

ABCs

PROCEDURE:

IV. EMERGENCY PROCEDURES

The following guidelines will assist you in caring for a medical or traumatic emergency:

With any victim:

Check for hazards (electrical, fire, chemicals).

Remove victim if necessary.

Begin with the ABCs Airway, Breathing and Circulation. (See page 2).

Recognize life-threatening problems.

Call the EMS Emergency Medical System (9-1-1).



PROCEDURE

ABCs

Check for unresponsiveness of victim by shaking and shouting. If no response, call for help, send someone to get the AED (automated external defibrillator), and call 911.

A = AIRWAY

Open the victim's airway by placing one hand on the forehead and one hand on the chin and tilting head back.



B = BREATHING

Look at the victim's chest for movement.

Listen and feel for the presence of air coming from nose and mouth. If none exists, pinch the victim's nostrils and deliver two (2) breaths to victim's mouth.



C = CIRCULATION

Look for signs of circulation (movement, breathing).

If signs of circulation are absent, begin cardiopulmonary resuscitation (CPR). Apply AED when device is available; turn on and follow instructions.

CPR = 30 chest compressions and two (2) breaths.

Rescue Breathing: If signs of circulation are present but there is no breathing, deliver one breath to the victim every five (5) seconds.

PROCEDURE

Broken Bones

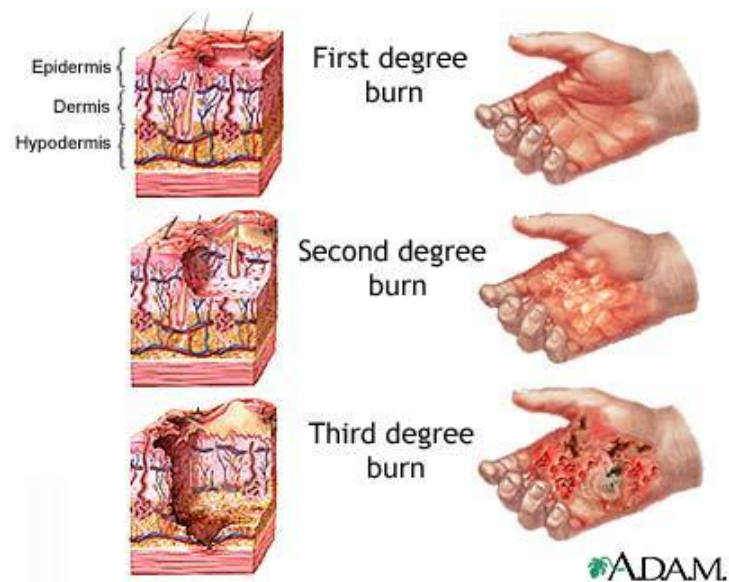
Symptoms include deformity, pain, tenderness, swelling, discoloration, and exposed bone ends.

1. Check the ABCs (page 2).
2. Call EMS (9-1-1).
3. Keep the victim from moving.
4. Immobilize broken limb/area against any movement should the victim need to be moved for safety. If splint(s) are not available, improvise with newspaper, pillow, stick, etc
 - **Don't** try to straighten dislocations or fractures of spine, elbow, shoulder, wrist or knee.
 - **Don't** attempt to push bones beneath skin, if protruding.
5. If open fracture, control bleeding and apply clean dressing.
6. **Do not** put heat on injury.
7. **Do not** impede circulation. (This occurs when splinting too tightly with ace wrap or bandages.)
8. **Do not** move victim or allow victim to be moved until help arrives.

PROCEDURE

Burns

1. Check scene for safety.
2. Remove victim from smoky area, if safe to do so.
3. Stop the fire or burning process.
4. Check the ABCs (page 2).
5. Call EMS (9-1-1).
6. Submerge burned area in cool water or apply cool water compress.
7. If chemical burn, flush area with large amounts of water (faucet, hose, shower, eye cup), and remove clothing.
8. Further damage can be caused by using ointments, grease, or butter on a burn.
9. **Do not** apply ice directly on burned skin; cool water is better.
10. **Do not** break blisters; remove clothing stuck to burn.



PROCEDURE

Choking

Symptoms include difficulty in speaking, breathing, coughing. Also, victim may clutch at throat and become pale and cyanotic (blue).



Heimlich maneuver administered

Heimlich maneuver administered to conscious victim of foreign body airway obstruction.



unconscious victim of foreign body airway obstruction

1. Check for unresponsiveness; shake and ask, "Are you OK?"
2. If choking, perform Heimlich maneuver.
3. If no response, shout "Help."
4. Position victim on back.
5. Open airway by tilting head back and lifting chin.
6. Look for obstruction; listen for breathing.
7. If not breathing, give two (2) slow breaths into victim's mouth.
8. Call EMS (9-1-1).
9. Perform CPR.
10. Look into the mouth and remove obstruction, if possible.
11. Repeat procedure until airway is cleared or help arrives.

PROCEDURE

Heat Exhaustion

Symptoms include:

- Heavy sweating
 - Cool damp skin
 - Nausea, vomiting
 - Headache
 - Dizziness
 - Mild cramps
1. Give cool glass of water frequently.
 2. Rest.
 3. Loosen or remove heavy clothing and gently cool victim with wet cloth.
 4. Move to cool environment.

Untreated heat exhaustion can lead to the more serious Heat Stroke:

Symptoms include:

- Rapid Pulse
 - High Body temperature
 - Absence of sweating
 - Nausea, vomiting
 - Confusion
1. Call EMS (9-1-1). Heat stroke can be fatal if not properly and promptly treated.
 2. Cool the victim.
 3. Get the victim to a cool, shady area.
 4. Remove heavy clothing.

PROCEDURE

Hemorrhage – Severe Bleeding

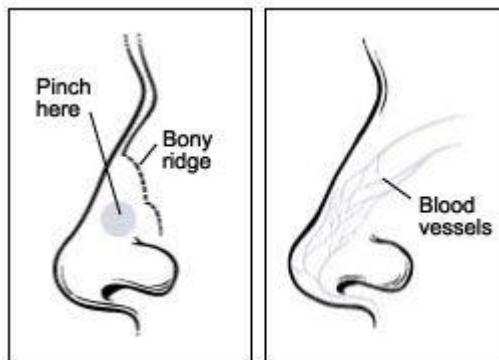
1. Check the ABCs (page 2).
2. Locate source of bleeding.
3. Control bleeding by direct pressure over the wound.
4. Bandage around an impaled object.
 - **Do not** remove an impaled object.
5. Call EMS (9-1-1).
6. Elevate bleeding body part (if possible) above victim's heart.
7. When bleeding is controlled, apply clean pressure bandage.
8. If blood soaks through bandage, add additional bandage and apply pressure.
9. Treat for shock (page 10).
10. Keep the originally applied bandage. Apply others over it to reinforce pressure.



PROCEDURE

Nosebleed

1. Have the victim get into a sitting position.
2. Lean his/her head forward to prevent swallowing of blood.
3. Keep victim quiet and reassured.
4. Pinch victim's nose between thumb and index finger for five (5) minutes before releasing.
5. Apply a cool damp cloth, if available.
6. Check for signs of shock (page 10).
7. If not controllable, call 9-1-1 and seek medical assistance.
8. **Do not** use ice directly on the skin.



PROCEDURE

Seizures

Symptoms Include:

- twitching
 - involuntary uncontrollable jerky movements
 - blank staring
 - possible loss of consciousness
1. Call EMS (9-1-1); keep calm.
 2. Note the duration of the seizure.
 3. Protect the victim from harming himself/herself during the seizure.
 - Move objects away from the victim
 4. When seizure has stopped, check the ABCs (page 2).
 5. If breathing and circulation exist, turn victim on side (recovery position) and loosen tight clothing.
 6. Provide privacy.
 7. Allow victim to rest.
 8. Monitor breathing.
 9. Avoid restraining the victim.
 10. **Do not** force anything between the teeth.
 11. **Do not** give any fluids.



Recovery position

PROCEDURE

Shock

Symptoms include:

- Restlessness
 - Anxiety
 - Rapid weak pulse
 - Cold clammy skin
 - Heavy perspiration
 - Shallow or irregular breathing
 - Nausea
 - Dull eyes with large pupils
 - Obvious bleeding
 - Poor skin color (pale, ashen)
1. Check ABCs (page 2)
 2. Call EMS (9-1-1).
 3. Lay victim down to prevent victim from falling.
 4. Maintain body heat; cover with a blanket.
 5. If vomiting occurs, turn victim on side.
 6. Loosen clothing at neck.
 7. Wipe the face and forehead with a cool cloth.
 8. **Do not** give victim anything to drink until fully recovered.
 8. Avoid stimulants.