

Term 1

Hypothermia: Body loses more heat than it can generate

Definition 1

Symptoms: Numbness, Fatigue, irritability, Slurred Speech, Shivering, Poor judgement

First Aid: Drink warm fluid, Shelter Warm clothing, Warm bottles to groin armpit. Prevention: Stay Hydrated, Stay Dry, Stay sheltered, Have food

Term 2

Frostbite: Skin exposed to cold weather and ice crystals form in tissue

Definition 2

Symptoms: Numb feeling, Gray white patches on skin,

First Aid: Remove wet clothing and wrap in warm clothing, Do not warm if it may freeze again, If mild put exposed skin next to warm area armpit belly

Term 3

Dehydration: Lose more water than you take in.

Definition 3

Symptoms: Dry Lips, Dark Urine, Thirst Dry mouth, dizzy, nausea, Decreased sweating

First Aid: Drink water, If severe see physician Avoid activity

Term 4

Superficial Burn:

Definition 4

Symptom: Reddening skin

**First Aid: Cold water and wet
compresses**

Term 5

Partial Thickness Burn

Definition 5

**Symptom: reddening and blistering
skin**

First Aid: Cool, Loose sterile bandage

Term 6

Full Thickness Burn

Definition 6

Symptom: Skin burned away, no pain

**First Aid: Do not remove clothing,
Cool area with wet compress, Dry
Sterile bandage treat for shock, Get
medical care**

Term 7

Chemical Burn: Exposed skin to strong Acid or base like glue, cleaners, battery acid

Definition 7

First Aid: Remove chemical Do not contaminate yourself, Flood with water 20 minutes, Flush eyes with water if in eye, Loosely cover with bandage, Get Medical Help

Term 8

Seizure:

Definition 8

Symptom: Jerking leg or arm, Bite tongue, Face turn red or blue, grunting or hissing noise, loose bowel control

First Aid: Move hard items away, loosen clothing, do not hold, nothing in mouth, Place in recovery position when seizure over, call medical help.

Term 9

Abdominal Pain

Definition 9

Symptom: loss of appetite, nausea and vomiting, pain

First Aid: Seek medical attention

Term 10

Broken chipped loose Tooth

Definition 10

First Aid: Rinse mouth with warm water, Cold wet cloth on injury, Save tooth and see dentist

Term 11

Knocked out Tooth

Definition 11

First Aid: Rinse tooth with water or milk, clean wound with water. Take victim and tooth to dentist.

Term 12

Sprain and Strain: Ligament of joint is overstretched(sprain) Muscle overstretched(Sprain)

Definition 12

Symptom: tender and painful joint, bruising.

First Aid: Ice, elevate and rest area also compress

Term 13

Muscle Cramps: When a muscle contracts and does not relax

Definition 13

First Aid: Rest, gentle massage and stretch, rehydrate. Prevention: Stretching, hydration,, warm down

Term 14

Cut and Scrap

Definition 14

First Aid: Wash with soap and water, Apply antiseptic, bandage

Term 15

Nosebleed

Definition 15

First Aid: Sit up and lean forward, Pinch nostril, Cool wet cloth to face If severe treat for shock and call for help

Term 16

Blisters

Definition 16

First Aid: Treat as soon as you notice, Cover with moleskin May use Gel Pad. If you have to continue hiking drain blister with sterile pin and cover

Term 17

Bee and Wasp Sting

Definition 17

First Aid: Scrape away stinger with edge of knife, Do not squeeze, Apply Ice Pack

Term 18

Tick Bite

Definition 18

Prevention: Wear long pants and long sleeve shirt, Button collar and tuck in pants.

First Aid: Grasp tick with tweezer and gently remove, Wash wound with soap and water,

Term 19

Chigger Bites

Definition 19

First Aid: Do not scratch, apply calamine lotion or clear fingernail polish

Term 20

Spider Bite

Definition 20

First Aid: Wash area and apply cold pack. Seek medical attention for symptoms of nausea, vomiting, stomach pain, breathing problem or if wound becomes swollen and tender. Or for fever and chills

Term 21

Snake Bite

Definition 21

Nonvenomous: wound care seek medical attention

Venomous: Seek medical care as soon as possible, remove rings and jewelry around bite, Encourage to stay calm, treat for shock

Term 22

Object in Eye

Definition 22

First Aid: Blink and tears may flush out, Rinse with clean running water, If not better take to doctor

Term 23

Animal Bite

Definition 23

First Aid: Scrub wound with soap and water, Bandage, Call authorities to catch animal

Term 24

Puncture Wound

Definition 24

First Aid: Encourage wound to bleed, Tweezers to pull out debris, Wash with soap and Water, Bandage

Term 25

Fish Hook removal

Definition 25

First Aid: Let doctor remove if possible, If not possible push through skin and cut off barb then ease back until out

Term 26

Heat Exhaustion

Definition 26

Symptoms: Pale clammy skin, Nausea fatigue, Dizzy faint, Headache, cramps, rapid Pulse First Aid: Lie in cool shady place, Remove clothing, Fan and apply cool wet compresses, Hydrate, if not recovering seek help

Term 27

Heat Stroke

Definition 27

Symptoms: Hot skin, dry or damp skin, rapid pulse, Confusion irritability, Unconscious

First Aid: Move to cool spot, Ice packs to armpit, neck and groin seek medical help