

First aid quiz

(Continued from Page C22)

skates, and his toes become frostbitten. What should you do?

A. Rub the toes gently with fresh snow.

B. Rewarm the foot rapidly by putting it in warm water.

C. Bring the child indoors and let the toes rewarm gradually in the warm air of the room.

D. None of the above.

5. Your eight-year-old daughter scrapes her knee on the sidewalk while playing hopscotch. The knee is bloody, but the wound is not serious enough to take her to the doctor. What should you do?

A. Apply iodine and bandage the wound.

B. Use a spray-on antiseptic, then bandage the wound.

C. Wash the wound with soap and water, then bandage it.

D. Wash the wound, use an antiseptic, and then bandage it.

E. None of the above.

6. You're in the middle of a dinner party when one of the

guests suddenly turns blue and collapses. Everyone panics. The victim's wife turns to you and screams, "He's having a heart attack! Do something! What is the first thing you should do?"

A. Call an ambulance.

B. Ease the victim onto the floor and put pillows under his head and shoulders to aid blood flow and assist breathing.

C. Get a nitroglycerin tablet from another guest who has heart problems and put the tablet under the victim's tongue.

D. Start CPR (cardio-pulmonary-resuscitation).

E. None of the above.

7. While on vacation in California you go for a hike and stumble across a sunbathing rattlesnake. He strikes and bites you on the lower leg. What should you do?

A. Run to the nearest vehicle and rush to the hospital where antivenom shots are available.

B. Make cross-shaped cuts over the fang marks, suck out the venom and go for help.

C. Apply a tourniquet, make

cross-shaped cuts over the fang marks, suck out the venom and go for help.

D. None of the above.

8. A fellow employee has epilepsy. Normally it's controlled by medication, but one day he forgets to take his pills and has a seizure while you're talking to him. He starts thrashing and having convulsions. What should you do?

A. Lay him on the ground and hold him down firmly so that he doesn't hurt himself.

B. Splash cold water in his face to help bring him back to normal.

C. Lay him on the ground, put a coat under his head, and stick a pencil between his teeth to prevent him from biting his tongue.

D. None of the above.

Answers

1. A. In any auto crash, there is a strong possibility of spinal injury. If you move the victim without proper back and neck support, you could sentence him to life in a wheelchair. Give first aid in the car.

The same advice applies to diving accidents. The victim should not be dragged from the water until back support is available. Give him artificial

respiration as you support him in the water, with his head in line with his back.

2. B. Butter, oil and burn ointments are no longer recommended for burns. A doctor will have to remove these applications before he can treat the burn, and removal can be a slow and painful process.

Fast application of cold water is the best way to halt destruction of tissue in first or second degree burns. But ice water should not be applied to major burns covering large areas of the body because cold can intensify the shock reaction. Instead, wrap the victim in a clean sheet or towel to cut off air circulation to the burn and rush him to the hospital.

3. D. If you don't have ipecac syrup, give the child several glasses of water, and gently place a finger in the back of her throat to induce vomiting. Then get her to the hospital.

A note of caution: some poisons should not be vomited. For this reason experts recommend that you check with your doctor or local poison control center before giving an emetic.

4. B. Once warmth is restored, the affected area should be gently washed with a mild detergent and blotted dry. Then see a doctor. Frostbitten tissue should never be rubbed with snow, nor rubbed or chafed at all.

5. C. For minor wounds the experts recommend a thorough washing with soap and water. To minimize the chance of infection, first clean your hands, then the area around the injury, and finally the wound itself, using a sterile pad and wiping away from the wound. Coughing, sneezing or breathing directly on the wound must be avoided.

6. E. If the person collapses during a meal, there's a good chance he's choking on a piece of food. Ask him. A heart attack victim should be able to speak; a choking victim can't.

If he is choking, wait a few seconds to see if he can cough out the food. If not, stand behind him, put your arms around his waist and place your fist against his abdomen just above the navel. Squeeze rapidly and forcefully. Hopefully the plug of food will be dislodged so that you can reach in his mouth and pull it out.

If he is too heavy to hold, you can

perform the same maneuver while straddling the victim as he lies on his back.

If it is a heart attack, call an ambulance. If the victim is breathing, prop him up in a sitting position to aid breathing and blood flow. If breathing or heartbeat stops, begin resuscitation immediately.

7. D. Stay calm. Excitement and exertion (such as running for help) will speed the poison through the body.

If a car is at hand and medical assistance is only a few minutes away, it may be best to go for help before making any incisions.

If help is not readily available, apply a "constricting band" above the bite with a belt, sock, neckerchief or other flat bandage. A constricting band is similar to a tourniquet, but loose enough to slip a finger under it. You should be able to feel your pulse beyond the band. This will prevent the poison from spreading, yet keep the limb supplied with blood.

Cleanse the bitten area and then make a straight cut over the fang marks through the skin only. Be careful not to cut too deeply. Suck the venom out gently with the suction cup of a snakebite kit. Continue for 30 to 60 minutes.

8. D. Do not try to restrain a person who is having convulsions. Instead, ease him to the floor, put a coat or other soft cushion beneath his head and remove chairs and other obstructions which could hurt him. Do not try to jam a pencil or other hard objects between his teeth because a pencil could damage the tissues or it could break and be swallowed. Instead, use a clean, rolled-up hankerchief or other soft cloth to prevent the victim from biting his tongue. Make sure it does not obstruct his breathing.



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