

All About First Aid



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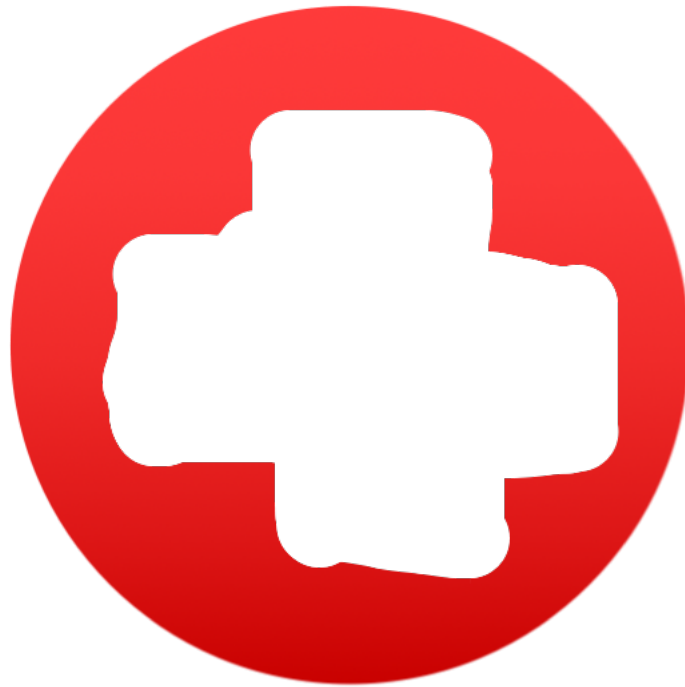


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What is First Aid?

First aid is easy if you learn how to do it.
This book is to help teach you first aid.



Broken Bones

Signs of a broken bone include:

Change in the shape of the bone

Bruising around the injury

Bleeding

Swelling

Pain or being unable to move that body part



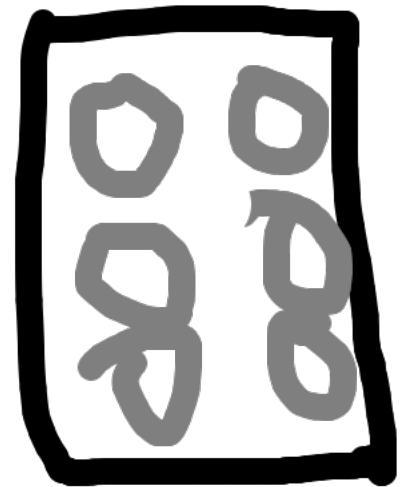
Getting help: if you think the injury looks like a broken bone, call 911 and seek a parent or guardian for help.

Poisoning

Harmful substances include: Human and animal medicines, cleaning products like laundry detergent, batteries, pet food, alcohol, makeup, plants, and fungi.

Signs of poisoning: feeling sick, upset stomach, headaches, and feeling sleepy or confused.

If someone develops some of these symptoms, they may have been poisoned.



Asthma

Triggers of asthma:



Pollution



Pollen



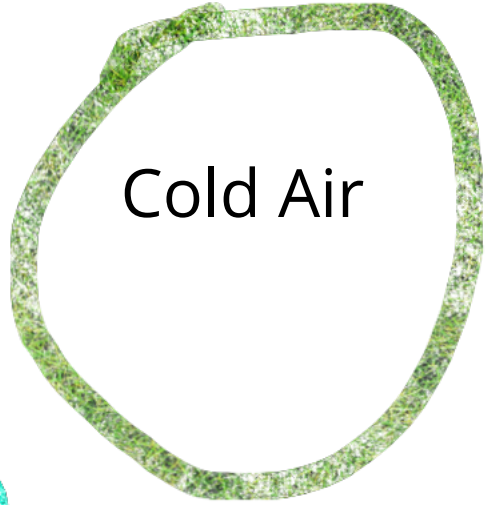
Animal Hair



Exercise



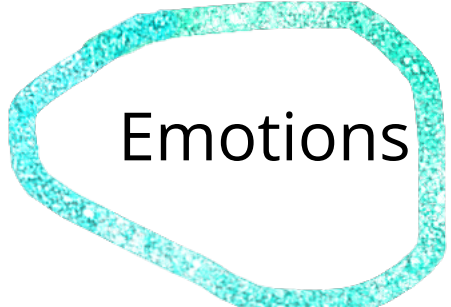
Cigarettes



Cold Air



Dust

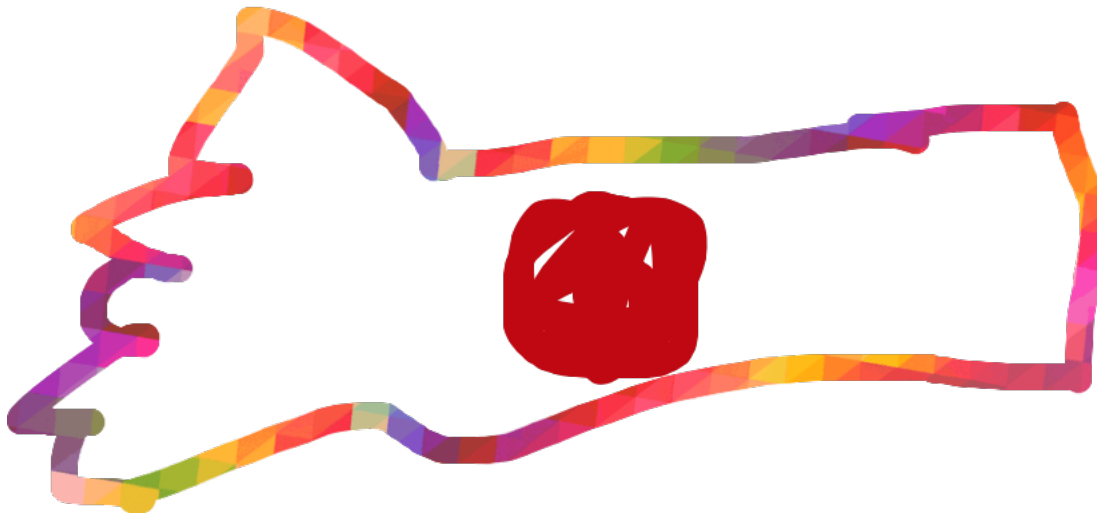


Emotions

Burns

Burns can be caused by things like candles, hair tools, irons, sparklers, kitchen appliances. Scalds can be caused by steam, hot coffee, boiling water, kettle steam, or hot bowls of soup.

To treat a burn you should never use: ice, ice water, creams, or greasy items like butter. To treat a burn you should use only cool water.



Bleeding

You can get a cut that will bleed any where. If you do bleed, try to stop the bleeding as quick as possible.

Nosebleeds are a common injury if you are sick, if you hit your face, or if you have a dry nose.





The End