

Assess the Scene

✓ Evaluate the scene

When it is clear that a victim's condition is immediately life threatening, such as choking or not breathing, perform first aid immediately.

✓ Assess safety

When the situation is not life threatening, there are multiple injuries, or when there are multiple victims, take a few moments to assess the scene to make sure it is safe for you and other helpers and to be certain you know what type of first aid is required:

✓ Prioritize care

✓ Check for medical alert tags

Evaluate the scene for number of injured and nature of the event.

✓ Do head-to-toe check

Assess the safety of the scene, including the potential for toxic vapors or gases in the air, and other risks such as electrical or fire hazards.

✓ Move only if necessary

Prioritize care when there are several injured.

Check victims for medical alert tags. Perform a logical head-to-toe check for injuries. Move the victim only if absolutely necessary to prevent further injury from a hazard at the scene.

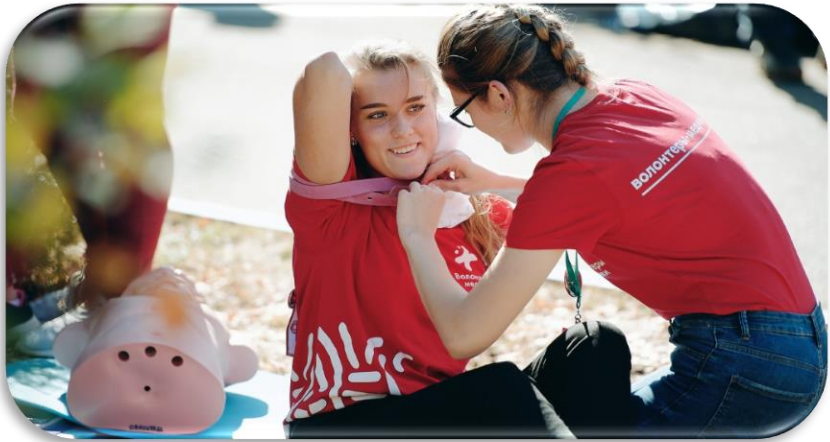
No Breathing



Administer CPR:

- Lay the person on his or her back;
 - Give chest compressions;
 - Tilt head slightly;
 - Breathe into the person's mouth;
 - Continue until EMS personnel arrive.
- When a person is unconscious and not breathing, irreversible brain damage occurs within 3 minutes. You have to act very fast.
 - Someone trained in cardiopulmonary resuscitation, or CPR, should lay the person on his or her back while someone else calls emergency. Loosen the clothes around the neck and make sure nothing is blocking the mouth or throat.
 - First, give 30 chest compressions by placing both hands in the center of the victim's chest with one hand on top of the other and pressing down with the heel of your hand 1½ to 2 inches. Press quickly at a rate of about 100 compressions a minute.
 - Next, open the airway by tilting the head slightly and lifting under the chin. Do not move the victim's head back if you suspect a neck injury.
 - Form a seal around the mouth and pinch the nose. Use a pocket mask if you are trained in its proper use. Breathe two slow breaths into the person's mouth—enough to make the chest rise and fall. Then, continue chest compressions.
 - Once you begin CPR, continue until EMS personnel arrive.

Bleeding



- Stop the flow of blood
- Wear gloves
- Cover the wound
- Apply pressure
- If a body part has been amputated, put it on ice

Heavy bleeding is another serious medical emergency. If a person is bleeding heavily, you have to stop the flow of blood while you wait for EMS personnel to arrive.

Because of the risk of bloodborne diseases, you must wear gloves (from the first-aid kit, if possible) when administering first aid for bleeding.

Next, cover the wound with a clean bandage from the first-aid kit.

Then apply pressure with your hand directly over the wound.

Do the same thing if a finger, hand, or other body part has been amputated.

While you are applying pressure to the wound, have someone else place the amputated part in a plastic bag with ice. Make sure to wrap the severed part so that it doesn't directly touch the ice. Give the package to EMS personnel or rush it to the hospital. In many cases, severed limbs can be reattached.

Do you know where the nearest first-aid kit is located in your work area?

You should. You should also know what materials the kit contains.

Shock

- Lay the person down, if possible
- Begin CPR, if necessary
- Treat obvious injuries
- Keep person warm and comfortable
- Follow-up



1. Lay the Person Down, if Possible

Elevate the person's feet about 12 inches unless head, neck, or back is injured or you suspect broken hip or leg bones.

Do not raise the person's head.

Turn the person on side if he or she is vomiting or bleeding from the mouth.

2. Begin CPR, if Necessary

If the person is not breathing or breathing seems dangerously weak:

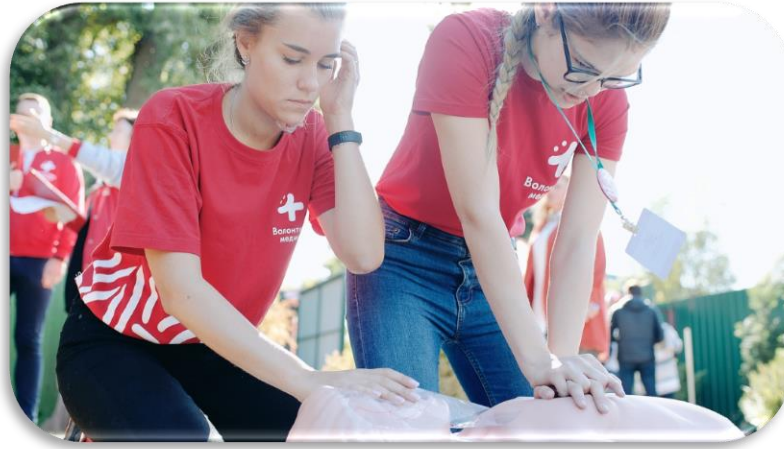
For a child, start CPR for children.

For an adult, start adult CPR.

Continue CPR until help arrives or the person wakes up.

Anaphylactic Shock

- Give the victim medication
- Call for help ASAP
- Start CPR if necessary



Another type of shock is called anaphylactic shock. Anaphylactic shock is a severe allergic reaction to insect bites, medicines, or certain foods. Symptoms include hives, overall weakness, and swelling of the throat.

Ask if the person has medication. If so, give it to him or her right away. People with severe allergies also usually wear a medic alert tag, so look for that, too, in order to help give EMS workers the best possible information.

Anaphylactic shock can be deadly, so call for help fast, *and* be prepared to start CPR.