

EMERGENCY FIRST AID

ABC'S OF IMMEDIATE ACTION

A Open the Airway **B** Check for Breathing **C** Check for Circulation

CPR PROCEDURES

1. Lay patient on back and clear airway by lifting chin.
2. Listen for breathing. If none, pinch nose with thumb and forefinger, and give 2 slow breaths.

WHEN POSSIBLE, USE DISPOSABLE MOUTH SHIELD.



3. Place two fingers between chest and first fold of mouth, checking for pulse. For at least 10 seconds, if none...start chest compressions.

4. Place middle finger in notch where ribs meet the breast bone. Place index finger right above middle finger and place heel of other hand above two fingers...Give 15 compressions then 2 breaths. Continue until patient is breathing or ambulance arrives.

ABC'S OF CPR

- A. Check Airway**
 - Open airway by lifting chin.
 - Send for ambulance.
 - B. Check breathing for 5 seconds.**
 - If none...Give 2 full slow breaths.
 - C. Check Circulation (pulse) for 10 seconds**
 - If none...Do 15 chest compressions (Be sure hand is on breast bone, [sternum] 2 fingers above point where ribs meet)
- REPEAT BREATH AND COMPRESSIONS UNTIL HELP ARRIVES.

BLEEDING

Pressure Points



1. Apply direct pressure over wound.
2. Elevate part if possible.
3. If blood is "spurting" apply pressure to nearest artery for 30-60 sec. Release pressure slowly and reapply pressure if bleeding has not slowed.

WHEN POSSIBLE, USE DISPOSABLE GLOVES TO PREVENT CONTACT WITH BLOOD.

UNCONSCIOUS PATIENT

1. Try to arouse.
2. Send for ambulance.
3. Open airway by lifting chin.
4. Check for breathing.
5. Check pulse.
6. Maintain open airway.
7. Cover with blanket.
8. Give oxygen if patient is breathing.

CHOKING

1. If person is coughing:
 - Let him try to cough up the obstruction.
2. If unable to breathe:
 - Send for ambulance.
 - Place elbow flat slightly above navel and below ribs.
 - Thrust in and up quickly.
 - Repeat briefly between each thrust.



BURNS

1. Cool burned area immediately. Use cool water.
2. Remove as much burned clothing as possible without tearing or damaging skin.
3. Cover wound loosely with clean dressing.
4. Minor burns, 1st degree (pink skin), may have burn sprays or ointments applied after skin is cool.
5. SEVERE BUBBLING BURNS NEED MEDICAL ATTENTION IMMEDIATELY.

SPRAINS / FRACTURES

1. Sprains:
 - Evaluate part.
 - Apply ice pack with cloth barrier between ice pack and skin.
 - Support with elastic bandage. Numb, tingly, cold fingers or toes indicates bandage is too tight.
2. Fractures:
 - Seek medical help.
 - Splint in exact position found if victim must be moved.

EYE INJURIES

1. CHEMICAL BURNS OF THE EYE:
 - Flush eye from inside corner of eye outward, using eye and skin neutralizer or clean water for 15-20 minutes.
2. SMALL PARTICLES IN EYE:
 - Gently pull eyelid over eye and hold to cause tearing. Tears will normally cause object to wash free.
 - Attempt to remove particle with a clean, damp cloth.
3. IMPALED OBJECTS:
 - DO NOT TRY TO REMOVE IMPALED OBJECT. INSTEAD, PLACE A PAPER CUP OVER THE INJURED EYE.
 - Cover the uninjured eye to decrease eye movement.
 - Reassure patient, and keep him from moving.
 - Seek additional medical assistance.



CUTS / SCRAPES

1. Clean gently but thoroughly with mild soap and water.
2. Apply appropriate antibiotic ointment.
3. Cover with sterile dressing.
4. Watch for signs of infection:
 - Redness • Discharge
 - Swelling • Pain
 - Fever

First aid training promotes safety awareness and helps reduce lost-time accidents. For further information on first aid training contact your local Respond distributor.

This sign is a combination of general first aid information, information on how to use the sign, and information on how to use the sign. It is a combination of general first aid information, information on how to use the sign, and information on how to use the sign.

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YOUR LOCATION

EMERGENCY PHONE NUMBERS

Paramedic: _____ Police: _____
Doctor: _____ Fire: _____
Poison Control Center: _____

RESPOND SYSTEMS