

Change Notice

Heartsaver First Aid Student Workbook

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Print Page Number	Location	Original Text	Change	When Change Was Made
5	Introduction, under “Heartsaver First Aid CPR AED Terms and Concepts,” the table in the section “Adults, Children, and Infants,” in the third row, definition of “Infants”	1 month to 1 year of age	Less than 1 year of age	At next printing or update after 10/24/2016
33	Part 2, under “Allergic Reactions,” in the table “How to Use an Epinephrine Pen,” in the third row	Press the tip of the injector...	Hold the leg firmly in place just before and during the injection. Press the tip of the injector...	At next printing or update after 4/28/2017
33	Part 2, under “Allergic Reactions,” in the table “How to Use an Epinephrine Pen,” in the fourth row	Hold the pen in place for about 10 seconds.	For EpiPen and EpiPen Jr injectors, hold the injector in place for 3 seconds. Some other injectors may be held in place for up to 10 seconds. Be familiar with the manufacturer’s instructions for the type of injector you are using.	At next printing or update after 4/28/2017
36	Part 2, in the section “Heart Attack,” in the table under “Actions to Help Someone With Signs of a Heart Attack,” after the row that starts with “If the person has no allergy to aspirin...”		{Add a sub-bullet} – If the first aid provider is uncertain or uncomfortable with giving aspirin, the first aid provider should not encourage the person to take aspirin.	At next printing or update after 10/24/2016
37	Part 2, under “Diabetes and Low Blood Sugar,” the table in the section “Actions to Take for a Responsive Person Who Has Low Blood Sugar”		{The table was replaced with the table attached to this PDF.}	At next printing or update after 10/24/2016

Print Page Number	Location	Original Text	Change	When Change Was Made
63	Part 4, under “Bites and Stings,” in the section “Actions to Take for an Animal or Human Bite,” after the first row in the table		{Two rows have been added after the first row: “Get the first aid kit.” and “Wear PPE.”}	At next printing or update after 7/21/2017
66	Part 4, under “Bites and Stings,” in the section “Actions to Help a Person Who Is Bitten or Stung by a Poisonous Spider or Scorpion,” in the last row of the table	Put a bag of ice and water wrapped in a towel on the bite.	Put a bag of ice and water wrapped in a towel on the bite or sting.	At next printing or update after 7/21/2017
73	Part 4: Poison Emergencies, in the section “Actions to Take for Scene Safety in a Poison Emergency,” sixth item in the table	If the scene is safe, get the first aid	If the scene is safe, get the first aid kit and AED.	At next printing or update after 4/4/2016
79	Part 6: First Aid Resources, in the section “Sample First Aid Kit”		{The content in Part 6 was replaced with the attached page. Page 80 is now blank. }	At next printing or update after 6/10/2016

Actions to Take for a Responsive Person Who Has Low Blood Sugar

If the person can't sit up or swallow

Phone or have someone phone 9-1-1. Do not try to give the person anything to eat or drink.

If the person can sit up and swallow

Ask the person to eat or drink something with sugar that can rapidly restore blood glucose levels. These items include glucose tablets, orange juice, soft chewy candy, jelly beans, fruit leather, or whole milk.

Have the person sit quietly or lie down.

If the person does not improve within 15 minutes, phone or have someone phone 9-1-1.

Part 6: First Aid Resources

Sample First Aid Kit

The following table lists sample first aid kit contents. This is a kit that follows the standards of the American National Standards Institute (ANSI). Different workplaces may have different requirements. Below is a sample list of contents for a first aid kit. This kit follows the standard of the Occupational Safety and Health Administration (OSHA). Different workplaces may have different requirements. The American National Standards Institute (ANSI) and the International Safety Equipment Association (ISEA) also have a standard for contents of first aid kits, available at ansi.org.

The contents listed below are enough for small workplaces with about 2 or 3 employees. Larger workplaces need more first aid kits or extra supplies.

1. Gauze pads (at least 4 × 4 inches)
2. Two large gauze pads (at least 8 × 10 inches)
3. Box of adhesive bandages
4. One package of gauze roller bandage, at least 2 inches wide
5. Two triangular bandages
6. Wound cleaning agent, such as sealed, moistened towelettes
7. Scissors
8. At least 1 blanket
9. Tweezers
10. Adhesive tape
11. Latex gloves
12. Resuscitation equipment, such as a pocket mask
13. Two elastic wraps
14. Splint
15. Directions for requesting emergency assistance (including list of important local emergency telephone numbers, such as police, fire department, EMS, and poison control center*)
16. Heartsaver First Aid Quick Reference Guide*

*Items marked with an asterisk are in addition to those listed in the OSHA 1910.266 App A standard.