

Foreign Body Airway Obstruction

- Locate navel and place balled fist, thumb in, against stomach above navel.
- Place other hand over fist.
- Pull sharply inward and upward repeatedly until obstruction is released.
- If patient becomes unconscious, begin CPR, starting with compressions.

First Aid

- Bleeding
 - Apply direct pressure to the wound until the bleeding is controlled.
 - Apply dressing; use additional absorbent material if needed.
 - Bandage the dressing in place, wrapping toward the heart.
 - Verify circulation in finger tips and toes
 - Do not remove impaled objects; secure them in place to avoid further injury.
- Using a tourniquet
 - Apply 1-2 inches (2-4 cm) above the wound
 - Place windlass over bleeding artery
 - Turn windlass until bleeding stops and secure in place
 - Note “T” or “TK” on victim’s forehead
 - Continue to monitor and provide verbal support
- Shock
 - Maintain normal body temperature (provide warmth/cooling as needed).
 - Do not provide food or drink.
- Splinting
 - Apply splint to injured limb (splint in the position found).
 - Immobilize joints above and below the injury.
 - Pad injured area to support and protect.
 - Use sling with arm splints.

Secondary Assessment

- Use eyes and hands to check for abnormalities, bleeding or other body fluids.
- Inspect individual from head to foot palpating gently and visually checking:
 - Scalp, face, nose and ears
 - Neck and collarbones
 - Ribs and abdomen
 - Hips and legs
 - Arms and grip strength
 - Have patient wiggle fingers and toes.
- Stop if the individual experiences pain
- Note abnormal findings



BLS: CPR and First Aid

Scene Safety Assessment

S Stop

A Assess Scene

F Find Oxygen Kit, First Aid Kit, AED and take to injured person

E Exposure Protection

Initial Assessment

- Assess responsiveness and normal breathing
 - Tap the individual's collar bone and loudly ask "**Are you OK?**"
 - State your name and desire to help
- If the individual responds, have him remain in the position found
- If unresponsive but breathing normally, place in recovery position
- If not breathing normally, begin CPR
 - Shout for help or send a specific person to call EMS

CPR

Do not delay CPR to wait on an AED or other equipment .

- Use nipple line to find landmark at center of the chest for compressions
- Deliver 30 compressions.
 - Compress at a rate of 100-120 per minute.
 - Compress to a depth of 2-2 1/2 inches (5-6 cm).
- Open airway using head tilt-chin lift
- Deliver two normal breaths
 - Each breath should last about 1 second
 - Watch for chest to rise and fall
- Continue CPR cycles of 30:2

Using an AED

- Turn the unit on, and follow prompts provided by the unit.
- Apply pads firmly to the patient's bare chest.
 - Follow illustrations on pads for placement.
- If the AED indicates 'shock advised',
 - Clear the scene both verbally and visually.
 - State: "**I'm clear, you're clear, all clear.**"
- Deliver shock when indicated.
- Begin chest compression immediately. **DO NOT** pause after shock.
- Follow prompts of the AED unit.

If signs of breathing return, place the patient in the recovery position.

Continue to monitor the patient

Be prepared to resume CPR.

Turn over to EMS

- While waiting for EMS, continue to monitor the patient.
- Leave the AED pads in place and unit turned on.
- Provide a brief report to EMS indicating:
 - Nature of incident and initial condition
 - Care delivered including CPR and number of AED shocks
 - Length of time patient was not breathing and without circulation
 - Estimated time CPR was initiated