child blow their nose gently instead of pinching it shut. Other Causes of Painful Symptoms and First Aid Digital trauma is just one of the many possible causes of painful symptoms like picking your nose, others including dry or hot air, high altitudes, chemical fumes that irritate the nasal passages, and so on. First aid for a nosebleed has simple steps if you're experiencing bleeding from your nose: lean slightly forward, pinch your nose just below the bridge. Some factors increase the risk of having a bloody nose, such as frequent nosebleeds, anemia symptoms like weakness or fatigue, taking blood thinners, clotting disorders, medication changes, unusual bruising, and more. If you experience any of these increased risks, you should contact your doctor immediately. Call 911 if bleeding won't stop even after pressure, there is significant blood loss, difficulty breathing, vomiting up blood, a serious injury or head trauma. For frostbite, getting out of the cold is essential then putting the affected area in warm water (98 to 105 degrees) for 20 to 30 minutes and taking over-the-counter pain relievers like Tylenol. Flushing hives, characterized by raised, large red or skin-colored bumps, can occur in response to a bee sting. In the event of an allergic reaction, it is essential to call 911 immediately or get the person to the hospital if signs of anaphylaxis are present. If the individual has a known allergy to bee stings, using an EpiPen can help prevent anaphylaxis from occurring. For those without a known allergy, monitoring for signs of an allergic reaction while providing first aid is crucial. First aid steps for a bee sting include: Removing the stinger immediately with a straight-edged object, avoiding squeezing it to avoid injecting venom further into the skin Washing the area with soap and water Using a cold pack to reduce swelling at the site (without applying ice directly to the skin) Applying an allergy medication or antihistamine to reduce swelling and itching Taking pain relief medication such as Tylenol or Advil Having a first aid kit on hand, which should include essential items like adhesive bandages, gauze pads, compress dressings, and gloves Aid leveling from level 1-75 requires various bandage recipes that can be learned from trainers. Initially, players need to learn Journeyman First Aid by visiting their trainer, then continue training past 150 with the Expert First Aid - Under Wraps book. This tome is sold by specific vendors in Arathi Highlands and Dustwallow Marsh, who also offer the next two bandage recipes. For those at lower levels, buying the book at the Auction House can be a more efficient option than traveling to the vendor. After acquiring the Expert First Aid - Under Wraps book, players can continue crafting Silk Bandages. However, before doing so, they must first learn the Silk Bandage recipe from their trainer if they haven't done so already. Training First Aid above 225 involves completing Triage quests, which also requires reaching a First Aid skill of 225 and level 35. This process leads to learning Artisan First Aid by interacting with specific quest givers in Dustwallow Marsh or Arathi Highlands. It's advisable for players to have sufficient resources on hand as they will need them later to learn additional recipes. To complete the Triage quests, players are advised to prioritize healing patients based on their condition: undead patients are critically injured and should be healed last, troll patients are badly injured and should be healed before or alongside orc patients who are merely injured. Utilizing basic knowledge of patient health can aid in navigating these quests efficiently. Players can also use various interface options such as activating the health bar over patients' heads for easy monitoring or positioning themselves centrally within the room to facilitate healing actions. Once you've reached level 300 in First Aid, turn in the quest immediately to save valuable seconds. Forcing yourself to wait led to my druid character failing the quest with six patients dying, resulting in a failed completion instead of the expected reward. To train above 300 and acquire new First Aid skills, such as Master First Aid, purchase the book from the following NPCs: - Horde: Aresella at Falcon Watch (Hellfire Peninsula) - /way #100, 26.2, 62.0 - Alliance: Burko at Temple of Telhamat (Hellfire Peninsula) - /way #100, 22.4, 39.2 These NPCs also sell essential manuals like Manual: Heavy Netherweave Bandage and Manual: Netherweave Bandage. Ensure you acquire these to reach level 375 in First Aid.

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