**Bleeding**

Types of Wounds:

* **Abrasion**- scrape off the surface of the skin; most common; light bleeding
* **Puncture**- deep, penetrating wound; a hole, most likely to get infected, little bleeding
* **Avulsion**- chunk of flesh or skin removed; pack cold and send to hospital; bloody
* **Incision**- clean, straight cut; bloody if deep
* **Laceration**- a jagged cut; usually bleeds freely

Treatment:

1. Put on GLOVES
2. Apply direct pressure with a sterile dressing
3. Elevate the injury if possible
4. Use pressure points – *brachial* in the arm an *femoral* in the leg

**BURNS**

Types of Burns:

* **Chemical-** caused by a liquid like “Draino” or battery acid
* **Thermal-** caused by hot objects such as an oven or hot coals
* **Radiation-** caused by too much heat exposure; sunburn

**Rule of Palms** - A method for estimating an extent of a burn by comparing the patient’s palm to the burned area. Patient’s palm equals approx. 1% of skin.

Severity/Degrees of Burns:

* **Superficial** (1st degree)-least severe burn, causes skin to turn red; sunburn
* **Partial** **thickness** (2nd degree)- most painful type of burn; causes skin to turn red and blister
* **Full thickness** (3rd degree)- very severe burn; less painful initially; charred black skin

Treatment for Burns:

* Superficial: Run cool water over the burn to relieve pain
* Partial Thickness: Soak burn in cool water for up to 20 minutes and wrap in a cool, moist dressing (Do NOT pop blisters)
* Full Thickness: Activate EMS, and wrap in a dry, sterile dressing

**MUSCLE/SKELETAL INJURIES**

Types of Broken Bones:

* **Closed Fracture** (simple) - break is under the skin; most common
* **Open Fracture** (compound) - break goes through the skin, causing further injury

**Circulation Motor Sensory (CMS)** - Is a method used to determine the extent of damage to an injured area by checking basic body system functions.

**C** = Circulation (blood flow) – Pulse check and **capillary refill**

**M** = Motor (movement) – Wiggle, Wiggle, Wiggle! Can you move your toes/fingers?

**S** = Sensory (nerve response) – Which finger/toe am I touching?

Signs and Symptoms

* Pain
* Loss of function
* Swelling/Bruising
* Deformity (unnatural movement, shortening, irregularity)
* Shock

Treatment:

1. Splint the bone as it is. Do not attempt to move the injured area.
2. Splint the area well above and below the break; check CMS before and after.
3. Elevate the broken area if possible to reduce swelling
4. Put ice on the area to additionally reduce swelling

#### Joint Sprains & Muscle Strains:

**Sprain** - A joint injury caused by stretching/tearing of ligaments (bone to bone) or tendons (muscle to bone).

**Strain** - A muscle injury caused by overstretching or overexertion of the muscle.

Signs and Symptoms of Sprains and Strains:

* Pain
* Swelling
* Loss of movement
* Discoloration (redness or bruising)

Treatment (R.I.C.E):

* + - 1. **R**est- Limit all movement on the injured joint/muscle
      2. **I**ce- Use an ice pack to reduce internal bleeding, swelling, and pain
      3. **C**ompression- Wrap bandage over ice pack firmly, but comfortably, check CMS
      4. **E**levation- Raise the injury site to reduce circulation to the area.