

## First Aid Vocabulary 7<sup>th</sup> Grade

First Aid – immediate treatment given to someone who is injured or is suddenly ill.

Accident – unplanned event or act that may result in injury, property damage, or death.

Sudden Illness – illness in which the symptoms appear abruptly.

Emergency – situation that occurs when there is a sudden need for immediate action.

Circulatory System – the system of organs and tissues involved in circulating blood through the body.

Arteries – vessels that carry the blood from the heart to the body.

Veins – vessels that carry the blood from the body back to the heart.

Capillaries – minute vessels that connect the arteries and the veins.

R.I.C.E. – (Rest – Ice – Compression – Elevation) treatment used during the first 48 hours for most soft tissue damage. (Bruises, sprains, strains etc.)

Strain – an overstretched muscle or tendon.

Sprain – the tearing of ligaments at a joint.

Dislocation – a separation of a bone from its position at a joint.

Bruise – damage to soft tissues and blood vessels causing bleeding under the skin.

Abrasion – wound caused by skin that has been rubbed or scraped away.

Laceration – cut with a jagged edge.

Incision – cut with a smooth edge.

Puncture – to pierce with a pointed object.

Avulsion – a cut in which a portion of skin or other soft tissue is partially or completely torn away.

Severe Bleeding – condition that occurs when there is a sudden need for immediate action.

Pressure Points – place on the body where blood flow can be stopped by applying direct pressure to a major artery.

Four steps to stop bleeding

- 1) Apply direct pressure with clean gauze
- 2) Elevate the wound above the heart
- 3) Use pressure points
- 4) Tourniquet, use in life or death situation only

Tourniquet – device that stops all blood flow to a limb.

Shock – physical condition that happens when the body is unable to circulate blood properly.

Artificial Respiration – process in which air is forced into the lungs.

Rescue Breathing – when a person stops breathing you must breathe for that person.

Cardiopulmonary Resuscitation – (CPR) a combination of chest compressions and rescue breathing.

Abdominal Thrust – a technique that uses abdominal thrusts to dislodge an object blocking a person's airway.

Fracture – a crack or break in a bone.

Splint – support that helps keep a possible fracture from moving.

Tetanus – this is a disease that causes severe muscular stiffness and contractions.

Heat Exhaustion – this is a condition in which the body overheats and loses large amounts of water and salt through heavy sweating.

Heatstroke – this is a condition in which the body temperature rises but no sweating occurs.

Frostbite – a condition that occurs when body tissue freezes.

#### 4 Signs of infection

- 1) redness
- 2) swelling
- 3) discharge
- 4) increased pain

## List of Priorities in an Emergency Situation

1. **Evaluate the Situation**
  - a. Is it safe for you?
  - b. Is it safe for the victim?
  - c. DO NOT MOVE THE VICTIM UNLESS THERE IS IMMEDIATE DANGER
2. **CALL FOR HELP**
3. **DETERMINE IF THE VICTIM IS CONSCIOUS** Tap and shout “are you alright, are you okay?”
4. **IF NO HELP ARRIVES, SEND SOMEONE FOR HELP OR CALL FOR HELP AGAIN!**
5. **BEGIN THE ABC’S**
  - a. Open the **Airway** by using the HEAD TILT/CHIN LIFT method
  - b. Check for **Breathing** by LOOKING, LISTENING and FEELING for BREATHING for 5 seconds.
  - c. Check for **Circulation** or pulse by placing 2 fingers on the carotid artery (located on the side of the neck) for 10 seconds. **ONLY DO CPR IF YOU ARE TRAINED.**
6. **CHECK FOR BLEEDING**
7. **CHECK FOR POISONING**
8. **TREAT AND PREVENT SHOCK**