

"C's" First Aid and General Orders Review

I. Wounds

Types:

- ❖ Abrasion: A scrape off the surface of the skin (falling on a rough surface)
- ❖ Puncture: A deep, penetrating wound (a hole) * (likely caused by a nail)
- ❖ Avulsion: A chunk of flesh or skin is removed *
- ❖ Incision: A clean, straight cut (possibly caused by a knife)
- ❖ Laceration: A jagged cut (likely caused by glass or the pier)

*A *puncture* is most likely to cause infection because it has very little bleeding.

Treatment: The steps to control bleeding

1. PUT ON STERILE SURGICAL GLOVES.
2. APPLY DIRECT PRESSURE WITH A STERILE DRESSING AND BANDAGE.
3. ELEVATE THE INJURY.
4. USE PRESSURE POINTS.

-The two most commonly used pressure points are the:

- **Brachial:** Located between the biceps and the humerus (upper arm) bone.
- **Femoral:** Located in the upper, inner thigh and groin area.

In the case of an *avulsion*, wrap the body part in a sterile dressing, place it on ice in a baggie, and send it with the victim to the hospital.

II. Shock

Definition: *A depressed body condition due to a lack of circulation. (Injury may or may not be involved.)*

Signs:

- Weak, rapid pulse (2 fingers at the pressure points, or at the carotid or radial pulse)
- Short, shallow breathing
- Dilated (big) pupils
- Cold, clammy skin
- Nausea, vomiting

Treatment:

1. Lay victim down
2. Raise victim's legs 6 to 12 inches off the ground (unless victim has a head injury.)
3. Maintain body temperature. (Keep cool on hot days, provide blanket on cold days.)
4. Communicate calmly and encourage the victim.

III. Burns

Types:

Chemical: Caused by substances such as chlorine, acid or household products.

Thermal: Caused by hot things such as boiling water, hot coals, or a stove.

Radiation: Caused by the burning rays of the sun (UVA & UVB rays).

Degrees and Treatment:

Superficial (1st Degree): Least severe burn, causes skin to turn red. Painful. For example, a

mild sunburn. (Treat with cool water and a cool, sterile dressing.)

Partial Thickness (2nd Degree): Most painful type of burn. The surface layers of the skin (epidermis) turn red and blister. (Don't ever pop a blister! Treat with a cool, sterile dressing.)

Full Thickness (3rd Degree): Very severe burn, although it is less painful initially than a 2nd degree burn. It causes skin to be charred and black. (Get help! Dry, sterile dressing. Cool water!)

IV. Broken Bones

Types:

- Closed: Break is under the skin.
- Open: Break goes through the skin, causing further injuries.

Treatment:

1. Splint the bone as you find it. DO NOT ATTEMPT to move the injured area.
2. Splint the joints above and below the break.
3. Elevate the broken area if possible.
4. Apply ice to the injured are

General Orders

I. Signs of Rescues

- Victims with hair in face
- People swimming in jeans, shirts or other inappropriate clothing
- Extremely white or extremely obese people
- Small children playing near water or around inshore holes
- People jumping off body boards or other floating objects and trying to swim to shore
- People without fins on the outside break
- People showing poor swimming skills (Chicken scratching, dog paddling, not watching waves)

II. Tower Zero ("The Eye in the Sky")

- There are lifeguards in Tower Zero from sunrise to sunset.
- There are two phones and radio channels:
 1. Channel One/Line One: FOR EMERGENCIES ONLY
 2. Channel Two/Line Two: For routine calls

III. The Perimeter Defense System

Before making a rescue, a lifeguard in a tower calls Communications (at LGHQ). This lets them know that the lifeguard is going on a rescue. *Communications* then makes an announcement on the radio that lets the boat (5240- *The Sentinel III*), the lifeguard trucks (5210, 5211, 5220, 5221, & 5230), and the two neighboring towers ("flankers") know. The boat and the truck respond to the rescue, and the "flankers" on either side stand up. The tower guards watch three things: *Their water area, the rescuing guard's water, and the rescue.*

NOTE: Other lifeguards will help when they see a code two or code three signals.

5210 - Patrols beach between towers 1-9

5211 - Patrols beach between towers 11-19

5220 - Patrols beach between towers 2-14

5221 - Patrols beach between towers 16-28

5230 - Patrols all of Sunset Beach

IV. General Information

- The two most important words in lifesaving are **anticipation** and **communication**.
- There are a total of 31 lifeguard towers on our beach. 10 Odd numbered towers in Area One (*south side* of the pier), 14 towers in Area Two (*north* of the pier), and 6 towers in Area Three (Sunset Beach) and one *on* the pier (tower zero).
- *Rip Currents*, fast bodies of water moving out to sea, *can be seen by looking for brown, choppy water.*
- *Rip currents* are the number one cause of rescues on our beach.
- The fastest method of getting through the surf is called *High Knees* and *Dolphining*.