



FIRST AID

Sprains and & Fractures

If an injured arm or leg begins to swell, roll a magazine or newspaper around it to make a splint. Tie securely using pieces of cloth to keep the limb from moving. You'll also want to make a sling for an injured arm.

If the limb appears misshapen or bone is showing call EMS, otherwise call an adult to evaluate.

Nosebleeds

Have the person sit down and lean slightly forward. This keeps the blood from running down his/her throat. Using a tissue, pinch the nose with your thumb and forefinger for five minutes or until the bleeding stops.

Call an adult if the bleeding doesn't stop in 15 minutes.

Cuts and Abrasions

Wear rubber gloves. If the cut is not deep or just a scrape wash the area and apply a Band-Aid. If the cut is deeper, apply direct pressure using a clean cloth or large gauze pad until bleeding stops then clean and bandage the area.

If there is a large amount of blood or you are not able to stop the bleeding call for emergency help. Call an adult if you are not sure.

Blisters

Never pop a blister. Keep the area clean and protected with a fresh Band-Aid. If the area is being rubbed (such as the heel by new shoes) remove the item rubbing it or cover it with gauze for padding.

Inform an adult if the area appears infected.

Fainting

If a person feels light-headed and looks pale, help them lay down. If possible elevate their feet and loosen clothing. Apply a cool cloth to his/her forehead. If the person vomits, roll them on their side to prevent choking.

Call an adult if the person does not fully recover within 5 minutes.

Burns (Including Sunburns)

1st degree and 2nd degree burns will cause the skin to redden and possibly blister. Immediately cool the area by running under cold water, then patting dry. Apply a clean bandage without any ointment. Do not pop any blisters.

Call an adult if skin is blackened. This is a 3rd degree burn and needs immediate medical care.

Bee Stings

Use the side of this card and scrape it across the area until the stinger comes out. Wash with soap and cold water and apply an ice pack.

Call for emergency if the person knows they are allergic or if they have trouble breathing or show other signs of allergy such a swelling of the face or tongue, hives, fainting or itching.

Head Injuries

If bleeding, wash and dry the area and apply a clean bandage. For bumps and bangs, apply an ice pack and sit him/her quietly for 10 minutes.

Call emergency if the person is vomiting, loses consciousness or if pupils appear uneven. Call an adult if the person seems confused or has a severe headache.

Choking

If the person cannot speak, breath or cough stand behind him/her and place the fist of one hand pointing inward just above the navel and placing the other hand over the fist to guide it. Thrust inward and upward. Repeat until object is expelled. This is called the Heimlich maneuver.

Call emergency if Heimlich maneuver doesn't work or if person becomes unresponsive.

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R Barnett



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The Good Girl's Guide to Getting Kidnapped Yxta Maya Murray, 2010-01-07 Kiki and Mish are best friends but what Kiki doesn't know is that Michelle Pena was born a gang princess Princess P grew up destined to inherit leadership of the Snakes a future filled with crime and fear Michelle on the other hand is a nationally ranked athlete and academic superstar This is her new life and she's finally put her past and her childhood love for Silver to rest Then Silver helps kidnap both girls and Michelle has to figure out how to free them both and reconnect with a future that might now be beyond her reach *The United States Catalog* Mary Burnham, Carol Hurd, 1928 **The Girl's Guide to Travelling Solo** Deanna G. Wolff, 2003 Finally a clever and unforgettable true story about a single woman's trip to Italy Engaging enlightening and often comical The Girl's Guide To Traveling Solo will delight your senses and make you feel like you're there whether you're an experienced traveler or you've only dreamed of traveling Deanna Wolff's zest for adventure is sure to entertain you as she explores Italy's culture language history and men In a spirit that is both light hearted and practical she will teach you the dos and don'ts of traveling and will undoubtedly inspire all women to hit the road for the adventure of her life Packed with a wealth of resources The Girl's Guide To Traveling Solo is a must have for any traveler British Books in Print, 1985

Alone in Silence Barbara Eileen Kelcey, 2001 This book details the struggles of the over 500 European women who travelled or lived in Canada's Northwest Territories before 1940 to set up a home in the harsh environment The geography also forced them to adjust the way they worked For instance letters and reports of the Grey Nuns who worked alongside the Oblate Fathers in the Mackenzie indicate the hardships imposed by their situation but also show how driven they were by their missionary purpose *Farmers' Guide*, 1902 *Country Guide*, 1928 Subject Guide to Children's Books in Print, 1987 **Country Guide and Nor'west Farmer**, 1928 Children's Books in Print R R Bowker Publishing, Bowker, 1999-12 **New Jersey Library Bulletin**, 1914 **Normal Instructor and Primary Plans**, 1914 Subject Guide to Books in Print, 2001 Ontario Library Review and Book Selection Guide, 1922 Athenaeum and Literary Chronicle, 1912 **The Athenaeum**, 1912 **Paperbound Books in Print**, 1992 **El-Hi Textbooks in Print**, 1984 **Canadian Books in Print 2002** Marian Butler, 2002-02 **A Guide to Teaching Materials in Elementary Health Education** Howard E. Westcott, 1959

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Table of Contents First Aid Manual Printable Girl Guides

1. Understanding the eBook First Aid Manual Printable Girl Guides
 - The Rise of Digital Reading First Aid Manual Printable Girl Guides
 - Advantages of eBooks Over Traditional Books
2. Identifying First Aid Manual Printable Girl Guides
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an First Aid Manual Printable Girl Guides
 - User-Friendly Interface
4. Exploring eBook Recommendations from First Aid Manual Printable Girl Guides
 - Personalized Recommendations
 - First Aid Manual Printable Girl Guides User Reviews and Ratings
 - First Aid Manual Printable Girl Guides and Bestseller Lists
5. Accessing First Aid Manual Printable Girl Guides Free and Paid eBooks
 - First Aid Manual Printable Girl Guides Public Domain eBooks
 - First Aid Manual Printable Girl Guides eBook Subscription Services
 - First Aid Manual Printable Girl Guides Budget-Friendly Options
6. Navigating First Aid Manual Printable Girl Guides eBook Formats

- ePub, PDF, MOBI, and More
- First Aid Manual Printable Girl Guides Compatibility with Devices
- First Aid Manual Printable Girl Guides Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of First Aid Manual Printable Girl Guides
 - Highlighting and Note-Taking First Aid Manual Printable Girl Guides
 - Interactive Elements First Aid Manual Printable Girl Guides
- 8. Staying Engaged with First Aid Manual Printable Girl Guides
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers First Aid Manual Printable Girl Guides
- 9. Balancing eBooks and Physical Books First Aid Manual Printable Girl Guides
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection First Aid Manual Printable Girl Guides
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine First Aid Manual Printable Girl Guides
 - Setting Reading Goals First Aid Manual Printable Girl Guides
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of First Aid Manual Printable Girl Guides
 - Fact-Checking eBook Content of First Aid Manual Printable Girl Guides
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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