

First Aid Flashcards PDF

First Aid Flashcards PDF

Disclaimer: The first aid flashcards pdf was generated with the help of StudyBlaze AI. Please be aware that AI can make mistakes. Please consult your teacher if you're unsure about your solution or think there might have been a mistake. Or reach out directly to the StudyBlaze team at max@studyblaze.io.

What is the first step in assessing a patient in an emergency situation?

Ensure the scene is safe before approaching the patient.

What does the acronym ABC stand for in first aid?

Airway, Breathing, Circulation.

How do you perform CPR on an adult?

Place your hands in the center of the chest and push hard and fast at a rate of 100 to 120 compressions per minute.

What is the recommended compression to ventilation ratio for adult CPR?

30 compressions to 2 breaths.

What should you do if someone is choking and cannot breathe?

Perform the Heimlich maneuver.

What is the purpose of the recovery position?

To keep the airway clear and prevent choking.

What are the signs of a heart attack?

Chest pain, shortness of breath, nausea, and pain in the arms, back, neck, or jaw.

How should you treat a burn?

Cool the burn under running water for at least 10 minutes and cover it with a sterile dressing.

What is the first aid treatment for a sprain?

Rest, Ice, Compression, and Elevation (RICE).

What should you do if you suspect someone has a spinal injury?

Do not move the person and call for emergency medical help.