



# FIRST AID GUIDELINES

## *Nebraska*

1. **Recovery Position**—Unresponsive and breathing person. Use of the modified HAINES recovery position (**High Arm In Endangered Spine**)
2. **Abrasions and Wounds.** Wash with warm or room temperature water with or without soap. Antibiotic ointment/cream can be used on abrasions or superficial wounds.
3. **Asthma.** First aid providers may assist a victim in using an inhaler; victim states he/she is having an asthma attack and has medication; victim identifies medications and is unable to use it without help.
4. **Anaphylaxis.** First aid providers can help with use of EpiPen provided state laws permit.
5. **Bleeding Control.** Control bleeding with direct pressure. Tourniquet as last resort after pressure points.
6. **Burns.** Cool burns with cold water as soon as possible, continue until pain free. Loosely cover burn blister and leave them intact.
7. **Chemical Burns.** Brush chemicals off skin with gloved hand or cloth. Remove contaminated clothing. Irrigate the area with copious amounts of water.
8. **Dental Injuries.** Handle tooth by crown. Clean bleeding wound with tap water or saline solution, direct pressure. Place tooth in milk or clean water wrapped in gauze and bring with to dentist.
9. **Heart Attack.** Call EMS and provide heart attack care for any victim with chest discomfort.
10. **Heat Stroke.** Cool victim by any means available, preferably through immersion to the chin in cold water.
11. **Hypothermia.** Warm victim with blankets and other indirect methods; such as placing victim near a heat source. Warm water bottle or warm packs against body.
12. **Musculoskeletal Injuries.** Use RICE (**R**est the muscle, apply **I**ce or **C**old pack, wrap with elastic bandage and **E**levate the extremity)—cold is best provided with a mixture of ice and water, place a barrier between pack and skin, limit application to 20 minutes (or 10 minutes if uncomfortable). Do not use re-freezable gel packs (Company use only).
13. **Poisons—Ingested.** Call Poison Control Center—Do Not give victim anything until told to do so by PCC.



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- 14. Seizures.** First aid for seizures includes preventing injury and ensuring an open airway; Protect head with a pillow or soft material, do not restrain victim; Do not put anything in victim's mouth; Use recovery position after seizure.
- 15. Shock.** If no trauma, raise feet about 6 to 12 inches, cover with blanket. No food or drink until after seen in emergency room.
- 16. Spine Stabilization.** Manually stabilize the head so that the head, neck and spine do not move and are kept in line.
- 17. Snake Bite.** Wrap a bandage snugly around entire length of bitten extremity and immobilize. Keep lower than level of heart.
- 18. Spider Bite.** Keep lower than level of heart. Place ice on affected are.