First Aid Updates - Match Columns

a.	Shock	Going to bottom with goggles on
b.	Anaphylaxis	Try to get out or freeze self to ice within 10 minutes
C.	Critical Incident Stress	Deadliest human condition
d.	Aspiration	Aspirin + Nitro = OK
e.	Angina	Aspirin + SDMs = OK
f.	Stroke	Medication only a TEMPORARY fix fo
g.	Hypothermia	5 to 20 minutes
h.	Squeezes	Symptoms could last a few seconds up to 24 hours
. :	Heart Attack	Need 1 minute to control breathing
۱۰ k.	TIA Air Embolism	After deep breath causes coughing spasm = need hospitalization
		WARTS = treatment
		Clot busters required within 3 hours of symptom-onset to be effective
		Absolutely NO medications given
		H2O causes body to cool 25x faster
		If you have taken any SDMs in last 72 hours, taking nitro can kill you.
		Medication = Epi-pen or Twinject
		Next generation = potentially 14 to 16 year old for first time
		Dr. Giesbrecht & the 1-10-1 rule
		Treatment = legs up at 45degree angle + lie on left side + helicopter to Edmonton under 1500ft
		Condition causing various physical 8 psychological symptoms during or minutes or hours or days or weeks after rescue.
		Talking to victim = key to treatment (conscious or unconscious)

First Aid Updates - Match Columns (Answers)

- a. Shock
- b. Anaphylaxis
- c. Critical Incident Stress
- d. Aspiration
- e. Angina
- f. Stroke
- g. Hypothermia
- h. Squeezes
- i. Heart Attack
- j. TIA
- k. Air Embolism

- _h_ Going to bottom with goggles on
- _g Try to get out or freeze self to ice within 10 minutes
- _a_ Deadliest human condition
- $\underline{e/i}$ Aspirin + Nitro = OK Aspirin + SDMs = OK
- <u>b</u> Medication only a TEMPORARY fix for 5 to 20 minutes
- _j_ Symptoms could last a few seconds up to 24 hours
- _g_ Need 1 minute to control breathing
- <u>d</u> After deep breath causes coughing spasm = need hospitalization
- <u>a</u> WARTS = treatment
- <u>f</u> Clot busters required within 3 hours of symptom-onset to be effective
- <u>f/j</u> Absolutely NO medications given
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- e/i If you have taken any SDMs in last 72 hours, taking nitro can kill you.
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- <u>e/f/i/j</u> Next generation = potentially 14 to 16 year old for first time
- g Dr. Giesbrecht & the 1-10-1 rule
- <u>k</u>_Treatment = legs up at 45degree angle + lie on left side + helicopter to Edmonton under 1500ft
- <u>c</u> Condition causing various physical & psychological symptoms during or minutes or hours or days or weeks after rescue.
- <u>a</u> Talking to victim = key to treatment (conscious or unconscious)