



14 FIRST AID TREATMENTS – No More and No Less!!

1. Using nonprescription medications at nonprescription strength for medications available as both prescription and nonprescription drugs. A recommendation by a physician or other licensed health care professional to use at a nonprescription drug at prescription strength is considered medical treatment for recordkeeping purposes.
2. Administering tetanus or diphtheria immunization. Other immunizations, such as hepatitis B vaccine or rabies vaccine, are considered medical treatment.
3. Cleaning, flushing or soaking wounds on the surface of the skin.
4. Using wound coverings, such as bandages, Band-Aids, gauze pads, butterfly bandages, Steri-Strips, etc. Other wound closing devices such as sutures, staples, etc., are considered medical treatment.
5. Using hot or cold therapy.
6. Using any non-rigid means of support such as elastic bandages, wraps, non-rigid back belts, etc. Devices with rigid stays or other systems designed to immobilize parts of the body are considered medical treatment for recordkeeping purposes.
7. Using temporary immobilization devices while transporting an accident victim (e.g., splints, slings, neck collars, back boards, etc.).
8. Drilling of a fingernail or toenail to relieve pressure or draining fluid from a blister.
9. Using eye patches.
10. Removing foreign bodies from the eye using only irrigation or a cotton swab.
11. Removing splinters or foreign material from areas other than the eyes by irrigation, tweezers, cotton swabs, or other simple means.
12. Using finger guards.
13. Using non-therapeutic massages (physical therapy or chiropractic treatment are considered medical treatment for recordkeeping purposes).
14. Drinking fluids for relief of heat disorders.