

# FIRST AID

## FIRST AID

### Review:

#### I. Three life saver steps:

##### A. Stop the bleeding:

- (1) Pressure
- (2) Elevation of limb
- (3) Tourniquet

##### B. Protect the wound:

- (1) Never touch the wound
- (2) Never touch the dressing
- (3) Watch for the greatest danger--germs and infection

##### C. Prevent shock:

- (1) Make victim comfortable
- (2) Keep head low--elevate feet
- (3) Keep warm
- (4) Lay unconscious man face down
- (5) Handle gently

### Part I

#### SPECIAL WOUNDS

##### A. Abdominal (belly) wounds:

- (1) Fasten in place clean dressing over wounds
- (2) Do not press on abdomen
- (3) Do not replace protruding organs
- (4) Never give water or food

##### B. Sucking chest wounds:

- (1) Chief danger--air escaping through wound causing lung collapse
- (2) Cover wound with clean dressing and make air-tight
- (3) Cover entire wound
- (4) Always check for more than one wound

### Part II

##### A. Burns: High infection danger in this type of wound

- (1) Cut or tear away all loose clothing in area of burn, but don't remove any material that sticks to burn.
- (2) Do not break any blisters or touch burn.
- (3) Place first aid dressing over entire burn, if possible (air-burn contact is what causes severe pain.)
- (4) Shock prevention is extremely important.
- (5) All burn casualties have lost a large quantity of body fluid. Replace this if you can. 3 or more quarts of water-salt combination ( $\frac{1}{4}$  teaspoon per quart) every 24 hours.
- (6) Get medical help fast.

Part II Special wounds cont'd

B. Fracture : (broken bones)

(1) Two types of fractures:

- a) simple--crack or break of bone without complication.
- b) compound--breakage of bone in more than one place and/or protrusion of bone through skin.

(2) Symptoms of fractures:

- a) Tenderness at point of injury
- b) Pain at point of injury and on movement
- c) Inability to move injured part
- d) Deformity or abnormal shape of part
- e) Swelling and discoloration at site of injury

(3) Treatment of fracture:

- a) Stop any bleeding
- b) Apply first aid dressing to wound
- c) Splint limb before moving victim: this helps prevent further damage and reduces shock

# First Aid

## Fractures (Advanced)

### A. simple

1. doesn't break the skin

### B. compound

1. does break the skin
2. the bone can be broken in more than one place.
3. it can be bleeding severely and is very apt to be treated right away.

### C. symptoms

1. unusual shape or deformity
2. discoloration
3. swelling
4. pain on movement
5. tenderness at point of injury.
6. inability to move injured part

### D. Treatment

1. always splint the broken bone.
2. use the three life saver steps
  - a. stop the bleeding
  - b. protect the wound
  - c. treat for shock
3. pad the splint

4. tie above and below the the  
break or as many times as is  
necessary to immobilize the break.

# Cold Injuries

A. Cold is the silent enemy.

B. Prevention of cold injury

1. change socks regularly

2. keep moving and exercising to keep warm.

3. exercise feet to keep circulation up.

4. dress right to keep warm

5. do not let underwear get wet.

6. do not wear tight clothing

7. do not wear tight boots

8. make sure footgear is the right size.

9. If you perspire heavily ventilate well to dry clothing out.

10. be in good physical condition

11. eat hot meals (eat well)

12. when sleeping on the ground insulate between yourself and the ground

C. Greatest danger is the wind when you are cold.

D. Symptom of frostbite

1. frozen parts turn grayish white

E. Treatment

1. Thaw out with body heat.

# Head Wounds

## A. Concussion

1. damage or injury to the brain

## B. Fractured skull

1. does not always accompany a concussion

## C. Recognizing symptoms

1. unconsciousness (brief period but can be for a long time)
2. bump or cut on the head.
3. patient is dazed.

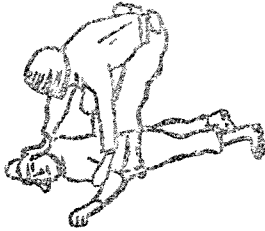
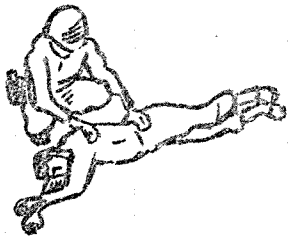
## D. Bleeding from ears and nose and mouth in severe cases.

## E. Further symptoms

1. rapid and weak pulse
2. color of the face (unusual)
3. pupils of the eyes will be of unequal size.
4. partial paralysis in any part of the body.
5. incapable of moving parts of the body in some cases.

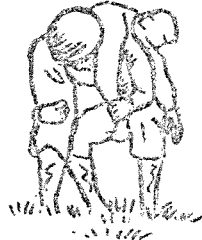
First Aid - Transportation of sick and injured:

FIREMAN'S CARRY



(1) Turn man face down  
Support head on arm

(2) Straddle man, place hands under armpits and lift to standing position. Support man by arm around his waist and step to his front.



(3) Grasp man's right hand with your left, bend at waist, pulling up. Hold his right wrist in your left hand and his back of your neck so that his body comes across your back. Grasp legs at knees with right hand.

(4) Lift man off the ground as you straighten and bend at waist, pulling up. Hold his right wrist in your left hand and his knees in your right.

(5) Then grasp man's right hand, leaving your left hand free. MAN CAN BE CARRIED FOR SOME DISTANCE IN THIS MANNER.



SUPPORTING CARRY



PACK-STRAP CARRY

Take man's left(right) wrist with your left(right)hand and draw his arm around your neck. Then the man can walk using a crutch. This carry useful when man is only slightly injured, as in foot and ankle injuries.

after raising man, step in front of him grasp his wrists with your hands and hoist him so that his armpits are over your shoulders. This is a good way of carrying an unconscious man. DO NOT USE IF THERE ARE ANY BROKEN BONES.



First Aid - Transportation of sick and injured: cont'd

SADDLE-BACK  
CARRY



ARMS CARRY

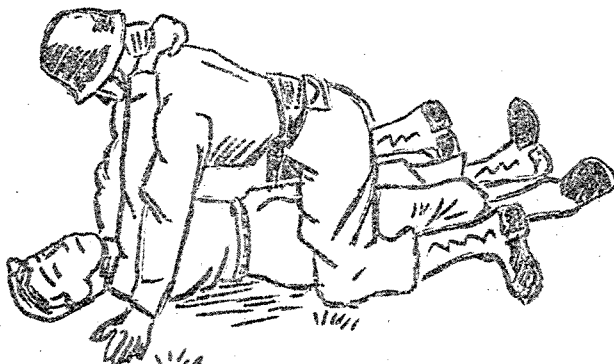


(6) after getting the man up, keep a hold on his arm and step in front of him. Then stoop and raise him upon your back. Have the man encircle your neck with his arms. Clasp your hands beneath his thighs.

(7) This is good for short distances. Carry patient high to lessen fatigue. NEVER USE WITH BROKEN BACK OR LEG.

NECK DRAG

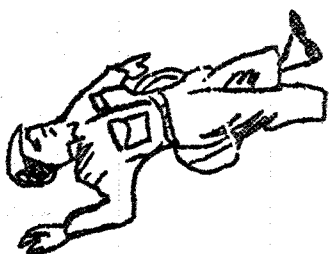
Tie man's hands around your neck. This enables you to crawl along, dragging the man, who may be unconscious. The advantage of this method is that both your hands are free and you and the victim can remain low on the ground. NEVER USE THIS METHOD WITH A BROKEN NECK OR BACK.



First Aid - Transportation of sick and injured: cont'd

PISTOL-BELT CARRY

(1)



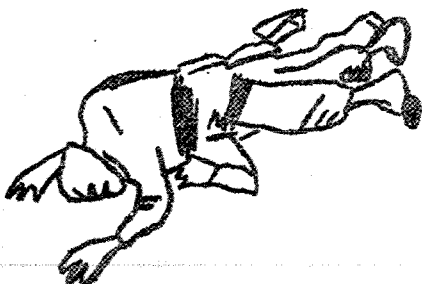
(2)



Link together two pistol belts, into a continuous belt. Place it under the man's thighs and hips so that a loop extends from each side.

Lie between the man's outstretched legs. Thrust your arms through the belt loops. Grasp the man's right hand with your left, and his right leg with your right hand.

(3)



(4)



Then rolling toward the left side, turn face downward, carrying the wounded man onto your back. Adjust slings before proceedings. If the man has an injury on the left side, grasp the man's left hand with your right hand and his left leg with

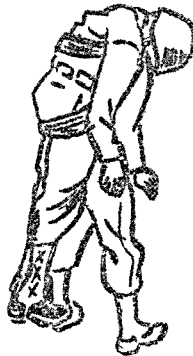
Then rise to kneeling position. The continuous belt will hold the man in place.

First Aid - Transportation of sick and injured: cont'd

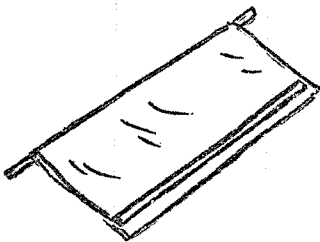
PISTOL-BELT CARRY CONTINUED

(5)

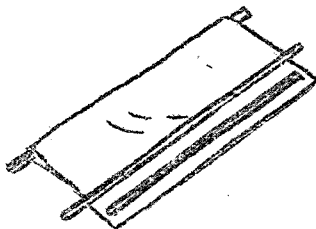
Place one hand on your knee for support, then stand up. The man is now supported on your shoulders. Your hands are free to help you climb, etc. Both men could fire weapons.



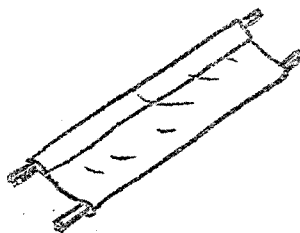
POLE AND BLANKET LITTER



Open blanket. Lay one pole lengthwise across center and fold blanket over it.

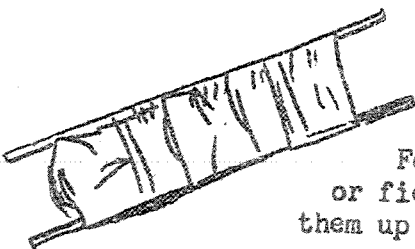


Place 2nd pole across center of raw fold.



Fold free edges of blanket over second pole.

POLE AND JACKET LITTER



Fold two or three blouses, shirts or field jackets so that the lining is outside. Button them up with sleeves in. Pass a pole through each sleeve.

# First Aid

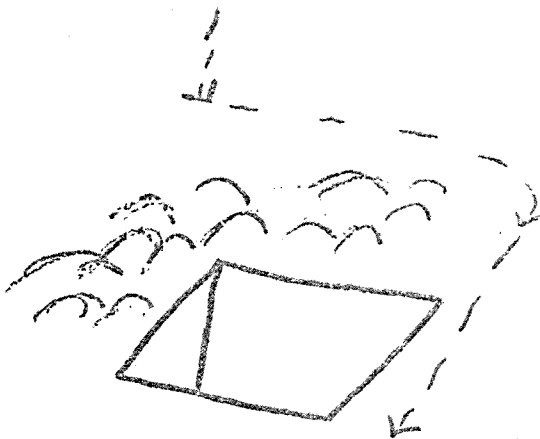
- I. Transportation of injured
  - A. neck and back injuries
  - B. general information
    1. the backbone is a very delicate bone.
    2. the spinal cord is inside the backbone
    3. the back must have curvature
- II. Symptoms of neck and back injuries
  - A. no spinal curvature
  - B. neck at or in an abnormal position
- III. Treatment
  - A. don't let the patient move
  - B. always assume the patient has a back injury.
- IV. Transportation of a neck injury
  - A. stop head from moving by putting pads or weights along side of the head.

GENERAL RULES FOR AVOIDING DISEASE IN THE FIELD:

1. Do not drink water that has not been tested for safety. Do not drink from another man's canteen or cup. Drink only from safe water sources.
2. Do not urinate or take any bowel movements except at the designated latrine.
3. Be sure that your mess gear is properly cleaned before and after use. Use soap and water and rinse well.
4. Avoid the bite of mosquitoes and other insects.
5. Do not lie on damp ground. Avoid drafts.
6. Prepare drainage ditches around your sleeping area.
7. Prepare your bed before dark. Insulate yourself from the ground with twigs, pine needles, etc. and you will be warmer.
8. Do not exchange personal items such as a toothbrush, soap, etc.
9. Daily bowel movements are desirable, but in the field on a concentrated diet you may not be on your regular schedule. Consult medical aid before the use of a laxative.
10. Drink plenty of water if available, but do not drink large quantities of cold water when overheated.
11. Wear loose fitting clothing. Keep it dry and change as quickly as possible when it gets wet.
12. Dispose of wastes such as uneaten food in the properly designated areas.
13. Avoid contact with diseased persons.
14. Improvise washing facilities if possible if the unit is to stay in an area more than three days.
15. Use soap to help prevent poison oak.

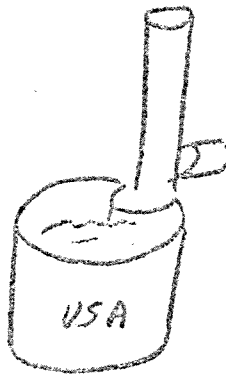
## MESS SANITATION IN THE FIELD

Illustrated below is a typical field set up for garbage disposal and washing of mess kits. The soldier follows the path indicated.



GARBAGE PIT

Dumps all scraps and uneaten food. Must not be near mess area or water point.

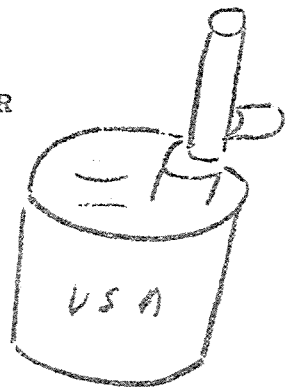


HOT SOAPY WATER AND BRUSH FOR WASHING



HOT CLEAR WATER FOR RINSING

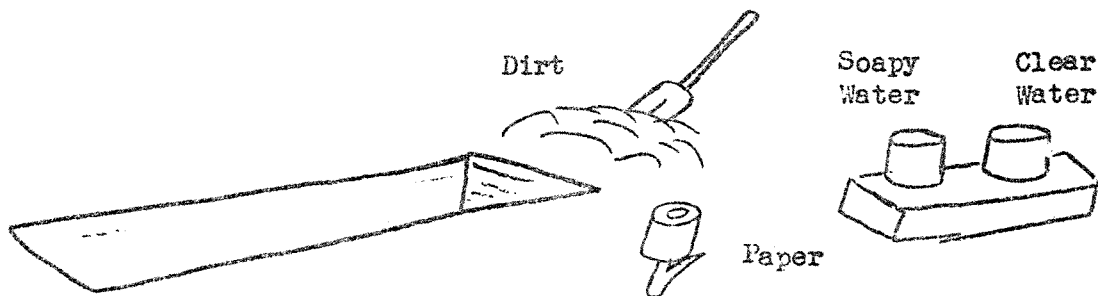
After passing through the line the soldier dries his mess kit by swinging it in the air. In desert regions where water is very short in supply dry clean sand may be used to rub the mess kit dry.



HOT BOILING WATER TO DISINFECT  
At least 180 degrees

# TYPICAL LATRINES

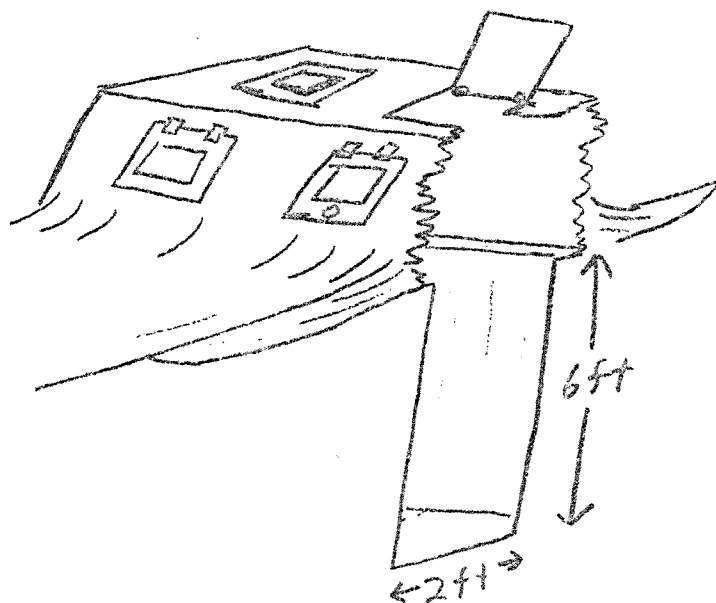
## Straddle Trench



The straddle trench is used when troops are to occupy an area only for so short a period of time that a pit type latrine cannot be built. Soldier straddles the trench and covers his waste with dirt near the shovel.

## Deep Pit Latrine

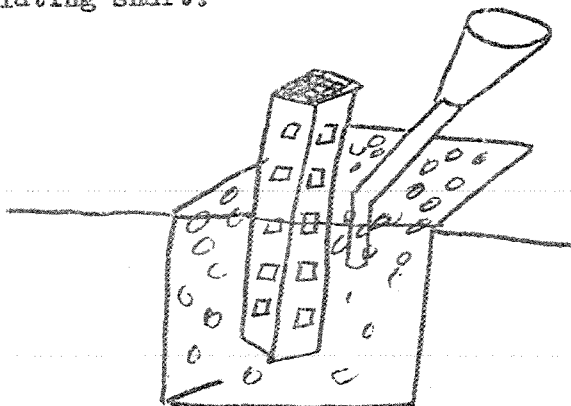
The deep pit latrine is of a more permanent nature. The pit is covered by the box seat and no insect can get to the wastes. This type latrine as the straddle trench above is normally fenced off with a canvas latrine fly if time permits.



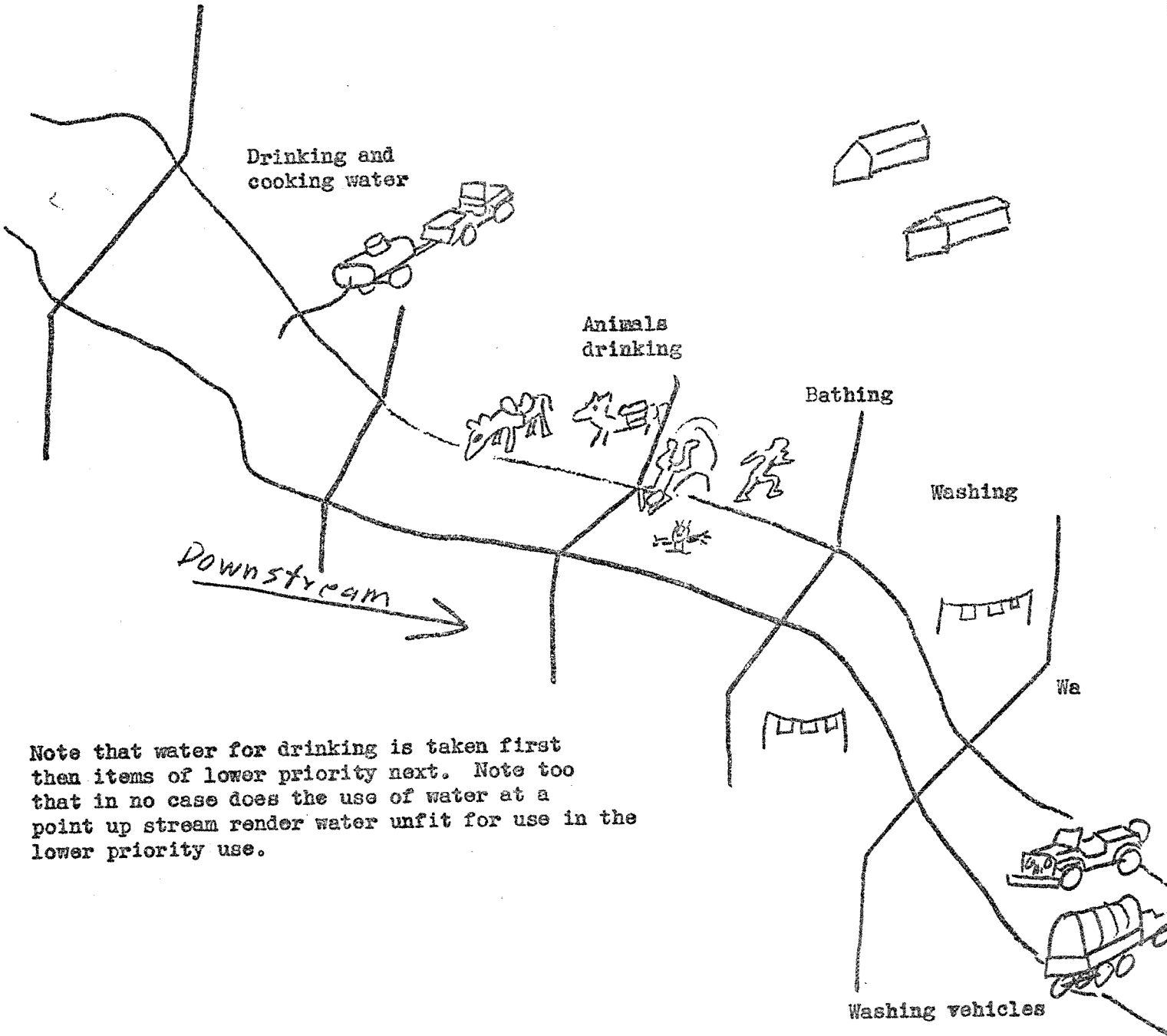
Note. Should be down except when the latrine is actually used.

## The Pipe Urinal

Here a pit filled with rocks and gravel provide for excellent drainage. Note the use of a screened ventilating shaft.



# PROPER USE OF A STREAM



Note that water for drinking is taken first then items of lower priority next. Note too that in no case does the use of water at a point up stream render water unfit for use in the lower priority use.



# Avoiding disease in the field

## I. Marches

### A. shoes

1. wool socks
2. no holes in your socks
3. shoes must be well broken in for comfort.
4. do not lace boots tightly

### B. drinking water

1. drink plenty of water before march
2. on a march, don't drink heavily; just a few sips

### C. security on the march

1. use flank, rear, and front guards
2. be at ease on a march (silence should be broken only by the squad leader.

3. get rid of all shiny equipment

4. normal rate of march is  $2\frac{1}{2}$  miles in 50 minutes; 106 30 inch steps per minute

5. first hour rest 15 minutes; 10 minutes an hour after that.

6. at a march you carry weapons at sling arms. In tactical positions at battle post.

7. if you are physically sick and you need a doctor's help

REPORT to the officer to tell him where you are.

D. discipline on the march

1. obedience to officer in command unquestioned

E. general rules for avoiding injury in the field.

1. do not drink any water that has not been tested properly

2. do not drink from another man's canteen.

3. do not urinate or take a B.M. except in the designated area.

4. avoid insect bites

5. do not lie on the damp ground and avoid drafts

6. prepare your bed before dark.

7. insulate yourself from the ground.

8. wear loose fitting clothes.

Keep them dry and as clean as possible.

## Personal Hygiene

**I Definition:** The measures and precautions an individual uses to maintain his own health and physical well being.

Personal Hygiene is the basis of Military Hygiene. Military Hygiene and sanitation is the Army way of keeping soldiers healthy and preventing the spread of disease.

**II Responsibility for Personal Hygiene:**

The individual must keep himself in the best possible physical condition.

**III Causes of Disease:**

A. Most acute disease and many chronic ones are caused by micro-organisms or viruses commonly called "germs".

B. Ways Germs enter the body:

1. By eating food or drinking water or other liquid which contains germs.
2. By breathing in certain germs which float in the air.
3. Through the skin, the germs having been injected into the body by insects, or introduced through cuts, scratches, or abrasions.
4. By contact with diseased persons.

**IV Methods to improve General Health:**

- A. Wear suitable clothing for the weather; avoid cold and chilling.
- B. Get sufficient sleep - 7-8 hrs each night.
- C. Avoid undue fatigue.
- D. Participate in physical training.
- E. Participate in recreation.
- F. Keep face, body, hands, and feet clean.

**V Care of the body:**

- A. Cleanliness of primary importance.
- B. 1. Bathe at least twice a week.
2. Wash hands before eating and after toilet.
3. Change underwear and wash at least twice a week.

**VI Care of Mouth:**

- A. Brush teeth at least twice a day - one must be before going to bed.
- B. Brush teeth properly - massaging gums as well as cleaning teeth.

**VII Care of the feet:**

- A. Shoes: Should fit well - no undue pressure when body weight is on feet.  
Shoes should not be too large to produce friction which will produce blisters or abrasions.

B. Socks:

1. Only wool socks should be worn for marching.
2. Socks should be large enough to permit free movement of toes - but never so large that they wrinkle.
3. Never wear darned socks or socks with holes on a march; since they caused abrasions and blisters.

C. Never wear tight foot gear in the winter. Promote the best circulation possible in the feet during the cold weather.

D. Keep toe nails trimmed and clean. Cut straight across not curved.

E. Keep feet clean, this is in order to prevent infection in case of blisters.

F. Check your feet frequently on a march, massage them often to help promote circulation.

VIII Care of your personal appearance:

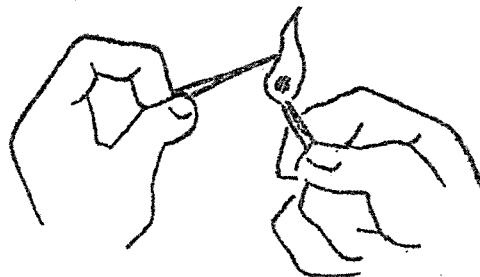
Keep your clothing neat, hair cut and combed, fingernails clean and trimmed, shoes polished.

Take pride in your appearance. The better you look the better you'll feel and the better people around you will feel.

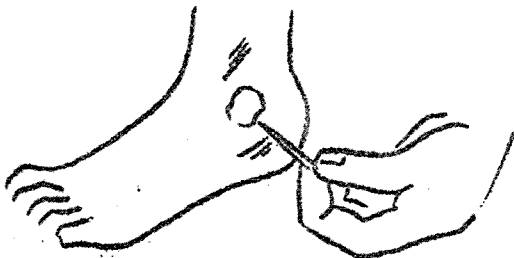
IX Care of Blisters:



Wash with soap & water



Sterilize needle by open flame



Open blister by sticking it at lower edge



Cover with adhesive bandage

Personal Hygiene

Instructor \_\_\_\_\_

Place \_\_\_\_\_

References FM 21-10 Par 202-210

Materials Note book and pencils for students.

1 toothbrush, toothpaste, can of foot powder, needle, matches, soap.

1. What is personal hygiene? Attempts by the individual to avoid infections and to stay in top personal condition.
2. What do you do in case of illness? Seek prompt medical attention.
3. How do we prevent infection?
  - a. Keeping clean with soap and water.
  - b. Protect yourself from the cold and keep from getting chilled.
  - c. Eat enough of the right kind of food.
  - d. Keep in good physical condition.
  - e. Sleep at least 7 to 8 hours a day.
  - f. Prevent undue fatigue.
  - g. Keep moral high through good recreation.
4. Care of the mouth. Clean teeth twice a day. Brush inside and outside away from the gums. Demonstrate. Salt or soda may be used in the place of toothpaste. Seek out medical aid at the first sign of a cavity. Get teeth checked at least once a year.
5. Care of the body. Filth invites disease germs. At least two baths a week are necessary. This must be increased in hot weather. Pay close attention to crotch, arm pits, face, hands, feet. Hand must be washed after each trip to the toilet. Under clothes must be changed twice a week.
6. Care of the feet. Must be kept dry, warm, and fitted properly with socks and shoes.
  - a. Shoe fit. Shoes should not bind or be tight when full body weight is placed on the foot. Should not be loose enough for the foot to slip.
  - b. Sock fit. Wool socks used in hiking. Cotton worn for dress. Toes should move freely, but not loose enough to wrinkle. Socks with hole or with darned hole will cause blisters while marching. Warning wool socks may shrink and become too tight after washing.
  - c. Cleanliness. Feet must be washed and socks changed daily. Wash feet thoroughly with soap and water. Dry completely to avoid fungus growth such as athletic foot. Occasional massaging is a good idea when feet are cold and bathing facilities are not available. Toe nails should be trimmed straight across. Feet should be dusted daily with foot powder. Also dust shoes and socks.
  - d. Blisters. Sterilize the area and a needle. Pop the blister coming under the lower edge of the blister. Mop up the fluid with a clean cloth. Cover the blister with a strip of tape and leave on until the blister dries up in several days. Demonstrate.
  - e. Corns, bunions, ingrown toenails and serious blisters should be referred to trained medical aid.
  - f. Athlete's foot. A fungus growth that spreads rapidly. Treat immediately. Keep feet dry. Don't go barefooted or it will spread to others. Consult medical aid. Same applies for jock itch.
  - g. Trench foot. Will be covered in a film.

## PERSONAL HYGIENE

Notes:

1. What is personal hygiene?

Personal cleanliness, attempting to avoid disease.

2. How do we prevent infection?

Cleanliness by using soap & water (bathe at least 3 times a week), eat the right kind of food, good physical condition, sleep 7-8 hours a day, prevent undue fatigue, plenty of recreation or leisure.

3. Care of mouth?

Minimum of 2 times daily brush your teeth, brush up and down, always brush teeth if you have had breath.

4. Care of Body?

Wear clean socks and underwear, wash hair at least 2 times a week, take care of feet (cleanliness) because of athlete's foot, etc.

5. Care of the feet?

wear proper socks (size)  
wear proper shoes, should be large enough to allow freedom of toes but not to be too large to feel like your foot is swimming in the shoe.

6. Sock fit?

Swimming in the shoe.

7. Cleanliness?

8. Blisters?

9. Corns, bunions, ingrown toenails, etc.

10. Athlete's foot?

11. Trench foot?

## PERSONAL HYGIENE

A. Early medical treatment is the key to proper hygiene.

B. Care of the body:

1. Cleanliness
2. Bathing
3. Clothing

C. Care of the mouth:

1. Teeth
2. Oral hygiene

D. Care of the feet:

1. Cleanliness most important factor.
2. Shoes--socks--correct size, large enough
3. Blister;
  - a) wash with soap and water
  - b) Sterilize needle
  - c) Open-- lower edge only once
  - d) Cover with sterile bandage
4. Corns, bunions, ingrown toenails (short, straight cut across)
5. Athletes foot: ringworm of the foot  
Prompt treatment very important
6. Trench foot: Caused by moisture, near freezing temperature, and poor blood circulation.

Prevention:

7. Immersion foot-- caused by moisture
8. Frostbit: Injury to tissue due to extreme cold.
9. Foot inspection in the field.

E. Rules for avoiding disease in the field:

Water: All water for drinking must be properly treated or taken from authorized sources.

Mess: All utensils, and mess gear must be clean and disinfected.

waste disposal: Sanitation is most important.

Protection from insects: Use insect repellents, insecticide powder, protective clothing and bed nets.

Protection from rodents: They carry germs, controls of them must be exercised.

avoidance of contact with infected persons: Isolation of victims.

Provision for proper clothing: Correct type of clothing worn for each climatic condition.

Proper housing: Overcrowding, poor ventilation, and unsanitary housing is to be avoided.



Memorize  
PERSONAL HYGIENE  
Self Care

A. Early medical treatment is the key to proper hygiene.

B. Care of the body:

1. Cleanliness
2. Bathing
3. Clothing

C. Care of the Mouth:

1. Teeth
2. Oral hygiene

D. Care of the Feet:

Memorize

1. Cleanliness most important factor.
2. Shoes - socks - correct size, large enough
3. Blisters:
  - a) Wash with soap and water
  - b) Sterilize needle
  - c) Open - lower edge *only once*
  - d) Cover with sterile bandage

4. Corns, bunions, ingrown toenails (Short, straight cut across)

5. Athletes Foot: Ringworm of the foot  
Prompt treatment very important

6. *most severe* Trench Foot: Causes by moisture, near freezing temperature, and poor blood circulation.

Prevention: DON'T STAND IN WATER or MUD For A long time, CHANGE SOCKS Daily, loosely lace your Boots (No pressure), IF you HAVE to sleep in this elevate your Feet. MASSAGE your Feet to Get the warmth BACK.

7. Immersion Foot - moisture caused.

8. Frostbite: Injury to tissue due to extreme cold.  
Watch out for tight shoes, wear proper shoes

9. Foot inspection in the field.

E. *Must memorize* Rules for avoiding disease in the field:

Water: All water for drinking must be properly treated or taken from authorized sources.

Mess: All utensils, and mess gear must be clean and disinfected.

Waste disposal: Sanitation is most important.

Protection from insects: Use insect repellents, insecticide powder, protective clothing and bed nets.

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Avoidance of contact with infected persons. Isolation of victims.

Provision for proper clothing: Correct type of clothing worn for each climatic condition.

Proper housing: Overcrowding, poor ventilation, and unsanitary housing is to be avoided.

## 1. THE PURPOSE OF FIRST AID TRAINING:

- A. TO PREVENT ACCIDENTS - *being conscience of fact that you CAN be injured*
- B. TO TRAIN PEOPLE TO DO THE RIGHT THING AT THE RIGHT TIME
- C. TO PREVENT ADDED INJURY TO THE VICTIM OR DANGER
- D. TO PROVIDE PROPER TRANSPORTATION IF NECESSARY

## 2. GENERAL DIRECTIONS FOR APPROACHING A FIRST AID PROBLEM:

1. Keep the injured person lying down in a comfortable position, his head level with his body, until you know whether the injury is serious.
2. Look for <sup>bleeding</sup> hemorrhage, stoppage of breathing, poisoning wounds, burns, fractures, and dislocations. Be sure you find out all the injuries.
3. Keep the injured person warm.
4. Send someone to call a Doctor or an ambulance. *immediately*
5. Keep calm, and do not be hurried into moving the injured person unless it is absolutely necessary.
6. Never give water or other liquid to an unconscious person.
7. Keep onlookers away from the injured.
8. Make the patient comfortable and keep him cheerful, if possible.
9. Don't let the patient see his own injury.
  - ✓ a. Remember First Aid is simple and fast.
  - ✓ B. Remember (1) Serious bleeding, (2) Stoppage of breathing, and (3) Poisoning, in that order, must be treated immediately, before anything else is done.
  - ✓ C. Remember - If a patient is unconscious or semiconscious after a violent accident, the cause is usually a head injury.

FIRST AID IS THE IMMEDIATE AND TEMPORARY CARE GIVEN THE VICTIM OF AN ACCIDENT OR SUDDEN ILLNESS UNTIL THE SERVICES OF A DOCTOR CAN BE OBTAINED.

NOTES: 22. *always make sure you find all wounds, artificial respiration should be used only when absolutely necessary.*

27.

## FIRST AID Hr. #2

1. The Purpose of First Aid Training:
  - A. To prevent accidents
  - B. To Train people to do the right thing at the right time
  - C. To prevent added injury to the victim
  - D. To provide proper transportation if necessary
  
2. General Directions for approaching a First aid problem:
  - A. Keep the injured person lying down, in a comfortable position, his head level with his body, until you know whether the injury is serious.
  - B. Look for hemorrhage, stoppage of breathing, poisoning wounds, burns, fractures, and dislocations. Be sure you find out all the injuries.
  - C. Keep the injured person warm.
  - D. Send someone to call a Doctor or an ambulance.
  - E. Keep calm, and do not be hurried into moving the injured person unless it is absolutely necessary.
  - F. Never give water or other liquid to unconscious person.
  - G. Keep onlookers away from the injured person.
  - H. Make the patient comfortable and keep him cheerful, if possible.
  - I. Don't let the injured person see his own injury.
  
3. Remember:
  - A. First aid is simple and fast.
  - B. Serious bleeding, stoppage of breathing, and poisoning, in that order, must be treated immediately, before anything else is done.
  - C. If a patient is unconscious or semiconscious after a violent accident, the cause is usually a head injury.

\*FIRST AID IS THE IMMEDIATE AND TEMPORARY CARE GIVEN THE VICTIM OF AN ACCIDENT OR SUDDEN ILLNESS UNTILL THE SERVICES OF A DOCTOR CAN BE OBTAINED.

Notes: \_\_\_\_\_