



BRIEF HISTORY

The human body is essentially a machine that runs on blood, air and energy. In first aid emergencies, your primary objective is to ensure that air and blood keep flowing. If breathing has stopped, restore it by performing artificial respiration. If blood flow has stopped (no pulse), restore it using external heart massage (CPR - cardio-pulmonary resuscitation). Check for blood or leaks, control leakage and seek medical assistance ASAP.

Which Adults

- The only two individuals exempt from the first aid training are pregnant women and children under 16 years of age.
- Care of the injured is a complex task.
- When you are not a trained first aid responder, you should not attempt to provide first aid.
- If you are unsure, call for medical help.

Water Hazard

- Do not enter the water if you are not a trained swimmer.
- Do not attempt to rescue anyone who is in the water.
- Call for help.

Electric Shock

- Do not touch the victim or the power source.
- Turn off the power source.
- Use a non-conductive object to move the victim away from the power source.
- Call for help.

Spilling

- Do not touch the spill.
- Do not breathe in the fumes.
- Do not touch the victim.
- Call for help.

Leading On: Child Abuse, Mental Health

- Do not touch the victim.
- Do not breathe in the fumes.
- Do not touch the victim.
- Call for help.

PRIMARY RESPONSE

The human body is essentially a machine that runs on blood, air and energy. In first aid emergencies, your primary objective is to ensure that air and blood keep flowing. If breathing has stopped, restore it by performing artificial respiration. If blood flow has stopped (no pulse), restore it using external heart massage (CPR - cardio-pulmonary resuscitation). Check for blood or leaks, control leakage and seek medical assistance ASAP.

Conscious Victim Breathing

1. Ask where they hurt or feel differently. Evaluate breathing. If victim is talking, breathing is probably OK for the time being. If they hold choking or look for chest wounds, treat for choking or look for chest wounds.
2. Check for shock, fractures, burns and other obvious injuries.
3. Position victim in the recovery position.

Recovery Position

1. Lay the victim on their side.

2. Bend the arm and leg forward to stop patient from lying flat.

3. Extend the head and tilt the jaw forward to keep airway open.

Unconscious Victim Breathing

If breathing is detected but you cannot wake the victim, do not start CPR but continue to call for medical help. Assess for spinal or other injuries.

1. Do not move victim if you suspect spinal injury.
2. If you do not suspect potential spinal injury, move them into the recovery position. An unaltered unconscious victim lying on their back may suffocate.

Unconscious Victim Not Breathing

Signs of blocked breathing include noisy, gurgling or irregular breathing and bluish lips. Lack of breathing or pulse can be common signs of cardiac arrest.

1. Roll victim onto back. Clear any obstruction from airway (tongue, teeth, vomit, etc.) by sweeping the inside of the mouth with a finger.
2. Position head and open airway using jaw thrust method if you suspect spinal injury, otherwise use head-tilt/chin-lift method (see next panel for methods detail).
3. Rescue breathe: pinch the nose and administer two quick breaths. Check for chest rise.
4. If the chest isn't rising, reposition the head, blow again & begin chest compressions (CPR).

PRIMARY RESPONSE

1. Head Tilt

1. Lay the victim on their back.
2. Place one hand on the forehead and the other on the chin.
3. Tilt the head back by lifting the chin.
4. Check for breathing.

2. Head Tilt/Chin Lift

1. Lay the victim on their back.
2. Place one hand on the forehead and the other on the chin.
3. Tilt the head back by lifting the chin.
4. Check for breathing.

3. Jaw Thrust

1. Lay the victim on their back.
2. Place your fingers behind the victim's jawline.
3. Push the jaw forward.
4. Check for breathing.

4. CPR

1. Check for breathing.
2. If no breathing, start CPR.
3. Give 30 chest compressions.
4. Give 2 rescue breaths.
5. Repeat steps 3 and 4.

PRIMARY RESPONSE

3. CPR

Check for pulse by feeling the side of the windpipe or any arterial pressure point with your index and middle fingers. If none feels, administer external heart massage (CPR - cardio-pulmonary resuscitation).

1. Place heel of hand on lower half of breastbone and, with arms straight, rock forward and press down about 2 in. (5 cm). The objective is to compress the heart muscle and to squeeze impeded blood out into the body. Pressing too hard can crack the breastbone and ribs - be careful!
2. Alternate 30 compressions with two lung inflations. If two people are available, have one give compressions and the other inflations.
3. Repeat rhythmically about 100 times a minute.
4. Release patient after one minute. If no pulse, continue until medical assistance arrives or you are unable to continue. Continue mouth-to-mouth and CPR until victim begins breathing, or you are relieved by a qualified person, or other circumstances indicate.

Partial Blockage - Breathing becomes wheezy, irregular or highly labored. Check for obstruction (tongue, tongue, false teeth, vomit, etc.) and remove by sweeping the inside of the mouth with a finger. Encourage victim to cough and pat them on the back to dislodge the object.

Full Blockage - there is little or no audible sound since air cannot move around the blockage. Administer Heimbach-Manöver immediately.

Heimbach-Manöver

1. Stand or kneel behind standing or seated victim.
2. Make a fist and place it above the navel but under ribs.
3. Grasp the fist with other hand and pull up sharply and rapidly a time.
4. Repeat until effective.

Heimlich-Manöver

1. Lay victim on back.
2. Place hand on lower half of breastbone, give 5 chest thrusts.
3. Lean into the mouth and remove any objects.
4. Repeat until obstruction cleared.

Childbirth

1. If alone, have partner stand right (near back, low down) and drop down on it to support head for thrust.