



# Emergency First Aid and CPR

# EMERGENCY FIRST AID



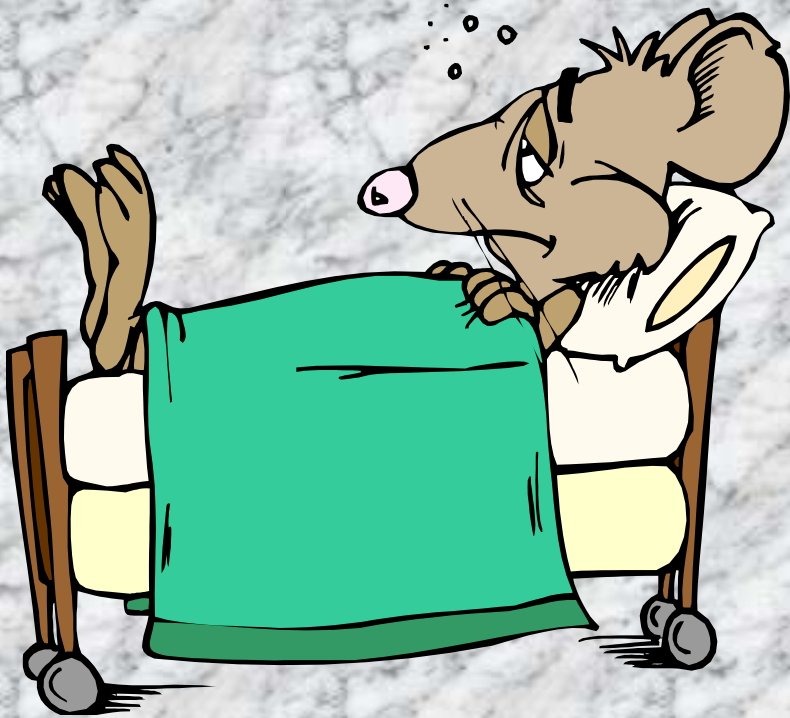
- ↙ If you are the first on the scene of accident that results in an injury or serious illness, you may be the **only** link between a victim and emergency medical care. Your role is to **take action**, whether by providing first aid, seeking medical help or calling **911**. Your actions may improve the victims chance of recovery.
- ↙ The following slides will provide specific information from The American Safety & Health Institute (ASHI) on basic first aid procedures.

# BLEEDING

- ➔ Apply direct pressure to the wound (at this time a direct pressure bandage may be used)
- ➔ Elevate (do not further harm)
- ➔ Pressure Point additional pressure may be applied to a pressure point to help reduce bleeding.



# CARE FOR SHOCK



- Call 911.
- Keep the victim laying down (if possible).
- Elevate legs 10-12 inches... unless you suspect a spinal injury or broken bones.
- Cover the victim to maintain body temperature.
- Provide the victim with plenty of fresh air.
- If victim begins to vomit - place them on their left side.

# FIRST AID FOR SPRAINS AND STRAINS

## I-C-E

- ♣ **I - Ice**, apply a cold pack. Do not apply ice directly to skin.
- ♣ **C - Compress**, use an elastic or conforming wrap - *not too tight*.
- ♣ **E - Elevate**, above heart level to control internal bleeding.



# CARE FOR DISLOCATIONS AND FRACTURES

## I-A-C-T

- ◆ I - Immobilize area. Use pillows, jackets, blankets, etc. Stop any movement by supporting injured area.
- ◆ A - Activate Emergency Medical Services (EMS), call 911.
- ◆ C - Care for shock. See "Care for Shock" slide.
- ◆ T - Treat any additional secondary injuries.

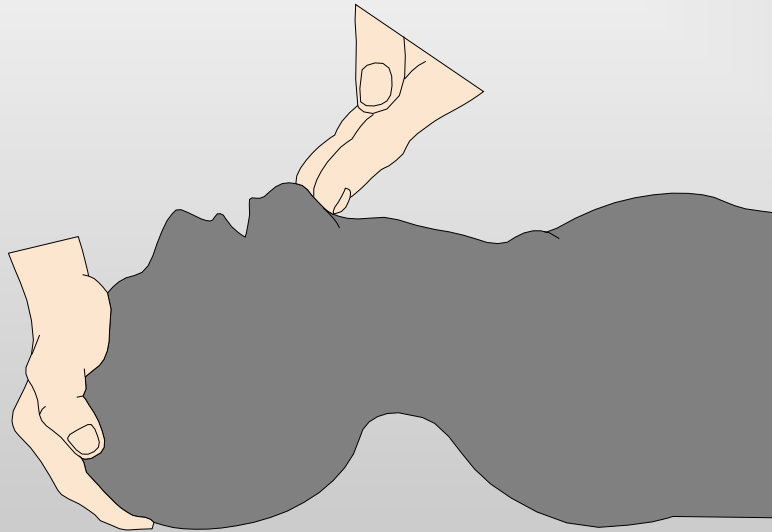
# POISONING



- ✗ Assess the scene for clues and safety.
- ✗ Get victim away from poison if necessary.
- ✗ Provide care for any life threatening conditions.
- ✗ Check Material Safety Data Sheet (MSDS).
- ✗ Call the Poison Control Center and 911 when necessary.

# CARDIOPULMONARY RESUSCITATION

## CPR ABC'S



⇒ **A**IRWAY - Open the airway with the tilt-chin method.

⇒ **B**reath - give two breaths.

⇒ **C**heck circulation.

⇒ If there is no pulse or breathing.....(next slide)




# CPR Continued



 ... Perform chest compressions.

- 30 compressions and two breaths.

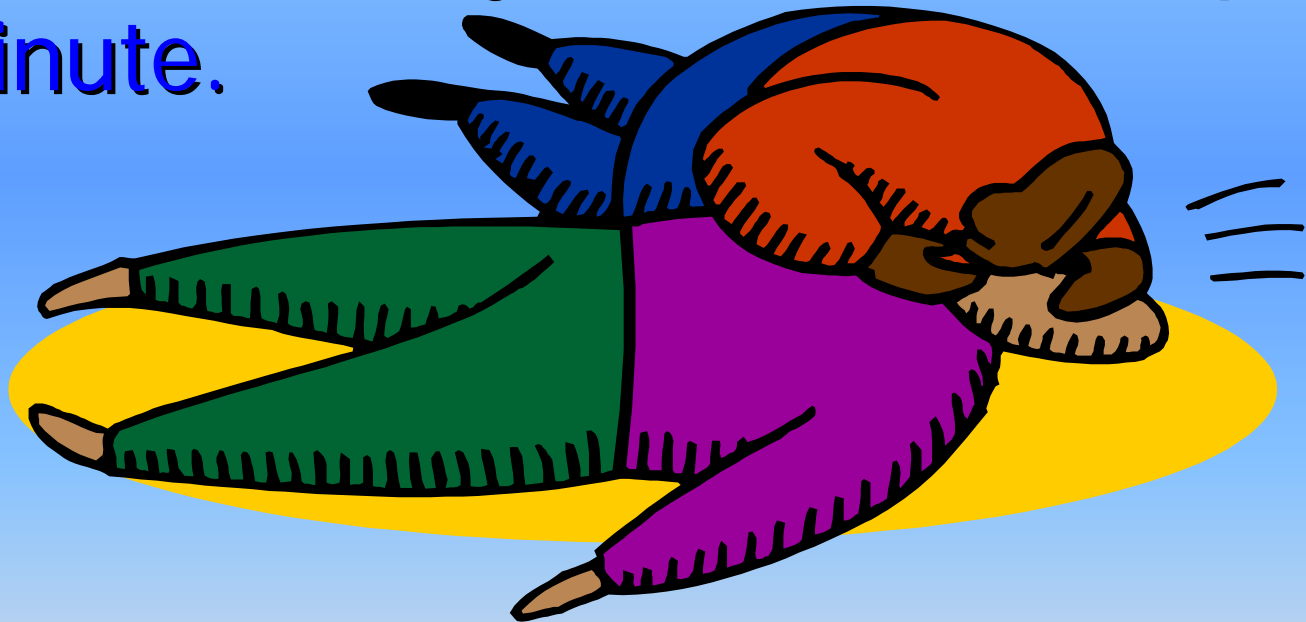
 Count = 1&2&3&4&5...&30

 Call 911.



# RESCUE BREATHING


➤ 1 breath every 5 seconds - 12 per minute.



➤ Compressions : ventilations = 30:2

# REMEMBER!!!

## UNIVERSAL PRECAUTIONS:

 The routine use of appropriate barrier precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids of any individual may occur or is anticipated.

 Universal Precautions apply to blood and to all other body fluids with potential for spreading any infections.