

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Herbal First Aid Part II – First Things First

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There are six basic steps that apply in any first aid situation. They are:

- 1) Stay calm and think first before you act.
- 2) Check if person is breathing and if there is a heartbeat. (Pulse check on wrist or neck arteries. Visually notice chest action for breathing.) If person is not breathing or pulse cannot be found, administer emergency CPR immediately.
- 3) Check for severe bleeding (hemorrhage).
- 4) The next priority is to examine for shock (Shock is a serious condition of acute circulatory collapse, usually brought on by severe blood loss or trauma). Then examine for head injuries, fractures, lacerations and dislocations.
- 5) Begin treating person accordingly using a good “bed-side manner,” calming and reassuring the person to help prevent shock or hysteria.
- 6) Find adequate shelter for the injured person, out of the harsh elements. Keep person warm, calm and reassured that all is going well.

WHERE YOU SHOULD HAVE FIRST AID KITS:

1. Keep a kit in the trunk of each of your vehicles
2. Take a smaller kit with you when you travel by plane or train
3. In your home