

FAINTING

Signs and Symptoms of Shock

- *Face -pale or cyanotic in color.
- *Skin -cold and clammy.
- *Breathing -irregular.
- *Pulse -rapid and weak
- *Nausea and vomiting.
- *Weakness
- *Thirsty

First Aid Management:

- 1.Proper Body Position
- 2.Proper Body Heat
- 3.Proper Transfer

HEAT CRAMPS

First Aid Managemet:

- 1.Transfer the victim to a cool place
- 2.Have the victim rest with his/her feet elevated
- 3.Cool the victim (do not use an alcohol rub)
- 4.Give the victim an electrolyte beverages to sip.
- 5.Massage affected muscle gently and firmly until they relaxes.

SPRAIN

- 1.Remove all clothing or jewelry around the joint.
- 2.Apply cold compress at once
- 3.Immobilize,Rest and Elevate the affected joint.
- 4.Seek Medical Help if needed.

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