

## **FIRST AID – UNIT 5**

### **HEAT AND COLD RELATED ILLNESSES**

Objective: After studying this unit you should be able to:

1. State the four objectives of first aid care to victims suffering from burns.
2. State the general kinds of burns and how you might get them.
3. Describe the characteristics, signs and symptoms, examples, and first aid care for:
  - a. Superficial (1<sup>st</sup> Degree)
  - b. Partial Thickness (2<sup>nd</sup> Degree)
  - c. Full Thickness (3<sup>rd</sup> Degree)
4. How is cold water a common element in the treatment of these injuries?
5. Explain the kinds and amounts of fluids which may be administered to burn victims.
6. State the difference and explain the first aid treatment for acid burns and alkali to the eye?
7. Explain why shock must be one of the most important considerations in treating burn victims.
8. State some of the major hazards associated with fire.
9. List the safety practices to follow in preventing burns. Describe the correct procedure for escaping from a burning building.
10. Distinguish between a victim suffering from heat exhaustion and heat stroke and explain the following:
  - a. Symptoms
  - b. Body Temperature
  - c. First Aid care
11. Explain the appearance of, and the first aid treatment for frostbite.
  - a. Know the water temperature for warming frostbitten extremities
  - b. Describe the complications and dangers of frostbite
12. Explain the signs and symptoms of hypothermia and describe the first aid care.

Assignment: Review Ch. 10 – Soft tissue injuries

Ch. 19 – Heat and cold related injuries