

Newsletter: Don't lose your head in an injury emergency- it is a "no brainer!"

October 2016

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Wound Care: Don't Let the Blood Flood!

In every injury scenario, you should make sure the scene is safe and send someone to retrieve a first-aid kit. Remember universal precautions— treat every bodily fluid as if it is infected! Don't forget your personal protective equipment!



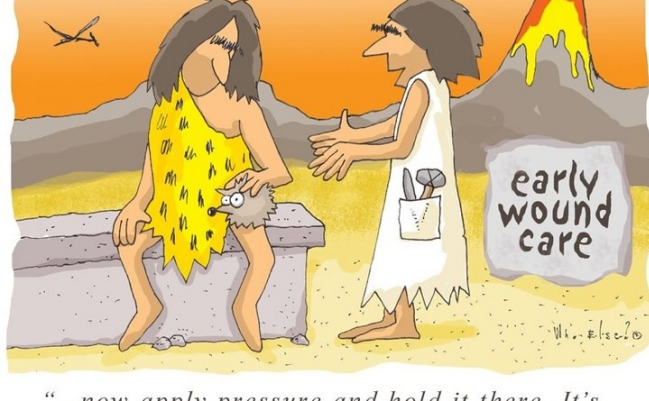
Newsletter Spotlight

- Wound Care
- Post-Injury Shock
- Burn Care
- Did You Know? Wyoming Quick Facts

External Bleeding

How to help someone that is bleeding:

1. Apply dressings, and place direct pressure over the wound using the flat part of your fingers or the palm of your hand.
2. If you are unable to keep pressure on the wound, or when the bleeding has ceased, firmly wrap a bandage over the dressings.
3. If the cut is minor, wash the area with soap and water and place a dressing on the wound.

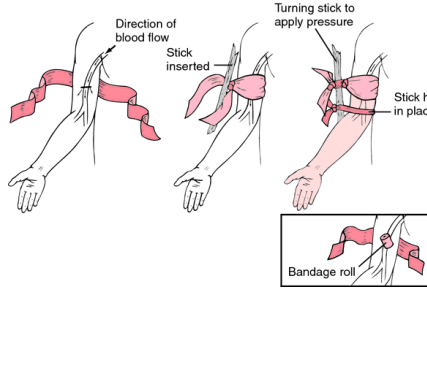


If you must use a tourniquet:

- Tourniquets can be used when an arm or leg has severe bleeding that cannot be stopped using direct pressure.
- Call 9-1-1 and retrieve or have someone else retrieve an AED in case the person's condition worsens.
- Remember- when applied correctly, the tourniquet should be painful.
- Once applied, note the time of completion and wait for someone with advanced training to arrive.

Instructions to make and apply a tourniquet:

1. Fold a long cloth or bandage so that it is at least one inch wide.
2. Wrap the bandage at least two inches above the injury, if possible.
3. Tie the ends of the bandage around a small hand tool, such as a screwdriver, stick, etc.
4. Turn the hand tool to tighten the tourniquet, and continue this until the bleeding ceases.
5. Secure the item to ensure the tourniquet stays tight.



Nosebleeds:

1. Have the person sit down and lean forward.
2. Using a clean dressing, pinch the soft part of the nose.
3. Place constant pressure for several minutes until the bleeding stops, increasing pressure if the bleeding continues.
4. If you can't stop the bleeding in roughly 15 minutes, the bleeding is extremely heavy, or the injured person cannot breath, call 9-1-1.

Bleeding from the Mouth:

1. Determine if the bleeding is coming from the tongue, lip, or cheek. If so, apply pressure with gauze or a clean cloth.
2. If you can't stop the bleeding or the person struggles to breath, call 9-1-1.

Tooth Injury:

1. Check the mouth for any teeth or parts of teeth that are loose or missing.
2. If there is a chipped tooth, clean the injured area and call a dentist.
3. For a loose tooth, have the injured person bite down on a piece of gauze to hold the tooth in place and call a dentist.
4. If the tooth has dislodged, hold it only by the crown (the top portion). DO NOT hold the tooth by the root, because a dentist may be able to reattach it.
5. Use gauze to apply pressure to an empty tooth socket to stop the bleeding.
6. Use saline or clean water to clean the open socket.
7. Place the tooth in egg white, coconut water, or whole milk. If unavailable, store the tooth in the injured person's saliva.
8. Immediately take the injured person to a dentist or emergency room.

Eye Injury:

1. If small particles or a foreign object are in the eye, rinse it with running water.
2. Call 9-1-1 if the particle or object does not come out, the person experiences extreme pain, or the person struggles to see.
3. Ask the person to keep the eye closed until someone with more training arrives.
4. For a toxic eye injury, rinse the eye for 15 minutes with water. Make sure the eye with the chemical exposure is the lower eye when rinsing so the chemical does not enter the unaffected eye.
5. If an eyewash station or eyewash kit is nearby, use it. If not, use tap water or saline.

Penetrating or Puncturing Injury:

1. Call 9-1-1.
2. DO NOT try to remove the object.
3. Try to stop the bleeding if you can see where it originates.
4. In the case of amputation, apply very firm pressure to stop the bleeding. If you find the amputated part, rinse it with clean water, cover it with a clean dressing, and place it in a watertight plastic bag. Place the bag in a container with ice or ice and water, and label it with the person's name, and the current date and time. DO NOT place the body part directly on ice because extreme cold can injure it!

Internal Bleeding

Signs and scenarios that may be indicative of internal bleeding include:

- If a person was involved in a car crash, hit by a car, or a fell from a height
 - An abdominal or chest injury
 - Sports injuries
 - Pain in the abdomen or chest
 - Shortness of breath
 - Vomiting or coughing up blood
 - Signs of shock when there is no external bleeding
 - A knife or gunshot wound
1. Have the person lie down and keep still.
 2. Call 9-1-1.
 3. Check for signs of shock.
 4. Administer CPR if necessary.

Shock After an Injury: Double, Double, Toil and Trouble

Signs of Shock:

- Weakness, faint feeling, or dizziness
- Nausea and thirst
- Pale or grayish skin
- Restlessness, agitation, or confusion
- Cold and clammy to the touch



1. Call 9-1-1— get the first-aid kit and AED.
2. Help the person to lie on his/her back.
3. Cover the person with a blanket.
4. Give CPR, if necessary.

No "Bones" About It! How to Treat Broken Bones

1. Cover an open wound with a clean dressing.
2. Place a towel on top of the injured body part, then place a bag filled with ice water on top of the towel for up to 20 minutes.
3. Call 9-1-1.

Instructions to Apply a Splint:

- If a broken bone is bent or has come through the skin, it should NOT be straightened—the goal is to protect it until help arrives! Leave bent and deformed body parts in their bent or deformed state when you apply the splint.
- Apply a dressing to an open wound before applying a splint

1. Find an object that can be used to keep the broken bone from moving (rolled-up towel, magazine, wood, etc.). If you use a hard splint, make sure to add padding such as a piece of clothing or a towel.
2. Cover any broken skin with a sterile cloth.
3. Tie or tape the splint to the injured limb to support the injury
4. Use tape, gauze, or cloth to secure the splint. The splint should be snug, but not so tight that it cuts off circulation!

Fire "Burn" & Cauldron Bubble: Treat that Burn!

Small Burns:

1. Cool the burn area right away with cold water. Continue this for 10 minutes, or until the burn no longer hurts. If no cold water is available, a cold compress can be used.
2. Cover the burn with a clean and dry dressing.

Large Burns:

1. Call 9-1-1.
2. If clothing is on fire, put the fire out! The person can stop, drop, and roll, and you can place a wet blanket over them.
3. Once the fire is out, remove the blanket, and carefully remove jewelry and clothing that is not stuck to the person's skin.
4. Cool the burn area right away with cold water for at least 10 minutes.
5. After cooling the burns, place dry, nonstick, and clean dressings over the burn area.

HAPPY HALLOWEEN!

Did You Know? Wyoming Quick Facts

Rawlins, Wyoming, is home to Wyoming's Frontier Prison. Opened in December 1901, Frontier Prison was Wyoming's first state penitentiary, and housed some of the most violent offenders in the state's history. An addition coined the "death house" was added to the prison in 1916, which consisted of six cells for inmates on death row, an adaptation of the Julien Gallows and, in 1936, a gas chamber. In total, 14 executions occurred from 1901– 1981, when the penitentiary was closed and subsequently abandoned. The prison was opened as a museum in 1988 after a joint powers board assumed ownership of it. Today, the prison is a popular location for paranormal investigators, including Travel Channel's Ghost Adventures in 2013.

References:

- [Wyoming Frontier Prison](#)
- [Travel Channel](#)

