

FIRST AID EMERGENCY TIPS...



TIP #1: Acquire a Good First Aid Kit for Home, Business and Auto...

Re: New CPR Steps: 1. Call 9-1-1 and start chest compression on unconscious prone victim. Use heel of one hand on center of chest with your other hand on top with fingers interlaced (use 2 fingers only for infants). 2. Press down for 2" compress on adults/children and 1.5" on infants. Repeat compressions at rate of 100 times per minute. 3. If CPR trained open victim's airway with head tilted and chin lifted. Pinch nose closed and give two 1 second breaths via mouth. 4. Continue compressions and breaths at rate of 30 compressions and 2 breaths until help arrives.

Re: Choking: 1. Call 9-1-1. Stand behind victim with one arm diagonally across their chest and lean them forward. Give 5 firm back blows between their shoulder blades with your other hand. 2. If still choking, place thumb side of your fist around and above victim's belly button and grab fist with free hand and quickly do 5 upward thrusts to dislodge object. If young child involved, hold them face down on your lap with torso higher than head and thump them up to 5 times between their shoulder blades. If still choking, turn them face up and put 2-3 fingers in center of their breastbone and push quickly up to 5 times. Repeat back thumps and chest pushes until object clears. Start CPR if victim loses consciousness.

Re: Bleeding Control: Call 9-1-1. Apply direct pressure to wound with dressings, rag, towel, piece of clothing or your hand alone. If bleeding persists, and no fracture, elevate wound above heart and continue pressure. If still no control, apply pressure at pressure points above wound, such as inside of wrist, inside upper arm, or in groin crease. A final step may require a pressure bandage over the wound itself.

Re: Broken Bones: If the foot or hand at the end of the injured extremity is cold or blue, call 911 immediately! Do NOT straighten the extremity if it is deformed - keep it in the position found. Stabilize the extremity. Use padding to keep it immobile. Put ice on the injury. Never put the ice directly on the skin - put it in a bag first. After holding ice on the injury for about 20 minutes, take it off for 20 minutes. Anti-inflammatory drugs like ibuprofen or naproxen will help with

pain. Elevate the extremity to reduce swelling. If 911 was not called, seek medical assistance for additional pain relief and further evaluation of the injury. Tips: A little water in the ice bag will help it conform to the shape of the injury.

Re: Strokes: Symptoms can include sudden numbness, tingling, weakness or movement loss in face, arm or leg (especially on one side). Sudden vision change, trouble speaking, understanding, balance, severe headache. Lay victim down on left side with head and shoulders slightly elevated and give nothing to eat or drink. TIAs are minor strokes and can last a few minutes or a few hours. Seek medical attention.

Re: Heart Attacks: There may be no symptoms, or they can involve discomfort pressure, heaviness or pain in chest, arm or below breast bone. Discomfort radiating to back, jaw, throat or arm. Fullness, indigestion or choking feeling, sweating, nausea, vomit or dizzy. Extreme weakness, anxiety or shortness of breath. Rapid or irregular heartbeat. Symptoms can last 30 minutes or longer. Call 911 and have victim chew a standard non-enteric-coated 325mg aspirin tablet (needs 5 mins. to reduce Tx82 concentrations).

Re: Rx Needs: Research what natural substances might benefit you in event prescription meds were unavailable. Discuss same with your doctor and have those he approves on hand. Examples to ask him about might include: Cinnamon (2-3 grams daily) to help manage blood sugar levels for type II diabetes. A home remedy for high blood pressure involves a mixture of white grape juice (1 1/2 cup), apple juice (2 cups), and apple vinegar cider (1/4 cup). Keep refrigerated and drink some twice weekly. A blood thinner if needed is 800-1000 IU of vitamin E with 2-3 tablespoons of cod liver oil split into 2-3 daily doses. Have some good all natural (not synthetic) multi-vitamins on hand, such as MegaFood.com. Cancer patients may benefit from green tea, fish oil and curcumin (with black pepper preferred), By all means, store some long life food and water for emergency needs. See all the Emergency & Health Tips & Resources at FactorReady.com, and become a licensed (Ham) amateur radio operator for emergency communication needs. By all means acquire the books, "Where There Is No Doctor" by David Werner and "When All Plans Fail" by Paul R. Williams, M.D.

Disclaimer: Always pre-approve any and all first aid measures and steps with your medical doctor.