First Aid Vocabulary
7th Grade

First Aid – immediate treatment given to someone who is injured or is suddenly ill.

Accident – unplanned event or act that may result in injury, property damage, or death.

Sudden Illness – illness in which the symptoms appear abruptly.

Emergency – situation that occurs when there is a sudden need for immediate action.

Circulatory System – the system of organs and tissues involved in circulating blood through the body.

Arteries – vessels that carry the blood from the heart to the body.

Veins – vessels that carry the blood from the body back to the heart.

Capillaries – minute vessels that connect the arteries and the veins.

R.I.C.E. – (Rest – Ice – Compression – Elevation) treatment used during the first 48 hours for most soft tissue damage. (Bruises, sprains, strains etc.)

Strain – an overstretched muscle or tendon.

Sprain – the tearing of ligaments at a joint.
Dislocation – a separation of a bone from its position at a joint.

Bruise – damage to soft tissues and blood vessels causing bleeding under the skin.

Abrasion – wound caused by skin that has been rubbed or scraped away.
Laceration – cut with a jagged edge.

Incision – cut with a smooth edge.

Puncture – to pierce with a pointed object.

Avulsion – a cut in which a portion of skin or other soft tissue is partially or completely torn away.

Severe Bleeding – condition that occurs when there is a sudden need for immediate action.

Pressure Points – place on the body where blood flow can be stopped by applying direct pressure to a major artery.

Four steps to stop bleeding
1) Apply direct pressure with clean gauze
2) Elevate the wound above the heart
3) Use pressure points
4) Tourniquet, use in life or death situation only

Tourniquet – device that stops all blood flow to a limb.

Shock – physical condition that happens when the body is unable to circulate blood properly.

Artificial Respiration – process in which air is forced into the lungs.

Rescue Breathing – when a person stops breathing you must breathe for that person.

Cardiopulmonary Resuscitation – (CPR) a combination of chest compressions and rescue breathing.

Abdominal Thrust – a technique that uses abdominal thrusts to dislodge an object blocking a person’s airway.

Fracture – a crack or break in a bone.
Splint – support that helps keep a possible fracture from moving.

Tetanus – this is a disease that causes severe muscular stiffness and contractions.

Heat Exhaustion – this is a condition in which the body overheats and loses large amounts of water and salt through heavy sweating.

Heatstroke – this is a condition in which the body temperature rises but no sweating occurs.

Frostbite – a condition that occurs when body tissue freezes.

4 Signs of infection
1) redness
2) swelling
3) discharge
4) increased pain
List of Priorities in an Emergency Situation

1. **Evaluate the Situation**
   a. Is it safe for you?
   b. Is it safe for the victim?
   c. **DO NOT MOVE THE VICTIM UNLESS THERE IS IMMEDIATE DANGER**

2. **CALL FOR HELP**

3. **DETERMINE IF THE VICTIM IS CONSCIOUS** Tap and shout “are you alright, are you okay?”

4. **IF NO HELP ARRIVES, SEND SOMEONE FOR HELP OR CALL FOR HELP AGAIN!**

5. **BEGIN THE ABC’S**
   a. Open the **Airway** by using the HEAD TILT/CHIN LIFT method
   b. Check for **Breathing** by LOOKING, LISTENING and FEELING for BREATHING for 5 seconds.
   c. Check for **Circulation** or pulse by placing 2 fingers on the carotid artery (located on the side of the neck) for 10 seconds. **ONLY DO CPR IF YOU ARE TRAINED.**

6. **CHECK FOR BLEEDING**

7. **CHECK FOR POISONING**

8. **TREAT AND PREVENT SHOCK**