

SURVIVAL FIRST AID GUIDE

— DON'T PANIC. BE PREPARED. —



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EVERLIT SURVIVAL





EVERLIT SURVIVAL BE PREPARED FOR THE UNEXPECTED

WHO WE ARE?

Everlit Survival was founded by three American soldiers. After being discharged from the Army after years of dedicated service, they quickly realized that their passion for serving and protecting extended far beyond their military careers. That's when they founded Everlit Survival, a company that is dedicated to making emergency preparedness more accessible to every household.

We believe it is important for every individual to be prepared for emergencies, no matter how big or small, and everyone deserves to be equipped with the tools and knowledge necessary to handle unexpected situations. Accidents can happen at any time, and having the right tools and supplies can be the difference between life and death. That's why we carefully select and design products that meet their high standards for quality and effectiveness.

That's why we have created this pocket-size first aid manual; this booklet is designed to provide you with the information you need to handle unexpected situations quickly and effectively. Our mission is to empower individuals to take control of their own safety, and we believe that our first aid manual is an essential tool for achieving this goal. With Everlit Survival, you can feel confident that you are prepared for anything that comes your way.



THE UNEXPECTED EMERGENCY: WHY FIRST AID KITS ARE IMPORTANT?



PURPOSE

Picture this: you're out on a hike in the woods, enjoying the fresh air and scenery. Suddenly, you hear a scream in the distance. Rushing towards the sound, you find someone who has fallen and is now bleeding heavily. You feel a wave of panic wash over you - what do you do? This is where a first aid kit comes in.

Having a first aid kit is not only important, but it can be the difference between life and death in an emergency situation. Whether you're out on a hike or at home with your family, accidents can happen at any time. But fear not, because this manual is designed to help you prepare yourself and protect those around you in case of an emergency.

This manual is an essential resource for anyone looking to be better equipped in times of emergency. It serves as a handy guide for basic first aid procedures and contains all the information you need to know in order to handle unexpected accidents with confidence. From treating cuts and bruises to administering CPR, this manual covers all the fundamental first aid techniques. By having this guide on hand, you'll have the knowledge and tools to potentially save someone's life in an emergency situation. Whether you're a hiker, a parent, or just someone looking to be more prepared, this manual is an invaluable resource that you won't want to be without.



WHEN TO CALL FOR 911 OR PROFESSIONAL MEDICAL ASSISTANCE

Why quick intervention is essential?

In many medical emergencies, time is of the essence. The quicker medical assistance is obtained, the better the chances are for the victim to recover. Delaying calling for help can result in more serious injuries or even death. Don't hesitate to call for professional medical assistance if you suspect it is needed.

Identifying serious medical emergencies : When to Call for Professional Medical Assistance?

Some situations require immediate medical attention, such as ***chest pain, difficulty breathing, severe bleeding, and loss of consciousness***. Other emergencies may not be immediately life-threatening, but can still require medical attention, such as ***broken bones or severe allergic reactions***. If you are unsure whether the situation is serious, it is better to err on the side of caution and call for help.

Tips for making a call to 911

When you make a call for emergency services, make sure you provide ***accurate information about the situation and your location***. Stay on the line until the operator tells you it is okay to hang up. ***Keep the victim calm and comfortable*** while you wait for help to arrive.

Q: Is it necessary to call for professional medical assistance in all emergency situations?

A: No. However, recognizing when a situation is too serious for you to handle and calling for professional medical assistance is crucial in certain circumstances.

BEFORE ADMINISTERING FIRST AID



Safety precautions when administering first aid

Administering first aid can be a crucial step in an emergency, but it's important to take necessary safety precautions to avoid making the situation worse. This includes making sure the scene is safe, wearing gloves or other protective gear, and avoiding contact with bodily fluids.

Steps to take before administering first aid

Before administering first aid, it's important to take certain steps to assess the situation and ensure your own safety. This can include checking for any potential hazards, making sure you have the necessary equipment and supplies, and determining the best approach based on the victim's condition.

1. **Assess the scene:** Look around the area for any potential hazards, such as broken glass, sharp objects, or unstable surfaces. Ensure that you and the victim are in a safe location and not in danger of further harm.
2. **Protect yourself:** Wear protective gear, such as gloves or a face mask, if necessary to avoid contact with bodily fluids or other hazardous materials.
3. **Identify any potential dangers:** Look for signs of danger, such as exposed wires or gas leaks, and take appropriate action to prevent further harm.

Q: What kind of personal protective equipment should I use when administering first aid?

A: The type of PPE you should use depends on the nature of the emergency. Gloves are a must, but other PPE like goggles and masks may also be necessary.



KNOW YOUR SUPPLIES

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IMPORTANCE OF PREP & DISINFECT PREVENT INFECTION & PROMOTE HEALING

PREP & DISINFECT

PREP & DISINFECT

When it comes to providing first aid for wounds, one of the most important steps is prepping and disinfecting the wound before administering any treatment. This simple yet crucial step can *help to prevent infection, promote healing, and prevent further injury or complications* to ensure the best possible outcome for the injured person. When administering first aid, be sure to take the time to properly prep and disinfect the wound before moving on to any other treatments or interventions.

I. RISK OF INFECTION

Whenever a wound occurs, there's a risk of bacteria or other microorganisms entering the body and causing an infection. A wound that's not properly cleaned and disinfected can become more inflamed, painful, and difficult to treat. This can make it more challenging to administer first aid and can even lead to further injury or complications. By taking the time to prep and disinfect the wound before administering any treatment, you can help to prevent further injury and ensure the best possible outcome for the injured person.

II. IMPORTANCE OF DISINFECTING

When a wound occurs, the body's natural healing process is activated. However, if the wound is dirty or contaminated, it can be more difficult for the body to heal properly. By cleaning and disinfecting the wound, you can help to remove dirt, debris, and bacteria that can interfere with the natural healing process and promote faster healing.

PREP & DISINFECT SUPPLIES

PURPOSE, LIMITATION, INSTRUCTION



III. SUPPLIES FOR DISINFECTING

ALCOHOL PAD

PURPOSE: Kills bacteria and other microorganisms that may be present on the surface of the skin to help reduce the risk of infection. Clean and disinfect wounds before applying a dressing or bandage.

USE: Minor wounds such as cuts, scrapes, and small puncture wounds. It's important to make sure the wound is not too deep, and that any foreign objects have been removed before using an alcohol pad to clean the area.

LIMITATIONS: Alcohol pads should not be used on deep wounds, burns, or around the eyes or mouth. Using alcohol pads on open wounds may cause stinging or burning.

INSTRUCTION:

1. Clean your hands thoroughly with soap and water or use hand sanitizer before handling the alcohol pad.
2. Hold the alcohol pad with one hand and gently clean the area around the wound with a circular motion.
3. Use a clean and dry cloth or gauze to dry the area and dispose of the used alcohol pad in a trash can.
4. Clean your hands again after administering first aid.

ALTERNATIVE TO ALCOHOL PAD: ANTISEPTIC TOWELETTE

Compared to alcohol pads, antiseptic towelettes may be more appropriate for wounds that are more sensitive or delicate, such as:

- Superficial burns
- Insect bites or stings
- Wounds on patients with sensitive skin



PREP & DISINFECT SUPPLIES

PURPOSE, LIMITATION, INSTRUCTION

IODINE PAD

IODINE PAD

PURPOSE: Iodine pads are antiseptic pads that are used for cleaning and disinfecting wounds. The pads contain a solution of iodine, which has antibacterial properties that help prevent infection.

USE: Iodine pads can be used on minor wounds, cuts, scrapes, and burns, as well as on more serious wounds that require medical attention.

LIMITATIONS: In the following cases, **alternative antiseptic solutions, such as chlorhexidine or alcohol, may be a better option.** (1) Iodine pads should not be used on patients who have a known iodine allergy. (2) Patients with thyroid problems or taking thyroid medication should also avoid the use of iodine pads, as iodine can interfere with the function of the thyroid gland. (3) Iodine can cause skin irritation, itching, and redness in people with sensitive skin, including infants, elderly individuals, pregnant or breast-feeding women.

INSTRUCTION:

1. Wash your hands with soap and water before handling the iodine pad and the wound.
2. Gently clean the skin around the wound with the iodine pad using a back-and-forth motion, starting from the center and moving outward. Make sure to cover the entire area with the iodine solution.
3. Allow the iodine to air-dry for at least one minute. Do not wipe or blot the area, as this may contaminate the wound.
4. Wash your hands with soap and water again after handling the iodine pad and the wound. Dispose the used iodine pad in a biohazard bag or other appropriate container.

PREP & DISINFECT SUPPLIES PURPOSE, LIMITATION, INSTRUCTION



CLEANSING WIPES

CLEANSING WIPES

PURPOSE & USE: These pre-moistened towelettes can be used to clean your hands or other surfaces when soap and water are not available. Also, they can be used to clean and disinfect minor cuts, scrapes, and burns when alcohol pad / antiseptic wipes are not available.

LIMITATIONS: Cleansing wipes are not be suitable for large or deep wounds. Additionally, some people may experience skin irritation or allergic reactions, and they may not be effective against all pathogens.

INSTRUCTION: See alcohol wipe instructions.



WOUND CARE

TYPES OF WOUND

WOUND CARE

Wound care is the process of treating a wound to promote healing and prevent infection. The primary goal of wound care is to *facilitate the body's natural healing process* by cleaning the wound, applying appropriate dressings, and managing any symptoms or complications. Effective wound care is crucial to *prevent further damage or infection, reduce pain and discomfort*, and ultimately promote optimal healing and recovery.

I. TYPES OF WOUND

I. Abrasions: *shallow injuries, scraped or grazed*

Cause: skin is rubbed or scraped against a rough surface.

Symptoms: pain, bleeding, superficial skin damage.

II. Lacerations: *jagged or straight cuts or tears*

Cause: sharp object, blunt trauma.

Symptoms: pain, bleeding, deep tissue damage

III. Puncture Wounds: *small, deep holes in the skin*

Cause: pointed object such as a nail or needle.

Symptoms: pain, bleeding, with risk of infection.

IV. Surgical Wounds: *incisions*

Cause: surgical procedures.

Symptoms: pain, swelling, redness, and drainage from the wound.

V. Pressure Ulcers: *vary in appearance from redness to open sores*

Cause: prolonged pressure on a particular area of the skin.

Symptoms: pain, skin breakdown, and open sore.



VI. Diabetic Ulcers: *usually on the feet or lower legs, may vary in appearance from redness to open sores*

Cause: poor circulation and nerve damage.

Symptoms: slow-healing wounds, and open sore, with increased risk of wound infection.

II. WOUND CARE PROCEDURES

1. Assess the wound

Determine the type, size, location, and severity of the wound, as well as any underlying conditions.

2. Clean the wound

Use sterile saline solution or water to clean the wound and remove any debris or foreign objects.

3. Control bleeding

Apply direct pressure to the wound using a clean cloth or bandage until the bleeding stops.

4. Apply dressing

Cover the wound with an appropriate dressing that promotes healing and prevents infection. The type of dressing used will depend on the type and severity of the wound.

5. Monitor the wound

Check the wound regularly for signs of infection, such as redness, swelling, or discharge. Change the dressing as needed and seek medical attention if necessary.

6. Manage pain

Use pain medication or other measures to manage pain and discomfort associated with the wound.

7. Prevent further injury

Take steps to prevent further injury or damage to the wound, such as avoiding tight clothing or shoes, and protecting the wound from further trauma.



WOUND CARE SUPPLIES

PURPOSE, LIMITATION, INSTRUCTION

STERILE GAUZE PAD

III. WOUND CARE SUPPLIES

STERILE GAUZE PAD: *Sterile, absorbent material made of 100% cotton or a blend of cotton and synthetic materials, such as polyester or rayon.*

PURPOSE: Control bleeding and protect the wound from contamination. In some cases, gauze pads may also be used to apply medication or ointment to the wound.

USE: Cuts, scrapes, and puncture wounds. They are particularly effective for wounds that are bleeding heavily or wounds that require pressure to be applied to stop bleeding.

LIMITATIONS: Gauze pads should not be used when a wound is severe or when there is a risk of infection or other complications, such as burns or deep wounds, as they may stick to the wound and cause further damage when removed.

INSTRUCTION:

1. Wash your hands thoroughly with soap and water before handling the gauze pad.
2. Open the packaging of the sterile gauze pad carefully, being careful not to touch the surface of the gauze with your fingers.
3. Use clean tweezers or gloves to pick up the sterile gauze pad and place the gauze pad gently over the wound, making sure that the entire wound is covered.
4. Press down on the gauze pad to stop any bleeding, and secure the gauze pad in place with medical tape or adhesive bandage.

WOUND CARE SUPPLIES

PURPOSE, LIMITATION, INSTRUCTION



ELASTIC GAUZE BANDAGE

ELASTIC GAUZE BANDAGE: *Stretchy, woven fabric made from a blend of cotton and synthetic materials.*

PURPOSE: Apply pressure to the injured or healing area, which can help to reduce swelling, support the injured tissues, and promote healing.

USE: (1) Secure wound dressing. (2) Hold ice pack or other therapeutic devices in place. (3) Wrap sprained or strained joints, such as ankles or wrists. (4) Provide compression to areas with poor circulation or lymphatic drainage, such as the legs or arms.

LIMITATIONS: Must be applied properly to avoid excessive pressure or constriction, which can impede blood flow and cause further injury or damage.

INSTRUCTION:

1. Hold the end of the elastic gauze bandage against the skin. Make sure the bandage is not twisted or folded.
2. Begin wrapping the elastic gauze bandage around the injured or healing area in a spiral fashion, **making each wrap slightly overlapping the previous one.**
3. Continue wrapping the bandage with enough tension to provide compression and support, but not so much that it restricts circulation or causes discomfort. **Be sure to leave the fingers and toes exposed and avoid wrapping too tightly around joints, which can restrict movement.**
4. Secure the end with adhesive tape or a clip, make sure the wrap is snug, but not too tight.
6. Monitor the area regularly, looking for any signs of swelling, redness, or other symptoms that may indicate a problem. If you notice any changes, adjust or remove the elastic gauze bandage as needed.



WOUND CARE SUPPLIES

PURPOSE, LIMITATION, INSTRUCTION

ELASTIC BANDAGE

ALTERNATIVE TO ELASTIC GAUZE BANDAGE:
ELASTIC BANDAGE: *Stretchy, knit fabric that is often thinner and smoother than elastic gauze bandage.*

PURPOSE & USE: See Elastic Gauze Bandage Purpose.

LIMITATIONS: See Elastic Gauze Bandage Purpose.

DIFFERENCES FROM ELASTIC GAUZE BANDAGE:

(1) Texture: Elastic gauze bandages have a textured, slightly rough surface that helps to grip the skin; elastic bandages are smoother and may require additional clips or adhesive to stay in place. **(2) Absorbency:** Elastic gauze bandages are designed to absorb excess fluid; elastic bandages are primarily used for compression and support. **(3) Compression:** Both elastic gauze bandages and elastic bandages can provide compression, but elastic bandages are often considered to be more effective at providing consistent compression over a longer period of time. **(4) Use:** Elastic gauze bandages are commonly used for wound care and to secure dressings, while elastic bandages are often used for joint and muscle injuries, such as sprains or strains.

Q: How do I know if I should use an elastic bandage or an elastic gauze bandage?

A: Elastic gauze bandages are often used for wound care and to secure dressings, while elastic bandages are commonly used for joint and muscle injuries, such as sprains or strains.

Q: What should I do if I notice any changes or symptoms while using an elastic / elastic gauze bandage?

A: Adjust or remove the bandage as needed and seek medical attention if necessary.

WOUND CARE SUPPLIES

PURPOSE, LIMITATION, INSTRUCTION



PLASTER: *plastic or fabric strip with an adhesive backing and a gauze or non-stick pad in the center, also known as adhesive bandages or band-aids.*

PURPOSE: Cover and protect small wounds, cuts, and abrasions from further injury and contamination.

USE: Small, superficial wounds such as cuts, abrasions, and puncture wounds that are not deep or actively bleeding.

LIMITATIONS: Not appropriate for wounds that are infected, or have exposed bone or tissue. Also, plasters are not suitable for larger or more severe wounds that require more advanced wound care.

INSTRUCTION:

1. Before applying the plaster, make sure the wound is clean and dry.
2. Select a plaster that is large enough to fully cover the wound and its edges. Peel off the backing and carefully place the plaster over the wound, making sure that the pad is centered over the wound and the adhesive sticks to the surrounding skin.
4. Change the plaster daily or as needed to ensure proper hygiene and avoid complications.

Q: Why, and what should I do if the wound does not heal or gets worse?

A: There may be several reasons including: (1) Potential infection can slow down the healing process (2) The wound may be deeper or larger than initially thought (3) In rare cases, some people may be allergic to the adhesive or material used in the plaster. Seek medical attention from a health-care professional or medical provider.



WOUND CARE SUPPLIES

PURPOSE, LIMITATION, INSTRUCTION

ADHESIVE WOUND DRESSING

ADHESIVE WOUND DRESSING: *sterile, self-adhesive pads or strips made of different materials such as foam, film, hydrocolloid, or hydrogel.*

PURPOSE: Designed to cover and protect various types of wounds. Depending on the specific product, adhesive wound dressings can be used to control bleeding, promote healing, and prevent infections. Some dressings can also provide pain relief, reduce scarring, and improve patient comfort and mobility.

USE: Commonly used for moderate to heavy exuding wounds, pressure ulcers, surgical incisions, burns, and other types of wounds that require a moist and sterile environment to heal.

LIMITATIONS: Adhesive wound dressings are generally safe and effective, however, in some cases, here are things you should consider: **(1) Allergic reaction-** If any redness, swelling, or itching occurs around the wound, remove the dressing and contact healthcare provider **(2) Wound drainage-** certain wound dressings are not recommended for wounds that are heavily exuding or draining **(3) Fragile skin-** Some adhesive dressings can be difficult to remove in such cases, these dressings should not be used on fragile or delicate skin **(4) Infection-** infected wounds may not be suitable for the use of adhesive dressing

INSTRUCTION: See instructions for plaster (page 17)

COMMON TYPES OF ADHESIVE WOUND DRESSING:
(1) Film Dressing- (2) Hydrocolloid Dressings (3) Foam Dressing (4) Alginate Dressing (5) Antimicrobial Dressing (6) Silicone Dressing

WOUND CARE SUPPLIES

PURPOSE, LIMITATION, INSTRUCTION



NON-ADHERENT PAD

NON-ADHERENT PAD: *wound pads made of a soft, absorbent, breathable material, usually non-woven fabric, that does not stick to the wound.*

PURPOSE: Prevent the dressing from sticking to the wound, protect wound and promote healing while minimizing pain and trauma during dressing changes.

USE: Treatment of burns, abrasions, and other types of wounds that require gentle, non-invasive care.

LIMITATIONS: Not be suitable for all types of wounds, such as heavily exuding wounds, non-adherent pad may not be able to provide sufficient compression or absorption.

INSTRUCTION:

1. Clean the wound with saline solution and dry the surrounding skin.
2. Place the non-adherent pad gently onto the wound, ensuring that it covers the entire wound.
3. Cover the non-adherent pad with a secondary dressing, such as a gauze bandage or adhesive bandage. Or, use adhesive tape or a bandage to secure the non-adherent pad in place.
4. Check the wound and dressing regularly for signs of infection or other complications.
5. Change non-adherent pad at least 1 to 3 days, or as directed by your healthcare provider. Dispose of used dressings and any other materials used to clean the wound in a proper biohazard container.



BURN CARE

STAGES OF BURNS

BURN CARE

The goal of burn care is to *prevent further injury, manage pain and discomfort, and promote healing and recovery*. Burn care typically involves a combination of medical interventions, such as wound cleaning and debridement, medication for pain management and infection control, and rehabilitation to promote mobility and function.

I. STAGES OF BURN

I. First-Degree Burn: affect the outer layer of the skin, known as the epidermis.

Cause: Exposure to low-intensity heat or sunburn.

Symptoms: Redness, mild swelling, pain, dry/peeling skin.

II. Second-Degree Burn: affect both the epidermis and the dermis, the layer of skin beneath the epidermis.

Cause: High-intensity heat, flames, or scalding liquids.

Symptoms: Redness, blistering, severe pain, and swelling.

III. Third-Degree Burn: affect the epidermis, dermis, and subcutaneous tissue.

Cause: Exposure to flames, chemicals, or prolonged contact with hot liquids or objects.

Symptoms: White or blackened skin, dry or leathery texture, and little or no pain due to nerve damage.

IV. Fourth-Degree Burn: affect all layers of the skin, including the subcutaneous tissue, and may also involve underlying muscle, bone, and organs.

Cause: Exposure to high-voltage electricity or prolonged exposure to flames or chemicals.

Symptoms: Deep tissue damage, bone and muscle involvement, and charring of the skin.

BURN CARE

GENERAL RULES OF BURN CARE



II. GENERAL RULES FOR BURN CARE

When treating a burn site, there are several general rules that can help promote healing and prevent further injury or infection. Some of these rules include:

I. Cool The Burn

Immediately after the burn occurs, cool the affected area with cool (not cold) running water or a cold compress. This can help reduce pain and inflammation.

II. Remove Tight Clothing Or Jewelry

Remove any tight clothing or jewelry from the area affected by the burn, as these can constrict the area and cause further damage.

III. Clean The Burn

Clean the affected area with mild soap and water or a saline solution. Avoid using harsh chemicals or antiseptics, as these can damage the skin.

IV. Cover The Burn

Cover the burn with a sterile, non-adherent dressing or a clean cloth to protect the area from further injury or infection.

V. Monitor The Burn

Monitor the burn closely for signs of infection or other complications, such as increased redness, swelling, or drainage from the wound.

VI. Seek Medical Attention

It's important to note that the **specific treatment for a burn may vary depending on the severity and location of the burn, as well as individual factors such as age and overall health.** If you or someone you know has a burn, it's important to seek medical attention if necessary and follow the instructions of a healthcare provider.



BURN CARE SUPPLIES

PURPOSE, LIMITATION, INSTRUCTION

BURN GEL

BURN GEL: *topical ointment or gel that is used to help relieve pain and promote healing in minor burns.*

COMMON INGREDIENTS: (1) Aloe vera, a natural plant extract that has been shown to have anti-inflammatory and wound-healing properties (2) Lidocaine, a local anesthetic that helps numb the area and provide pain relief (3) Benzocaine, a local anesthetic that can help relieve pain and itching (4) Other antiseptics or moisturizers ingredients to help prevent infection and promote healing.

USE: First-degree burns and some second-degree burns.

LIMITATIONS: May not be used on *third-degree burns or on burns that are large, deep, or located on the face, hands, feet, or genitals.*

*** It's important to read the ingredient list before using burn gel, especially on patients with sensitive skin, or have known allergy to ingredients used in burn gel ***

INSTRUCTION:

1. Clean the affected area with mild soap and water or a saline solution. Gently pat the area dry with a sterile, clean gauze. Do not rub the burn site or skin around it.
2. Apply a small amount of burn gel onto a clean, sterile applicator. covering the entire area of the burn.
3. Apply the gel to the affected area in a thin, even layer; gently massage the gel into the skin.
4. Cover the affected area with a sterile, non-adherent dressing or a clean cloth.
5. Depending on the severity of the burn, you may need to reapply the burn gel every few hours or as instructed by your healthcare provider.

BURN CARE SUPPLIES PURPOSE, LIMITATION, INSTRUCTION



BURN DRESSING: *a specialized type of wound dressing designed to help manage and treat burn injuries, typically consist of a sterile pad or gauze that is made from a non-adherent material, such as silicone, that does not stick to the burn site.*

PURPOSE: Protect burn site from further injury or infection. Some burn dressings contain additional ingredients, such as hydrogel or silver, that can help reduce pain and inflammation, prevent scarring and other complications, promoting healing and reducing pain and discomfort.

USE: Generally, burn dressings can be applied to first-degree and second-degree burns. The type and severity of the burn will determine the specific type of dressing that should be used.

LIMITATIONS: While burn dressings can help manage pain and protect the burn site from further injury or infection, more severe burns or burns that are located in sensitive areas may require specialized medical treatment

INSTRUCTION:

1. Wash your hands thoroughly with soap and water. Gently clean the burn site with saline solution, or mild soap and water, and pat it dry with a sterile, dry gauze.
2. Choose a dressing that is large enough to cover the entire burn site without overlapping onto healthy skin.
3. Center the dressing over the burn site and gently press it into place. If necessary, use tape or a bandage to secure the dressing in place.
5. Monitor the burn site carefully for signs of infection or other complications, and replace the dressing as needed according to the manufacturer's instructions.



MOLESKIN / RELIEF PURPOSE, LIMITATION, INSTRUCTION

MOLESKIN PAD

MOLESKIN / RELIEF

Skin protection supplies, such as moleskin pads and sting relief pads, are important to have in a first aid kit because they can help **prevent further damage and irritation to the skin**. By having these supplies on hand, individuals can take prompt action to protect their skin and prevent further complications.

I. SKIN PROTECTION SUPPLIES

MOLESKIN PAD: *adhesive-backed pieces of fabric, typically made of a cotton or polyester blend.*

PURPOSE: Protect the skin from friction and blisters, reducing pain and discomfort.

USE: Moleskin pads are typically used to protect areas of the skin that are susceptible to friction or rubbing, including: (1) Blisters. (2) Corns and calluses. (3) Cuts and scrapes* (4) Surgical incisions. (5) Pressure sores.

LIMITATIONS: (1) Do not use on **open wounds or broken skin**. (2) Do not apply to **infected or inflamed areas**. (3) Do not apply if allergic to adhesive materials. (4) Remove immediately if skin irritation or allergic reaction occurs.

INSTRUCTION:

1. Clean the area with soap and water, and let dry.
2. Cut a piece of moleskin that is slightly larger than the affected area. Make sure that the adhesive side of the moleskin is facing up.
3. Remove the backing from the adhesive side of the moleskin pad, and then carefully place the moleskin over the affected area.

MOLESKIN / RELIEF PURPOSE, LIMITATION, INSTRUCTION



4. Press the moleskin firmly onto the skin to make sure that it adheres well and does not shift or slide around.
5. If the moleskin pad begins to peel or shift, remove and reapply a new one.

STING-RELIEF PAD: *typically made of a thin, non-woven material that is saturated with a solution containing an antihistamine, such as benzocaine, lidocaine, or menthol.*

PURPOSE: Temporarily numb the nerves in the skin to relieve the pain and itching caused by insect bites and stings.

LIMITATIONS: (1) External use only, cannot be ingested, or applied to broken skin. (2) *Depending on the active ingredient used, children under the age of 2 years old, pregnant or breastfeeding women should not use sting relief pads* without the guidance of a healthcare professional. (3) Sting relief pads may not be effective for all types of insect bites or stings and may not provide complete relief of symptoms.

INSTRUCTION:

1. Gently apply the pad or wipe to the affected area of skin, pressing down lightly to ensure that the solution is absorbed into the skin.
2. Hold the pad or wipe in place for several seconds, or as directed on the packaging, to allow the active ingredients to take effect.
3. If necessary, repeat the process with a new sting relief pad until the desired level of relief is achieved.
4. Wash your hands thoroughly with soap and water after using the sting relief pad.



COMMON INJURIES

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COMMON INJURIES: HOW TO TREAT GENERAL WOUND CARE

HOW TO TREAT:

I. SUPERFICIAL WOUNDS

1. STOP BLEEDING

Stop any bleeding by applying gentle pressure with a clean cloth or gauze. If the bleeding doesn't stop after 10-15 minutes, seek medical attention.

2. CLEAN THE WOUND

Clean the wound by gently rinsing it with clean water. Avoid using soap or hydrogen peroxide, which can damage the skin and slow down the healing process.

3. DISINFECT / PREVENT INFECTION

Apply an antibiotic ointment or cream to the wound to prevent infection. You can use a sterile cotton swab or your clean fingers to apply the ointment.

4. COVER THE WOUND

Cover the wound with a sterile adhesive bandage or dressing to protect it from dirt and bacteria. Change the dressing daily or more frequently if it becomes dirty or wet.

5. WOUND MANAGEMENT

Keep the wound dry and clean to promote healing. Avoid swimming, soaking in water, or exposing the wound to dirt or other contaminants.

6. MONITOR

Monitor the wound for any signs of infection, such as redness, swelling, or discharge. If you notice any signs of infection, seek medical attention immediately.

7. PAIN MANAGEMENT

Take over-the-counter pain relievers such as acetaminophen or ibuprofen if you experience pain or discomfort.



II. HEAVILY EXUDATING WOUNDS

1. PROTECT YOURSELF

Put on gloves to prevent cross-contamination and to protect yourself from bodily fluids.

2. CLEAN THE WOUND

Clean the wound thoroughly using sterile saline solution or wound cleanser, and gently remove any debris or foreign objects with sterile tweezers or forceps.

3. ABSORB EXCESS EXUDATE

Apply a sterile dressing or absorbent pad to the wound to absorb excess exudate. The dressing should be large enough to cover the entire wound and extend beyond the edges to prevent leakage.

4. SECURE DRESSING

Secure the dressing in place with adhesive tape or a bandage. Make sure the dressing is snug, but not too tight as it may cause discomfort or disrupt the healing process.

5. MONITOR

Monitor the wound and change the dressing as needed, or according to your healthcare provider's instructions. A heavily exudating wound may require more frequent dressing changes.

If the wound shows signs of infection, such as increased redness, swelling, warmth, or pain, or if you develop a fever, contact your healthcare provider immediately.

6. CLEAN & DISINFECT TOOLS / EQUIPMENT

Make sure to clean and disinfect any tools or equipment used in the wound care process and dispose of any used materials according to proper medical waste disposal procedures.



COMMON INJURIES: HOW TO TREAT BURNS

II. BURN (FIRST & SECOND-DEGREE)

First-Degree Burn Symptoms:

Redness, mild swelling, pain, dry and/or peeling skin.

Second-Degree Burn Symptoms:

Redness, blistering, severe pain, and swelling.

PRECAUTIONS:

(1) Avoid wearing tight clothing or anything that can rub against the burned area, as this can cause further irritation and slow down healing. **(2) Don't break blisters:** If the burn has blisters, do not break them, as this can increase the risk of infection. **(3) Avoid home remedies:** Do not use butter, oils, or other home remedies on a burn, as these can increase the risk of infection. **(4) Protect yourself:** Wear gloves or other protective clothing when treating a burn to prevent infection or contamination. **(5) Avoid wearing loose or synthetic fabrics** that may melt onto the burn.

TREATMENT

1. COOL THE AREA

Remove the source of the heat or flames, and cool the burned area immediately with cool (not cold) water for at least 10-15 minutes. This will help to reduce pain, swelling, and redness.

COMMON INJURIES: HOW TO TREAT BURNS



2. COVER

If there are any blisters or broken skin, cover the burned area with a sterile, non-stick gauze or a clean cloth to protect the wound and prevent infection.

3. PAIN MANAGEMENT

Take pain reliever, such as acetaminophen or ibuprofen, if needed, to alleviate pain and discomfort.

4. REDUCE SWELLING

Keep the burned area elevated above the level of the heart, if possible, to help reduce swelling.

5. SOOTH & MOISTURIZE SKIN

Apply moisturizing cream, such as aloe vera gel, Vaseline, or Xeroform blend, to the burned area, once it is cool and dry to soothe and moisturize the skin and promote healing.

*****Seek medical attention immediately if: (1) burn is located on the face, hands, feet, or genital area. (2) burn covers a large area of the body. (3) deep burn (third, or fourth-degree burns)*****



COMMON INJURIES: HOW TO TREAT SEIZURE

SEIZURE

III. SEIZURE

The symptoms of a seizure can vary depending on the type of seizure a person is experiencing, some common symptoms include:

1. Temporary confusion or disorientation
2. Staring spells
3. Uncontrollable jerking movements of the arms and legs
4. Loss of consciousness or awareness
5. Sensations of tingling, numbness, or crawling on the skin
6. Stiffening of the body or limbs
7. Unusual sounds or smells
8. Loss of bladder or bowel control
9. Fatigue or sleepiness after the seizure

NOTE: not everyone who experiences a seizure will have all of these symptoms, and the **severity of symptoms can vary from person to person**. If you suspect that someone is experiencing a seizure, it's important to stay with them and monitor their condition until the seizure ends. If you are unsure about how to respond to a seizure or if you have questions about seizures, speak with a healthcare professional.

COMMON INJURIES: HOW TO TREAT SEIZURE



TREATMENT: *It is important to stay calm during a seizure. Seizures can be frightening, but they usually end on their own.*

1. CLEAR THE SURROUNDING AREA

Clear away any nearby objects that could cause injury. Place a cushion or pillow under the person's head to prevent them from hitting their head on the ground.

2. TURN THE PERSON ON THEIR SIDE

This will help to prevent choking in case the person vomits or saliva pools in their mouth.

3. DO NOT RESTRAIN THE PERSON

Remove any tight clothing to make it easier for the person to breathe. Do not hold the person down or try to stop the seizure movements. Allow the seizure to run its course.

4. TIME THE SEIZURE

Time the seizure, as this information may be helpful for medical professionals later.

5. STAY WITH THE PERSON

Stay with the person until the seizure ends and they are fully awake and aware of their surroundings.

6. CALL FOR MEDICAL HELP WHEN

(1) seizure lasts more than 5 minutes. (2) patient has another seizure immediately after the first. (3) patient is pregnant. (4) patient injured during the seizure. (5) patient does not regain consciousness.



COMMON INJURIES: HOW TO TREAT FRACTURE & SPRAIN

IV. FRACTURE & SPRAIN

SYMPTOMS: *signs and symptoms of a bone fracture can vary depending on the location and severity of the fracture, some common signs include:*

(1) **Pain:** Fractures often cause significant pain, which may be constant or worsen with movement. (2) **Swelling:** The area around the fracture may become swollen or tender to the touch. (3) **Bruising:** The skin around the fracture may appear bruised or discolored. (4) **Deformity:** The affected limb may appear to be deformed or out of place. (5) **Limited mobility:** You may have difficulty moving the affected limb or putting weight on it. (6) **Bone fragments or protrusion:** In severe cases, you may be able to see bone fragments or protrusions under the skin.

MEDICAL SUPPLIES: *to help with the healing process of a bone fracture or sprain*

(1) **Splints or braces:** immobilize the affected limb or joint to help prevent further injury and promote healing. (2) **Compressive bandages:** help reduce swelling and provide support. (3) **Ice packs:** reduce pain and swelling. (4) **Heat packs:** *heat therapy are NOT recommended for acute injuries as heat can actually increase inflammation and delay healing*, however, for chronic injuries such as arthritis or muscle pain, applying heat to the affected area can help increase blood flow and promote healing.

COMMON INJURIES: HOW TO TREAT FRACTURE & SPRAIN



TREATMENT: *RICE method - rest, ice, compression, and elevation - for the first 48-72 hours after the injury.*

1. IMMOBILIZE THE AFFECTED AREA

If possible, immobilize the affected limb or joint to prevent further damage. You can use a splint or brace, or wrap the affected area in a soft, compressive bandage.

2. APPLY ICE

Apply a cold compress or ice pack to the affected area for 15-20 minutes at a time, several times a day. This can help reduce pain and swelling.

3. ELEVATE THE AFFECTED AREA

Elevate the affected limb or joint above the level of your heart, if possible. This can also help reduce swelling.

4. PAIN MANAGEMENT

Over-the-counter pain relievers like acetaminophen or ibuprofen can help reduce pain and swelling.

5. SEEK MEDICAL ATTENTION

If the injury is severe, or if you are unable to move the affected limb or joint, seek medical attention right away.

NOTE: *Some injuries, especially bone fractures, may require more specialized treatment such as surgery or casting. If you suspect that you or someone else has a bone fracture or sprain, seek medical attention right away to ensure proper diagnosis and treatment.*



COMMON INJURIES: HOW TO TREAT CHOKING

CHOKING

V. CHOKING

SYMPTOMS

1. Difficulty breathing, shortness of breath, or wheezing or high-pitched breathing sounds
2. Inability to speak or cry out
3. Bluish skin or lips
4. Loss of consciousness or unresponsiveness
5. Panic or fear in the individual
6. Clutching or grasping at the throat.
7. Gagging or retching

TREATMENT

1. Encourage patient to cough to expel the obstruction.
2. If the person is unable to speak or cough:
(1) Stand behind them and wrap your arms around their waist. (2) Position your fist just above their navel, with the thumb side facing inward. (3) Grasp your fist with your other hand and give upward thrusts into the abdomen, using quick and forceful movements. Continue this action until the object is dislodged or the person loses consciousness.
4. If the person loses consciousness, lower them to the ground and begin CPR (cardiopulmonary resuscitation). Call for emergency medical services (EMS) and continue CPR until help arrives.
5. If the object is successfully dislodged, seek medical attention to ensure the person is fully evaluated and there are no further complications.



VI. POISON

SYMPTOMS: *can vary depending on the substance involved and the amount of exposure*

(1) Nausea or vomiting. (2) Diarrhea or stomach cramps. (3) Dizziness or lightheadedness. (4) Headache. (5) Confusion or disorientation (6) Difficulty breathing or shortness of breath. (7) Rapid or slow heartbeat. (8) Seizures or convulsions. (9) Loss of consciousness or coma. (10) Skin rash, redness, or swelling.

TREATMENT- *Call emergency medical services (EMS) immediately;* before EMS arrives, the following steps can help to manage poisoning:

1. TRY TO IDENTIFY THE SUBSTANCE *to help health-care professionals to provide appropriate treatment.*

2. Remove patient from source of the poison.

3. Depending on the type of poisoning, first aid may be necessary. For example, if someone has ingested a corrosive substance, it may be necessary to rinse their mouth or skin with water to dilute the substance.

3. FOLLOW MEDICAL INSTRUCTIONS. Healthcare professionals will provide specific instructions for managing the poisoning based on the substance involved and the severity of the symptoms.

4. PROVIDE SUPPORT AND COMFORT. Poisoning can be a frightening experience for the person affected, so it's important to provide emotional support and comfort as they receive medical treatment.



COMMON INJURIES: HOW TO TREAT HEAT STROKE

HEAT STROKE

VII. HEAT STROKE

SYMPTOMS

1. High body temperature (above 103°F or 39.4°C)
2. Hot, dry skin or profuse sweating
3. Rapid heartbeat
4. Headache, dizziness, or confusion
5. Nausea or vomiting
6. Shortness of breath or difficulty breathing
7. Seizures or convulsions
8. Loss of consciousness or coma

TREATMENT- Heat stroke is a medical emergency that requires immediate attention. Call emergency medical services (EMS) immediately; before EMS arrives, the following steps can help to manage heat stroke:

1. COOL THE PERSON DOWN:

(1) Move the person to a cooler area. (2) Remove any unnecessary clothing and accessories to help the body cool down. (3) Applying cool water to the person's skin. (4) Placing the person in a cool bath or shower. (5) Using ice packs or cold compresses on the person's neck, armpits, and groin.

2. STAY HYDRATED

Dehydration is often a contributing factor in heat stroke, so encourage patient to drink fluids.

3. MONITOR

Look for signs of improvement or deterioration, and be prepared to provide additional first aid as needed.



VIII. SHOCK

SYMPTOMS: *Shock is a serious medical condition that occurs when the body's organs and tissues don't receive enough blood and oxygen.*

(1) Rapid, shallow breathing. (2) Rapid heartbeat. (3) Cool, clammy skin. (4) Pale or ashen skin. (5) Weakness or fatigue. (6) Dizziness or fainting. (7) Confusion or disorientation. (8) Nausea or vomiting. (9) Thirst or dry mouth. (10) Blue lips or nails.

TREATMENT- *Shock is a medical emergency that requires immediate attention. Call emergency medical services (EMS) immediately;* before EMS arrives, the following steps can help to manage shock:

1. HELP THE PERSON LIE DOWN. Help them lie flat on their back with their legs elevated slightly. If the person has a suspected head, neck, or spinal injury, do not move them unless it is absolutely necessary.

2. KEEP THE PERSON WARM. Cover the person with a blanket or other clothing to help keep them warm. This can help reduce the risk of hypothermia.

3. LOOSEN TIGHT CLOTHING.

4. MONITOR THE PERSON'S BREATHING AND PULSE. Check the person's breathing and pulse frequently, and be prepared to administer CPR if necessary.

*****Do not give the person anything to eat or drink. This can cause the person to choke or vomit, which can make the situation worse.*****



COMMON INJURIES: HOW TO TREAT STROKE

STROKE

IX. STROKE

Time is of the essence when treating stroke, and getting prompt medical attention can be critical to preventing serious complications and minimizing brain damage. Call for emergency medical assistance right away.

CAUSE: There are two main types of stroke: ischemic stroke and hemorrhagic stroke: **Ischemic stroke** is the most common type, and it occurs when a blood clot blocks blood flow to the brain. **Hemorrhagic stroke**, on the other hand, is caused by bleeding in the brain.

RISK FACTORS: Factors that can increase a person's risk of having a stroke: (1) High blood pressure. (2) Smoking. (3) High cholesterol. (4) Cardiovascular disease, including heart failure and atrial fibrillation. (5) Diabetes. (6) Physical inactivity. (7) Family history of stroke. (8) Previous stroke or transient ischemic attack (TIA). (9) Age, particularly over 55 years old. (10) Gender, as men have a higher risk of stroke than women. (11) Obesity.

SYMPTOMS

1. Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body.
2. Sudden confusion, trouble speaking or understanding speech.
3. Sudden trouble seeing in one or both eyes.
4. Sudden trouble walking, dizziness, loss of balance, or coordination.
5. Sudden severe headache with no known cause.

COMMON INJURIES: HOW TO TREAT STROKE



STROKE

TREATMENT: *Call emergency services right away. Time is critical when treating a stroke, and the sooner medical attention is received, the better the chances of a full recovery.* While waiting for emergency medical services (EMS) to arrive, there are a few things you can do to help someone who may be having a stroke:

1. Keep patient calm and reassure them that help is on the way. Anxiety and stress can make stroke symptoms worse.
2. Loosen any tight clothing, such as a tie or collar, that could restrict blood flow.
3. Help the person lie down and elevate their head slightly. This can help improve blood flow to the brain and prevent further damage.
4. If the person is conscious and able to swallow, offer them water or other non-alcoholic, non-caffeinated fluids.
5. Keep a record of the person's symptoms and be prepared to give this information to the EMS team.
6. Stay with the person until medical help arrives, and provide comfort and reassurance. Check for any signs of breathing difficulties, and be prepared to perform CPR if necessary.



COMMON INJURIES: HOW TO TREAT CPR: CARDIOPULMONARY RESUSCITATION

CPR

X. CPR (Cardiopulmonary Resuscitation)

*****CPR should only be performed by someone who has been trained in the technique. If you are not trained in CPR, call emergency medical services (EMS) immediately and wait for trained professionals to arrive.*****

WHEN TO PERFORM CPR: CPR should be performed on people who are not breathing or whose heart has stopped beating. In general, CPR should be started immediately if the person is unresponsive, not breathing normally, and has no pulse. This may happen in cases of cardiac arrest, drowning, choking, or other medical emergencies.

INSTRUCTIONS:

1. **CHECK FOR RESPONSIVENESS:** Tap the person's shoulder and shout "Are you okay?" to see if they respond. If there's no response, call for emergency medical services (EMS) or 911 immediately.
2. **OPEN THE AIRWAY:** Tilt the person's head back gently and lift the chin to open the airway. Check for breathing by placing your ear close to the person's mouth and nose to listen for breathing sounds.
3. **Perform chest compressions:** Place the person on a flat surface and kneel beside their chest. Place the heel of one hand on the center of the person's chest, and place your other hand on top of the first hand. Push down on the chest about 2 inches (5 cm) at a rate of 100-120 compressions per minute. Perform 30 chest compressions.



4. **PERFORM RESCUE BREATHS:** After 30 compressions, tilt the person's head back again and lift their chin. Pinch their nose closed, take a normal breath, and seal your lips around the person's mouth. Blow into their mouth for about one second to make the chest rise. Repeat this step two more times.

5. Continue cycles of 30 chest compressions and two rescue breaths until EMS arrives or the person starts breathing normally.

PERFORMING CPR ON CHILDREN / MINORS

PRECAUTIONS:

(1) Only perform CPR on children or minors if you are trained in CPR and are confident in your abilities. (2) Make sure the child is lying on a flat, firm surface before beginning CPR. (3) **Only perform chest compressions on the child's chest, not on the abdomen or rib cage.** (4) Do not stop CPR until EMS arrives or the child starts breathing normally. (5) If the child regains consciousness and begins to breathe, place them in a recovery position and monitor their breathing until EMS arrives.



FIRST AID MANUAL: ADDITIONAL RESOURCES

ADDITIONAL RESOURCES

*****If you or someone else is experiencing a medical emergency in the United States, YOU SHOULD CALL 911 OR YOUR LOCAL EMERGENCY MEDICAL SERVICES (EMS) IMMEDIATELY. *****

AMERICAN ASSOCIATION OF POISON CONTROL CENTERS (AAPCC)

1-800-222-1222

Text POISON to 797979

AMERICAN RED CROSS

1-800-733-2767

CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

1-800-CDC-INFO

1-800-232-4636

HEALTH RESOURCES AND SERVICES ADMINISTRATION (HRSA)

1-888-275-4772

MENTAL HEALTH

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE

1-800-799-7233

NATIONAL SUICIDE PREVENTION LIFELINE (ENG)

1-800-273-TALK

NATIONAL SUICIDE PREVENTION LIFELINE (ESP)

1-888-628-9454

CARDINAL INNOVATIONS HEALTHCARE

1-800-939-5911

CRISIS TEXT LINE

Text HELLO to 741741

Text HOME to 741741

FIRST AID MANUAL:
EMERGENCY CONTACT INFO



EMERGENCY CONTACT INFO

NAME _____

AGE _____ BLOOD TYPE _____

ADDRESS _____

KNOWN ALLERGY

MEDICAL CONDITION

DOCTOR INFORMATION

NAME

PHONE NUMBER

EMERGENCY CONTACT #1

NAME

PHONE NUMBER

EMERGENCY CONTACT #2

NAME

PHONE NUMBER

BE PREPARED FOR EMERGENCIES **ON-THE-GO**

Accidents and emergencies can happen at any time, and having the right knowledge and tools on hand can make all the difference. This pocket-sized first aid manual covers the essential first aid procedures you need to know, including how to handle minor cuts, burns, and injuries, as well as more serious emergencies such as choking and seizures.

Inside, you'll find item-by-item instructions for all the essential first aid supplies, including their limitations and how to use each item effectively.

Written by a team of experienced medical professionals from Everlit Survival, this concise guide provides the essential knowledge and tools you need to respond quickly and effectively in an emergency situation. It's the perfect addition to any first aid kit, and a must-have for parents, caregivers, and anyone who wants to be prepared for emergencies on-the-go.



EVERLIT SURVIVAL