

Procedures for Emergency Care

Your **first**
call for **HELP**
should always be...**911**



Emergency Steps

Your first step in providing care is calling 911.

Be prepared to give information to the dispatcher, such as:

- » Address of the emergency
- » Telephone number
- » Description of the problem
- » Number of people injured
- » Conditions of victims
- » Care being provided

Do not hang up. Stay on the line with the dispatcher.

Once an emergency has been recognized, be calm and follow these steps:

Check: The scene for safety and the victim for consciousness

Call: 911

Care: For life-threatening conditions

Ensure: Your own safety before assisting others

Seizures

- » Remove any nearby objects that may cause injury
- » Once seizures stop, turn victim on side
- » Call 911 if prolonged seizures or no history of seizures
- » Monitor airway and breathing
- » Do not give the victim anything to eat or drink
- » Do not try to hold the victim down
- » Make sure the victim is somewhere they won't fall
- » Do not put anything in the victim's mouth

Diabetic Emergency

Signs/Symptoms:

- » Confusion, dizziness or disorientation
- » Sweating/shakiness

Care:

- » If conscious, give the victim some form of sugar (a liquid with carbs/protein, like milk or peanut butter bread)
- » Call 911 if unconscious
- » Monitor airway and breathing
- » Keep the victim comfortable

Poisoning & Allergic Reaction

Poisoning:

- » Call Poison Control 1-800-222-1222
- » Follow poison control directions
- » Do not induce vomiting unless directed to do so
- » Monitor airway and breathing
- » Keep the victim comfortable

Allergic Reaction:

- » If difficulty breathing, call 911
- » Ask the victim if he/she carries medication, if so, assist in administration
- » Monitor airway and breathing
- » Keep the victim resting quietly

Stroke

FACE:

- » Ask the person to smile.
- » Does one side of the face droop?

ARMS:

- » Ask the person to raise both arms.
- » Does one arm drift downward?

SPEECH:

- » Ask the person to repeat a simple phrase.
- » Is their speech slurred or strange?

TIME:

- » If you observe any of these signs, call 911 immediately.

Care:

- » Call 911
- » Know the time of onset of symptoms
- » Consider low blood sugar if diabetic. Notify emergency help of medical history.
- » Do not give the victim anything to eat or drink
- » Monitor airway and breathing
- » Keep the victim comfortable

Heat & Cold Related Emergency

Heat Emergency:

- » Move the victim to a cool place
- » Loosen or remove clothing
- » Wet the skin and fan the victim
- » Give small amounts of water if the victim is conscious
- » Call 911 if the victim's condition does not improve
- » Add cold packs to armpits and groin area

Cold Emergency:

- » Move the victim to a warm place
- » Remove wet clothing and cover with blankets
- » Warm the victim
- » Give small amounts of warm fluid, non-caffeinated
- » Call 911 if the victim's condition does not improve

Bone & Joint Injury

Head/Neck/Back:

- » **Minimize movement!**
- » Place your hands on both sides of the victim's head
- » Tell the victim to respond verbally to questions and avoid nodding/shaking head
- » **Call 911**
- » Have the victim remain in the position found
- » Maintain an open airway and continue to check for breathing
- » Do not remove headgear

Extremities:

- » Support the injured area above and below the injury site
- » Do not move the injured part
- » Splint an injury only if the victim must be moved
- » Splint an injured limb in the position you find it

Burn

Stop the burning by removing the victim from the heat source

Cool the burn by flushing with large amounts of cool water for a minimum of 10 minutes (This will provide some comfort to the area)

Cover the area with a sterile dressing

- » Do not break blisters
- » Do not apply ointments or creams
- » Flush chemical burns for a minimum of 15 minutes

Call 911 for:

- » Burns that cause breathing difficulty or signs of burns around the mouth/nose
- » Burns covering more than one body part
- » Burns on the head, neck, hands, feet or genitals
- » Burns on a child or elderly person
- » Burns on victims with medical conditions
- » Burns resulting from chemicals, explosions or electricity

Bleeding & Shock

Bleeding:

- » Cover the wound with a dressing and apply direct pressure
- » Do not remove the dressing. If it soaks through, add more on top
- » Elevate the injured area above the level of the heart if you do not suspect broken bones
- » Cover snugly with a bandage
- » If bleeding does not stop, call 911 and apply more direct pressure

Shock may develop from any serious injury or illness.

To help prevent shock:

- » Monitor airway and breathing
- » Help the victim rest comfortably
- » Keep the victim from getting chilled or overheated
- » Do not give food or drink

Heart Attack

Signs/Symptoms:

- » Persistent chest discomfort/pain: Mild to intense pressure, tightness, burning or squeezing in the chest that is not relieved by resting, changing position or taking oral medication
- » Radiating pain: Pain spreading to the neck, jaw, shoulders, abdomen or arms
- » Breathing difficulty: Shortness of breath, rapid breathing, noisy breathing
- » Changes in pulse rate: Faster, slower or irregular
- » Skin appearance: Pale, bluish, moist, sweating profusely
- » Psychological effects: Anxiety, nervousness, feeling of impending doom

Care:

- » Call 911
- » Monitor airway and breathing
- » Strongly consider administering 4 chewable baby aspirin if available
- » Do not give the victim anything to eat or drink
- » Keep the victim comfortable
- » Restrict activity by not moving around

Loss of Breathing

- » Call 911

Open the airway:

- » Tilt the head back with one hand on the forehead and one on the chin
- » If you suspect head, neck or back injury, do not move head. Grasp under the person's chin and pull lower jaw open and slightly forward.

Check breathing:

- » Look, listen and feel for breathing for about 5 seconds

No breathing:

- » Give 2 breaths by pinching the nose shut and breathing into the victim's mouth until the chest rises
- » Release the nose in between breaths

Note: If the chest does not rise, See **CHOKING SECTION**

Check for signs of life:

- » Coughing, moaning, movement

Life signs absent:

- » Provide CPR

Life signs present:

- » Continue breaths 1 every 5 seconds
- » Check life signs and breathing once a minute

Choking

Conscious:

- » If the victim **can** cough, speak or breathe, encourage them to cough
- » If the victim **can not** cough, speak or breathe, the airway is blocked:
 - Stand behind the victim
 - Make a fist with one hand and place the thumb side of fist against the middle of the victim's abdomen, just above the belly button
 - Grab the fist with the other hand and give quick, upward thrusts

Unconscious:

- » Give 30 chest compressions
 - Look for a foreign object by opening the victim's mouth
 - Continue cycle of chest compressions, foreign object check

Note: See **CPR SECTION** for chest compression instructions

Adult CPR

After completing the LOSS OF BREATHING SECTION, begin CPR as follows:

- » Call 911
- » Find the notch at the lower end of the victim's breastbone
- » Place the heel of one hand next to and above this notch, on the center of the breastbone. Place your other hand on top.
- » Position your shoulders directly over your hands
- » Compress the victim's chest by pressing hard and fast, about 2" deep
- » Repeat. Recheck for signs of breathing and life signs after about 1 minute:
 - No breathing or life signs: Continue CPR
 - No breathing but life signs present: Continue breaths only

Make your **first** call **ALWAYS TO ... 911**

Start your EMS TEAM working for you immediately

WHEN YOU MAKE AN EMERGENCY CALL:

1. Stay calm.
2. Promptly state the nature of the emergency:
Medical, Fire, or Crime
3. Give directions and any important details
4. Stay on the line until the dispatcher has all of the information.

***This information is not a substitute for
First Aid and CPR training.***

Learn CPR and First Aid!

***To register for a CPR/First Aid Class,
contact the YMCA or UND Wellness Center.***

For more information contact

Safe Kids Grand Forks

c/o Altru Health System

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Grand Forks, ND 58206-6002

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