

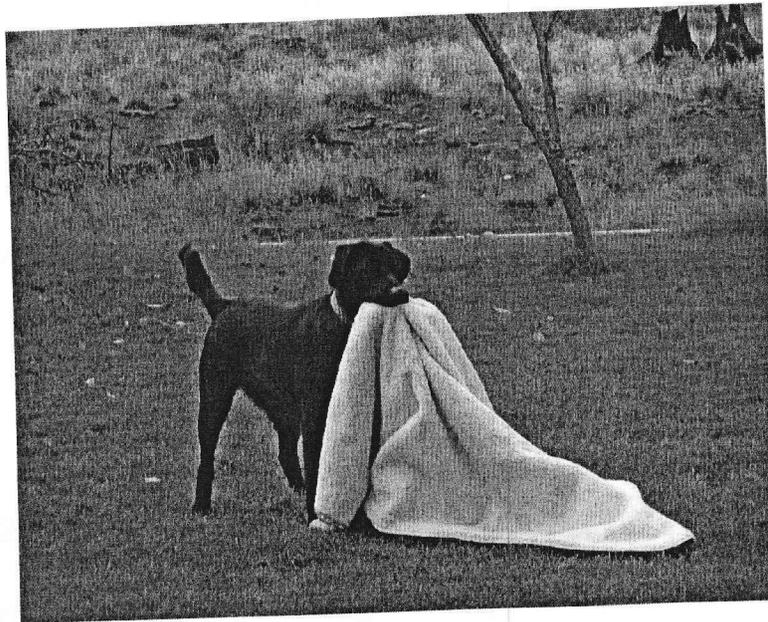
PET FIRST AID AND CPR

BASIC INFORMATION

INSTRUCTOR

WAYNE A. WINTER

IN MEMORY OF MY FRIEND JACKSON



I am a long time resident of Clackamas County and a retired firefighter from Clackamas County Fire District #1 and the Portland Fire Bureau. I have been an animal lover for a long time. Some of my best friends and companions are dogs. During my fire service days, while rescuing and helping people, I also had the pleasure of rescuing a variety of people's beloved pets. Animals, especially dogs and cats, get themselves in some of the same predicaments that people do. Helping them is just like helping their caretakers. Common sense and being prepared is the key. Please feel free to contact me at 503 632-6569 or e-mail at ww69@bctonline.com.

DISCLAIMER: I am not an animal doctor, nor do I give medical advice. My information is for immediate and temporary first aid. Your veterinarian is your best source for medical questions and treatments.

FIRST AID FOR YOUR PET

Please remember that a leash, fence, or carrier is your best first aid to keep your pet safe. No matter how well trained your pet is, unexpected things may happen.

Your safety comes first. Check the area. Is it safe to treat the pet here or do you need to move them to a safer area? All animals in pain may respond differently than normal, so don't assume your own pet will not bite you.

Know where the closest veterinary facility or 24/7 emergency facility is. Have their address and phone number available. They should be kept in your first aid kit for the house and car.

Call the facility and give them advance notice if you are able to do so.

Stay calm at all times. Do one thing at a time. If you need a check-off list in your first aid kit, make one.

Evaluate the patient to the best of your abilities:

- ✓ Check the ABC's (airway, breathing, circulation)
- ✓ Stop bleeding with direct pressure or bandage
- ✓ Check for shock (color of gums should be pink not white or grey)
- ✓ Check for broken bones
- ✓ Check for internal injuries by pushing on different parts of the body

PEOPLE/PET FIRST AID KIT

ITEMS

Benadryl
EpiPen (need RX)
Instant Glucose
Penlight
Cervical Collar (Medical Supply House)
Ace Bandage
Disposable Ice Bag
Tweezers (blunt)
Kotex or Diaper
Large Compress with Tape
Instant Band-Aid
Duct Tape
Good Pair of Serrated Trauma Scissors
Aluminum Blanket (Medical Supply House)
Sterile Water
AED (optional)
Waterproof Matches
Aspirin (humans only)
Saran Wrap & Vaseline
Paper and Pen
Large Black File Clip
Whistle
Mirror
Gloves
Light Stick
A leash for pets
Pet Treats
A list of emergency numbers with you cell phone

POSSIBLE USES

Allergic Reactions
Severe Allergy Reaction
Diabetic
Head Trauma
Falls or Neck Trauma
Bandages or Splints
Sprains or Strains
Splinters, Etc.
Large Area of Bleeding
Bleeding
Bleeding
Make Stretchers, Etc.
Cutting Clothes
Shock
Eye Wash or Wounds
Heart Problems
Overnight Camping
Heart or Stroke
Sucking Chest Wound
Record Information
Ruptured Artery
Getting Help
Getting Help
When Blood is involved
Lighting up room or area 12 hrs
To Get Help for a stray pet
To Get Help for a stray pet

Put all materials in a marked (First Aid Kit) backpack. A box is hard to carry in an emergency; you need something you can throw over your shoulders so you have both hands free while responding to the scene.

The items and suggested uses are used as guidelines for your own creative ideas. Emergencies are never black and white, so you need to do whatever you can with whatever you have to fix the problem. Add your own ideas and let me know so I can add them to my own list. Most of the above items can be purchased at your local drugstore much cheaper and much more useable in a trauma: most run-of-the-mill first aid kits are expensive and not very useful in a real emergency.

The above kit is and can be used as a combination people/pet first aid kit. Many of you think of your pets as kids anyway, so that is a good way to approach their emergency care. There, of course, are a couple of major differences: Two-legged kids can tell you what is wrong and four-legged ones cannot. However, the best first-aider for your pet is you because you know them better than anyone and they trust you more than anyone else. Below I will try to separate some of the obvious issues between people and pets and then explain the similarities and how the above list of items can work well with both types of patients.

People:

As a retired firefighter, I learned a long time ago that emergencies are never black and white. Nothing ever goes by the book, and you need an abundance of common sense to deal with any unforeseen event. First you do whatever you can with whatever you have to work with. About 80% of your work is making the victim feel better and the bystanders, who are sometimes the worst victims because they are in shock and don't usually know what to do. You do this by remaining calm, talk in a reassuring voice, and keep reminding everyone that you are going to help. Try never to raise your voice and shout orders-- that usually keeps everyone on edge. Try to remain empathetic; it doesn't really matter how it happened or who did it as much as what can we do about it now. I think the most important thing to remember is to put any learned information to use by visualizing it instead of memorizing the things you learn in class because in an emergency you immediately forget your own name and address, much less the steps of CPR, etc. By visualizing the information and thinking

about it ahead of time, you put it in your subconscious and are able to pull it out of your subconscious and react to the emergency instead of having to remember a bunch of superfluous numbers and steps.

Pets:

As with children, the best first aid is no first aid--prevention is the key for kids and pets. For example, water balloons for pets and regular latex balloons for small children are a death sentence. Also, please remember that a leash, fence or carrier is your first defense to keep your pet safe. No matter how predictable or well trained your pet is, anything can happen.

Bleeding, shock, CPR, choking, and all of the first aid problems you hear about with people also apply to dogs. The things you would do to help people are in most cases identical to what you would do to help your pet. Some minor differences are as mentioned above: Pets can't tell you what is wrong, but if they are your pet, you pretty much know that they are not acting the same. CPR is almost the same pump and blow that you would do on a person. Choking is identical to what you would do on a child or infant. One big difference is when a dog or cat is injured they may bite or snap because they are scared or in pain. It usually is a good idea to put some type of tie around their muzzle to prevent an accidental bite. For instance, you may use an Ace bandage from the kit above. Since you will be the ambulance, have the address and phone number of the three nearest veterinary facilities or animal hospitals. That information should be kept in your first aid kit, and the kit should always be in your car so if you are home it will be available and if you are on the road it also will be available. If someone is home when you are gone, then you should have two kits.

Remember that your loved ones, pets and people, depend on you, so think ahead, be prepared, and be cool. Please also remember that you judge your success NOT on whether the victim lives or dies or is further injured; your only judgment should be, under the circumstances, did I do the best I could with what I had to work with? Later on, well after the incident, anyone can say why

didn't you do this or that, but none of that matters, only what you did at the time... THAT IS WHAT COUNTS!

THINGS TO LOOK FOR AND FIRST AID TREATMENT

CARDIAC ARREST

Unconsciousness
No breathing
No pulse (practice taking pulse)

FIRST AID

CPR (15 compressions to 2 ventilations)
Mouth to nose
Press on chest directly over the heart
Lay pet on right side and press on chest
under left front leg -
Transport to animal hospital

SHOCK

Weakness or unconscious
Pale mucous membranes
Cool skin and limbs
Rapid heart rate
Shallow rapid breathing
Poor capillary refill

FIRST AID

Maintain breathing
Control bleeding
Keep warm
Lower head below body
Check pulse and give CPR if needed
Transport to animal hospital

BLEEDING

Venous bleeding
(Dark red and flows freely)
Arterial bleeding
(Bright red spurts rhythmically)
Internal bleeding
(Bruising, pain, swelling)

FIRST AID

Direct pressure and bandaging
Clamping off artery if exposed
Cold packs and treat for shock
Transport to animal hospital if needed

OPEN WOUNDS

FIRST AID

Abrasions
Cuts
Lacerations
Puncture wounds

Clean wound with clean water only
Bandage
If puncture wound is in chest treat with
Vaseline and Saran Wrap
Transport to animal hospital if needed

FIRST AID

FRACTURES

Diminished function in limbs
Pain and swelling
Unusual angles in extremities

Apply splint if possible (splint in found
position)
Apply ice pack and treat for shock
Transport to animal hospital

FIRST AID

BREATHING PROBLEMS

Difficulty breathing
Choking or gagging
Turning blue
Unconsciousness

Check for foreign object (pinch upper jaw)
(remove if possible)
Abdominal thrust
CPR if needed
Transport to animal hospital if needed

FIRST AID

BLOAT

Swollen abdomen
Attempting to vomit
Discoloration
Difficulty breathing

Treat for shock
Transport to animal hospital immediately

FIRST AID

HEATSTROKE

Rapid pulse
Weakness
Bright red mucous membranes
Shock
Rectal temperature above 103

Cool with garden hose water
Get to cool place
Check temperature
Cool water soaked towels will also work
Transport to animal hospital immediately

FOOD ALLERGY OR BEE STINGS

Difficulty breathing
Itching and redness of skin
Swelling

FIRST AID

Administer Benadryl if possible
EpiPen if needed for severe reaction
Transport to animal hospital if needed

BURNS

FIRST AID

1ST Degree
(Red or swollen skin)

Apply or immerse in cool water

2nd Degree
(Singed fur and blisters)

Cover burn area with dry bandage
(Do not apply ointments)

3rd Degree
(Tissue damage)

Cover burn area with dry bandage
Transport immediately to animal hospital

Chemical

Check product label and follow first aid
instructions - transport if needed

Electrical

Shut off or remove power source before
attempting any first aid
Check for breathing/pulse - CPR if needed

EYE INJURIES

FIRST AID

Something embedded in eye
pawing at eye, pain, redness
bleeding, swelling, closed eye

Wash with sterile water or saline solution
Transport to animal hospital if needed

Chemicals in eye

Follow first aid instructions on container
Flush with water
Do not flush with water until you determine
if chemical is reactive to water
Transport to animal hospital

Lacerations or puncture wounds to the eye

Apply gentle pressure to stop any bleeding
Do not remove any embedded or impaled object
Transport to animal hospital

POISONING

Some Signs:

Vomiting
Tremors
Diarrhea
Constricted or dilated pupils
Shock
Coma
Seizures
Unusual behavior

FIRST AID

Determine type of poison and read label

Call poison control **1-888-426-4435**
There is a 65-dollar consulting fee to help pay for the service - have your credit card ready

Transport immediately to animal hospital

ANIMAL BITES MISC. STINGS, ETC.

FIRST AID

Cat & dog bites
Open wounds, swelling
Bleeding, redness of skin

Flush with clean water & treat wounds
Watch for symptoms of rabies for the attacking animal – make sure dog or cat is up to date on their rabies vaccine

Bees & other flying insects

Watch for signs of allergic reactions
& treat with Benadryl or EpiPen if needed

Snake bites

If a snake poisoned your pet, you will need to transport immediately. If the snake was not a poisonous snake, then you can just treat for a normal wound. One way to tell if a snake is able to poison your pet is by the fang marks. If one or two fang marks are present, then the snake was probably

poisonous, and if there are a whole row of teeth marks, then the snake was probably harmless.

Tick bites - redness or swollen tick attached to skin. Your pet will fuss with the area and show you where the tick is located
Round worms, parasites tapeworms, etc.

Remove tick with tweezers and pull straight out. It is not a bad idea to save tick and have it tested for Lyme disease, especially if you have been to the Oregon Coast
Contact your vet
If you find the worm take to the vet

COLD RELATED EMERGENCIES

FIRST AID

Shivering
Temp below 90 degrees
Slow pulse and respirations
Extreme frostbite, dark skin, or lack of sensation

Bring to warm environment, cover with blankets - in extreme frostbite, transport immediately to nearest animal hospital

These are just a few pet emergencies. There are several more that are not necessarily an emergency but need immediate care. The available manual has several other items that pet owners should be aware of and take appropriated steps to correct in any animal that is sick or injured. In most cases you will have time to contact your veterinary office for advice and proper treatment. You are the one closest to your pet, and you are the person your pet depends on to help get well. **Remember, as with kids of any kind, prevention is the best first aid.**

EMERGENCY ANIMAL HOSPITALS

24/7

VCA Animal Hospital
Tualatin
13830 SE Stark St.
Portland, OR 97233
503-255-8139

Dove Lewis Animal Hospital
1945 NW Pettygrove St
Portland, OR 97209-1678
(503) 228-7281

Northwest Veterinary Specialists
16756 Southeast 82nd Drive
Clackamas, OR 97015-8589
(503) 656-3999

Emergency Veterinary Clinic of
19314 S.W. Mohave Court
Tualatin, Or 97062
503 691-7922

St. Francis 24 Hour Pet Hospital
12010 N.E. 65th Street
Vancouver, Washington 98682
(360) 253-5446