

## Wounds

**Look for**

- Bleeding
- Abrasion (a rubbing off or scraping off of skin; usually superficial)
- Laceration (a tearing or cutting of skin)
- Puncture (a hole made by a penetrating object)
- Skin redness, swelling
- Streaks extending from the wound
- Elevated body or skin temperature
- Pus
- Foul odor

**Listen for** *statements about*

- Cause of wound
- Pain

***Wounds information  
is continued on the next page***

***Always follow school district policy when providing first aid or emergency care.***

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## Wounds (continued)

### Action

1. For bleeding wounds, refer to “Bleeding,” p. 21.
2. Have student assist, as possible, with wound care.
3. Wash minor wounds well with soap and running water. Irrigate with running water for about 5 minutes or until no foreign matter appears in the wound.
  - **Do not** wash a serious wound, controlling bleeding is more important.
4. Dry wound with gauze or clean paper towel.
5. Apply an adhesive bandage or gauze pad.
6. If an object is in the wound, **do not** attempt removal. (See also “Splinters/Slivers,” p. 71.)
7. If caused by stabbing or gunshot:
  - Call EMS (9-1-1)
  - Have person lie down
  - Press firmly with a clean dressing to stop bleeding (see also “Bleeding,” p. 21)
  - Cover with blanket/sheet to maintain warmth
  - Monitor breathing; begin CPR (p. 37) if necessary
8. If event causes a wound to penetrate the chest, advanced medical care is required right away; ensure EMS/911 has been called, and if trained, place an airtight dressing (e.g., plastic wrap) over the hole. Seal the dressing tightly on three sides.
  - If the chest wall is unstable, hold a large padded dressing over the injured area to provide some stability.
  - Place student in position of most comfort to assist breathing.
  - **Do not:**
    - Bind the chest tightly, in order to avoid restricting breathing
    - Remove any impaled objects in the chest. Instead, bandage such in place and avoid rolling student onto the object
9. If a nurse is unavailable, notify parents of injury occurring at school and share need for prompt medical assessment if more than an abrasion results from the injury (best if seen within the hour, no longer than 4 hours), i.e.:
  - More than  $\frac{1}{8}$  inch deep
  - Gaping open
  - Is on the face, neck, hand, or head
  - On the lip and crosses the pink border onto the face
  - Bleeding does not stop within 5 minutes
  - Signs of infection (redness, pain, pus, streaks, swelling, foul smell) present