

Jones County  
School District

# First Aid Staff In-Service



Presented by  
Jones County  
School Nurses

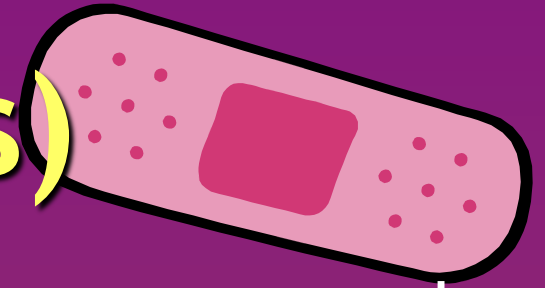
# First Aid Basics



Remember:

- Never touch another person's blood - give them a dressing or tissue while you put on vinyl gloves
- If you are concerned that a student may have a fracture or significant head or neck injury - be sure NOT to move the student before medical help arrives
- Find out who is on your school's MERT (Medical Emergency Response Team)
- Call for the nearest MERT member to come to student's location.

# Cuts (Lacerations)



- Use latex gloves before touching open wounds
- Small lacerations:
  - Wash with soap and water and rinse
  - Cover with bandage
  - Notify Health Office and parents as needed
- Large lacerations:
  - Apply dressing, press firmly and elevate site to stop bleeding
  - Do not remove dressing - Notify School Nurse
  - If unavailable, seek emergency care

# Sprains and Fractures



Important - treat a significant injury with care!

## SPRAINS:

- Do not move injured part - apply cold to injury  
Notify the Health Office for assistance

## FRACTURES:

- Do not move injured part - Notify School Nurse immediately - if unavailable, obtain emergency care

Observe for signs of shock and treat by keeping the student warm and laying down

# Burns



## MINOR BURNS:

- Place under cold running water immediately
- Notify Health Office or parents as needed

## SEVERE BURNS:

- Cover with a dry, sterile cloth
- Notify School Nurse immediately - if unavailable, obtain emergency care

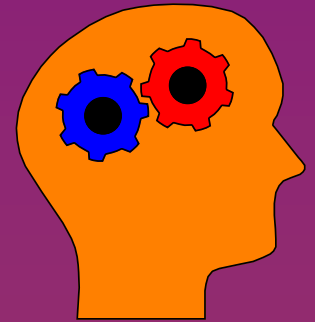
Observe for signs of shock and treat by keeping the student warm and laying down

# Head Injuries

Do not move the student!

Notify School Nurse and parents immediately

Watch for the following signs:



- Severe headache
  - Excessive drowsiness
  - Nausea and/or vomiting
  - Double or blurred vision, unequal pupils
    - Loss of muscle coordination
    - Convulsions or seizures
  - Unusual behavior: dizziness, confusion, irregular breathing
    - Bleeding or discharge from the ear
- Seek medical care with these symptoms!

# Nosebleeds



- Hand student a dressing or several tissues
- Have student sit in upright position
- Have student apply direct pressure to nose by squeezing outside of nostrils with thumb and index finger for 10 minutes
- Do not lean head back

Call for School Nurse or MERT team member if bleeding doesn't stop after 10 minutes of applying pressure. Do not send up the hallway with blood dripping. Apply pressure in class.

Notify School Nurse or supervisor if you have been exposed to another person's blood!

# Choking



- Ask the victim, “Are you choking?”  
If the victim can speak, breathe or cough, stay with the victim and encourage him/her to cough
- If the victim cannot speak breathe or cough -immediately perform the Heimlich maneuver and have someone call 911, the school nurse, and the Medical Emergency Response Team to come STAT to student’s location
- If student becomes unconscious lower to the floor



Lay the choking victim prone, with his or her back against the floor.

Straddle the choking victim's body directly above the knees.

Place the heel of one hand on top of your other hand. Intertwine the fingers of your top hand with the fingers of your bottom hand.

Keep your bottom hand (the one pressing against the victim) open, palm-side against the victim.

Position your hands in the middle of the victim's torso, between the belly button and breastbone.

Administer a series of five firm upward thrusts. Do not thrust straight downward or you may cause injury to the aorta.

Open the airway by grasping the victim's tongue and lower jaw, and look inside the mouth for any sign of a dislodged foreign body. See something? Use your index finger to sweep it out.

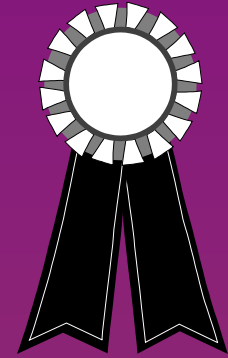
Listen for breathing. Watch for the chest to rise and fall. Look carefully, as the victim's breaths may be shallow.

Pinch the nostrils closed and place your mouth over the victim's mouth.

Breathe into the mouth and watch to see if chest rises and falls. If it doesn't, the airway is still blocked.

Repeat the abdominal thrusts if you can't hear breathing or see chest movement.

# Successful First Aid Management



- Know who to call in an emergency
- Never touch another person's blood  
Manage bleeding incidents with gloves and dressings
- Know the personnel in your building on the Medical Emergency Response Team
- Do not move an injured student if you have any concerns about a neck injury, head injury or fracture

**For more information -  
*see your  
school nurse!***

