



**EMERGENCY
FIRST AID**

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IF this community is ever attacked by an atom bomb, thousands of people may be injured. Trained rescue squads and stretcher bearers will start to work at once but fallen buildings and obstructed roadways may make it difficult for them to reach all the injured quickly.



During the first hour or two after the explosion, help can come only from those nearby who escape injury.

if THE BOMB FALLS
TOMORROW YOUR
NEIGHBOR'S LIFE
MAY DEPEND ON
YOUR KNOWLEDGE
OF FIRST-AID.



This little book will show you how to save that life.



Study it carefully today.



Tomorrow may be too late!!

WHAT TO EXPECT

Many people will be cut by flying glass.



Many will receive burns either from the bomb flash or from fires which break out later in the damaged area.



There will be lots of broken bones in people caught under fallen buildings or struck by flying rubble.



These injuries you can expect.

but...



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do not...

expect to see people hurt by those mysterious "rays".



Radiation causes only a small percentage of the total injuries. Moreover, the harmful effects of radiation are seldom apparent before twenty-four hours. By that time, medical help will be available for all.

SO...

If you know what to do for cuts, burns and broken bones, you are ready to help your neighbor when the bomb goes off.



WHAT TO DO UNTIL THE DOCTOR COMES

Immediately after an enemy attack FIRST-AID stations will be quickly set up on the outskirts of the damaged zone and rescue squads will be sent in to collect the injured.



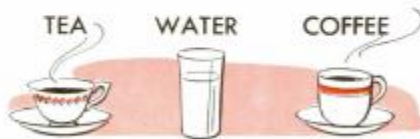
Until these trained workers arrive, you can help by moving injured people out of badly damaged buildings where further collapse or spreading fire may threaten.



Find blankets or other cover to keep them warm.



Many of the casualties will ask for a drink. It is quite safe to give them water, tea or coffee unless they have a penetrating wound in the abdomen (stomach or belly).



**BE
CHEERFUL**



help keep up morale.

**DON'T
FORGET**



to pass the cigarettes.

now...

treat their
injuries as
follows:—



WOUNDS

A wound is any cut which bleeds.

Whether a wound is big or little, shallow or deep, clean cut or jagged, the principles of FIRST-AID are always the same:

you must

- stop bleeding (haemorrhage)
- keep out germs (infection)



Cover the wound with a clean dressing to keep out the dirt and germs. Bandage it on firmly to stop the bleeding.

If the bleeding seems severe put on a further dressing and bandage more tightly.



Any thick pad of clean, soft compressible material large enough to cover the wound makes a good dressing. Sterile gauze is ideal,—you will find some in any FIRST-AID KIT. Fresh laundered handkerchiefs, towels, sheets, etc., may form satisfactory dressings. Sanitary pads or tissue handkerchiefs will serve well too.

You can also make do with strips of sheeting or torn up clothing,—ties and scarves are useful too, and adhesive tape or scotch tape are valuable for holding dressings, particularly on the face or trunk.



do not...

put antiseptics like iodine into a wound. Such strong chemicals damage the flesh but fail to kill the germs.



do not...

use a tourniquet. War experience has shown that it often does more harm than good.



BURNS

When an A-bomb bursts there is an instantaneous flash of intense heat which may scorch the skin of persons up to $1\frac{1}{2}$ miles away. Fortunately, the period of burning is so short that almost any clothing, however flimsy, will give useful protection. After the explosion, fires may start in damaged buildings and cause further burn injuries.

In attempting to rescue casualties from burning buildings observe the following precautions:

cover your nose and mouth with a wet cloth to keep out the super-heated air which might burn your lungs;



move about on your hands and knees,—the coolest and purest air will always be near the floor;



always feel a door before opening it,—if it is hot, open it very cautiously to avoid being caught in a blast of flame and hot air.



In giving first aid to burns:



cover the burned area with a large thick dry dressing and bandage it on firmly.

encourage the casualty to drink lots of fluids.



do not...

attempt to remove clothing which is stuck.



do not...

apply cream or any greasy ointment.



BROKEN BONES (fractures)

How can you tell when a bone is broken?

if...

a limb is very painful and cannot be used
or



if...

the injured person says he heard or felt the bone "snap"
or



if...

the limb appears to be bent in the wrong place
or



if...

you are in doubt about it.



Treat as a Fracture

A broken bone has sharp ends which, if allowed to move about, may damage important structures such as arteries and nerves. Hence, it is important to hold the fractured limb gently but steadily while applying splints. In many cases there may be a wound of the limb which is broken. If so, support the arm or leg very carefully while applying a dressing, then splint the fracture as indicated below:

Upper Arm

bind the arm to the body with improvised bandages; put forearm in a sling.



Forearm or Wrist

splint the forearm with a folded magazine or thick roll of newspaper bound on snugly and supported by a sling.



▶ **Thigh
or Hip**

fasten to the opposite limb by bandages above and below the break, about the knees, mid-calf, ankles and feet.



▶ **Lower Leg
and Ankle**

a pillow or a thick folded blanket is the ideal splint for this injury. Place the broken leg upon it and fold it firmly around the leg and fasten by encircling bandages.



▶ **Back
and Neck**

If a person's back or neck is so severely injured that he is "afraid to move" because of pain, you should assume that he has a fracture of his spine. Handle him carefully because any movement of the broken bones may produce permanent paralysis of the legs.



DO NOT "JACK-KNIFE" HIM BY PICKING UP HIS FEET AND SHOULDERS



Get an improvised stretcher (door, wide board, window shutter, etc.), and roll or slide him gently on to it keeping his neck and back stiff and straight and taking great care to avoid bending him.



He should be transported on his back, with the natural hollows in the small of the back and neck filled in with padding and the head supported on the sides to prevent movement.

UNCONSCIOUSNESS

A person who is struck on the head by falling debris may be unconscious (knocked out). Usually he will recover in a few minutes or in an hour or two. Until he regains consciousness (wakes up) such a person is in danger of strangulation from his own tongue which tends to fall back and obstruct the throat.



To prevent this complication *all unconscious persons should be placed lying half over on their faces* (semi-prone). Care should be taken that the face does not become buried in blankets or pillow.



Now that you have read this little book, read it again, get it "by heart".

THE NEXT STEP

If you are interested in further practical training in this important field, there are well-known organizations which will be glad to help you develop more competence and confidence.

It is a good thing to know something about first aid—it is better to know more!

REMEMBER: in an emergency first aid can be your best friend.



write down the telephone
numbers you might
need to call in an
EMERGENCY.



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OTTAWA