**Accident**

**definition**: any event that was not intended to happen.

**Accidental injuries**

**definition**: injuries that result from an accident. Who knew?
Avoiding Injuries
* concentrate on your actions
* recognize your limits
* think ahead
**Preventing Falls:** using non-skid rugs, placing a rubber pad under a rug

**Preventing Poisoning:** Keep cleaning products, pesticides & other potential poisons out of reach of kids & pets.

**Preventing electric shocks:** broken or frayed electrical cords should be replaced & never run under a rug. Never use electrical appliances near water.

**Preventing gun accidents:** the best way to prevent a gun accident in the home is not to have any guns allowed in the home. Guns should never be pointed at anyone.
Lesson 5: 1st aid for emergencies

Sprain: a condition in which the ligaments that hold the joints in position are stretched or torn.

Protect the injured part by keeping it still
Rest the affected joint for 24-48 hrs
Ice the injured part to reduce swelling & pain
Compress the injured area by wrapping it
Elevate the injured part above the heart
Lesson 5 (still)

**Fracture**: a break in the bone
  an x-ray is the only way to tell

**Insect bites & stings**
  * call for help if allergic
  * wash, apply ice
  * remove ticks carefully
Burns: treatment depends on location & severity of the burn(s)

* see chart p. 560!

Poisoning: all poisonings require immediate treatment

* call poison control

* Be ready with who is poisoned, what was consumed

* Follow the instructions given
Lesson 5 (even more!)
Foreign Object in the Eye (ouch!)
* don't rub it!
* flush the eye w/clean water
* call for help if you can't remove the object

Nosebleed: pinch shut & breathe through your mouth for 5-10 minutes. If bleeding doesn't stop after 15 min, get medical help
Fainting: a brief loss of consciousness that occurs when the blood supply to the brain is cut off for a short time.

* early action! sit or lie down, head between your knees
* Too late :( leave the person lying down. Check the airway (breathing?) Raise legs to put blood back in the brain
* loosen any tight clothing
* call for help if the person is not awake soon
* Call for help & call 911 if not breathing
* Losing consciousness b/c of head injury is not fainting! Call for help NOW!
Heat Related Illnesses

Heat cramps: painful, involuntary muscle spasms that usually occur during strenuous exercise in hot weather.

~ sit down, cool down, drink water, stretch

Heat exhaustion: characterized by faintness, nausea, rapid heartbeat, & hot, red, dry or sweaty skin.

~ lie down in the shade or AC. Elevate feet, loosen clothing, drink cold but not iced water.

Heatstroke: the most serious form of heat illness. The body stops sweating, so stops cooling. Body temp can exceed 104 F. Rapid heartbeat, shallow breathing. Call 911!