

## “A” First Aid and General Orders Review Sheet

### Types of Wounds

- Abrasion: a scrape off the surface of the skin—there is bleeding  
Puncture: a deep, penetrating wound; a hole, most likely to get infected because of minor bleeding  
Avulsion: chunk of flesh or skin removed, pack in ice and send to the hospital with the person, bloody wound  
Incision: a clean straight cut, bloody if deep enough  
Laceration: a jagged cut, bloody depending on the depth

### Treatment of Bloody Wounds

1. Put on gloves
2. Direct pressure with dry sterile dressing
3. Elevate above the heart
4. Pressure Point- brachial or femoral

Shock: When the body is in a depressed condition due to a lack of circulation of blood.

### Signs and Symptoms

1. Weak rapid pulse
2. Short, shallow breathing
3. Dilated Pupils
4. Cold, clammy skin
5. Nausea, vomiting

### Treatment

1. Lie Victim Down
2. Elevate the feet 6-12 inches
3. Maintain body temperature
4. Reassure the victim

### Broken Bones

- Types
1. Green stick: break does not go through the entire bone
  2. Closed: break in under the skin
  3. Open: break goes through the skin, causing further injury

### Treatment

1. Splint bone as it is. Do not attempt to move the injured area.
2. Splint the area with rigid material above and below the break, check for capillary refill.
3. Elevate the broken area if possible.
4. Put ice on the area to reduce swelling.

### Burns

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

### Degrees of Burns

- Superficial: least severe burn, causes skin to turn red, example- a sunburn  
Partial Thickness: most painful type of burn, causes skin to turn red and blister  
Full Thickness: very severe burn, less painful than the 2nd degree initially, charred black skin

## General Orders

### Possible Signs of a Rescue

1. Victims swimming with hair in the face
2. Nationalities
3. People swimming in jeans, shirts, or other heavy clothing
4. Pale or overweight people
5. Small children near inshore holes, without parent supervision
6. Elderly people
7. People jumping/falling off of their body boards or other surf equipment.
8. People with poor swimming strokes

### Tower Zero Information: "Eye in the Sky"

1. There are lifeguards in Tower Zero 365 days a year from sunrise to sunset.
2. There are two telephones  
Line 1: for emergencies only  
Line 2: for routine calls

### The Perimeter Defense System: Overlapping Responsibilities of the Marine Safety Division

Before making a rescue, a lifeguard in the tower, phones communications to let them know that he/she is out on a rescue. The tower guard does not hang up the phone. Communications will then call the boat (5240 or 5241), the jeep (unit) in that area, and the two flanking towers to advise them of the situation. The boat and the unit respond to the rescue, and the tower guards on either side stand and watch the rescue. Tower Zero also watches, coordinating the unit and boat if they need to be repositioned. The tower guards need to continue watching their water, the rescue, and the rescuer's water. The guards remain standing until the buoy is hung up from the tower who responded on the rescue.

### Huntington City Beach radio designation: 52

Area I: South side of the pier—Towers 1-19

\*Patrolling units: 5210 and 5211

Area II: North side of the pier—Towers 2-28

\*Patrolling units: 5220 and 5221

### Surf Hazards

- |                  |   |
|------------------|---|
| 1. Rip Currents  | 5. Sand Bars                            |
| 2. Large Surf    | 6. Pier                                 |
| 3. Side Currents | 7. Marine Life—jelly fish and sting ray |
| 4. Inshore Holes |   |

### Rip Currents

- Signs:
1. Brown choppy water.
  2. Waves do not break cleanly in the area.
  3. An out flow of water away from the shore.

Steps to get out of a rip current:

1. Swim parallel to shore before attempting to swim into shore.

Parts of a rip current: Feeders, neck, head—strongest part is the neck.

### Misc. Information

1. The two most important words in lifeguarding are ANTICIPATION and COMMUNICATION!
2. There are 24 lifeguard towers on the beach/cliffs. 10 are located in Area 1, 14 located in Area 2, and one on the pier.
3. Rip currents cause most of the rescues on our beach.