General First Aid Steps

RESPONSIVE PATIENT
- Make sure the scene is safe
- Introduce yourself, ask if you can help
- Phone 911 if necessary, get AED and FA kit
- Wear personal protective equipment (PPE)
- Assess for injuries, medical jewelry, illness

UNRESPONSIVE PATIENT
- Make sure the scene is safe
- Tap victim – victim is unresponsive
- Phone 911, get AED and FA kit, wear PPE
- Open airway, check breathing (CPR if needed)
- Check for bleeding, injuries, medical alert jewelry

Medical Emergencies

BREATHING PROBLEMS

ASTHMA
SIGNS:
- Breathing very fast or very slow.
- Trouble with every breath, noisy breathing, difficulty speaking.

ACTION:
- Ask “Do you need help? Do you have medicine?”
- Assist them with their medicine.
- Call 911 if person has no medicine, medicine does not help, breathing gets worse, person becomes unresponsive.

CHOKING
SIGNS:
- Cannot breathe, talk, or make sounds.
- Has a cough that has no sound, or makes the choking sign.

ACTION:
- Ask “Are you choking? May I help you?”
- Perform abdominal thrusts (adults/children), or alternate 5 back slaps/5 chest thrusts (infants).
- If patient becomes unresponsive, call 911 and perform CPR. When opening the airway to give breaths look in mouth; remove object if seen.

SEVERE ALLERGIC REACTIONS
SIGNS:
- Trouble breathing, swelling of tongue and face.

ACTION:
- Help the victim with their epinephrine pen (hold pen in leg for 10 seconds), note the time.
- Phone 911. If no improvement consider 2nd dose.

HEART ATTACK
SIGNS:
- Pressure, squeezing, fullness or pain in chest.
- Discomfort/pain in upper body (in one or both arms, the back, neck, jaw, stomach).
- Shortness of breath, cold sweat, nausea, lightheadedness.

ACTION:
- If patient can swallow, administer a sugary liquid or food. Call 911 if not better in 15 minutes.

DIABETES AND LOW BLOOD SUGAR
SIGNS:
- Change in behavior (confusion/irritability).
- Hungry, thirsty, weak, sleepy, sweaty, seizure.

ACTION:
- Phone 911, get AED (or send someone to do so).
- Have the victim sit quietly and give aspirin if there are no allergies, serious bleeding, or signs of stroke.
- Start CPR if victim stops responding.

STROKE
SIGNS:
- FAST: Face drooping, Arm weakness, Speech difficulty, Time to phone 911 immediately. Numbness/weakness of the face, arm, or leg.

ACTION:
- Phone 911, get AED and FA kit (or send someone to do so).
- Note time of first signs. Remain with patient. Give CPR if person becomes unresponsive.

SEIZURE
SIGNS:
- Loss of muscle control, falling to the ground.
- Jerking movements of the arms, legs, body.
- Lack of response.

ACTION:
- Move furniture, and place soft object under head. Phone 911, get FA kit (or send someone to do so).
- Roll victim on their side once seizure ends.
Injury Emergencies

**EXTERNAL BLEEDING**

**GENERAL ACTION STEPS:**
- Put on PPE. Apply firm pressure over a dressing. If bleeding continues, add additional dressings and press harder (for minor cuts and scrapes wash with soap and water before applying pressure). When bleeding stops, apply bandage.
- If bleeding does not stop, call 911 and use tourniquet.

**SHOCK**

**SIGNS:**
- Weak, dizzy, faint, restless, agitated, or confused.
- Nauseated or thirsty.
- Pale/grayish, cool and clammy skin.

**ACTION:**
- Phone 911, get FA kit and AED (or send someone to do so).
- Lie the victim on back and cover with blanket.
- Give CPR if needed.

**WOUNDS**

**BLEEDING FROM THE NOSE**

**ACTION:**
- Wear PPE. Ask victim to lean forward, pinch soft part of nose with clean dressing.
- Phone 911 if bleeding continues in 15 minutes, bleeding is heavy, or the patient has trouble breathing.

**TOOTH INJURIES**

**ACTION:**
- Wear PPE. Check mouth for loose teeth/parts of teeth.
- For chipped tooth: gently clean, call dentist.
- For loose tooth: have the person bite down on gauze and call dentist.
- For tooth that has come out: hold by crown, not root and put in egg white, coconut water, or milk. Take patient and tooth to dentist asap.

**AMPUTATION**

**ACTION:**
- Phone 911 and get the first aid kit (or ask someone to do so) & put on protection.
- Stop the bleeding with direct pressure.
- Look for signs of shock.
- Rinse amputated part with water, cover with clean dressing, place in watertight bag. Put the bag on ice with victim’s name, date, and time. Send this with them to the hospital.

**INTERNAL BLEEDING**

**ACTION:**
- Phone 911, get the first aid kit and AED.
- Ask the patient to lie down and keep still.
- Look for signs of shock.
- If patient stops breathing, start CPR.

**HEAD, NECK, AND SPINAL INJURIES**

**ACTION:**
- Phone 911 and get the AED and first aid kit (or ask someone to do so).
- Have the person remain as still as possible. Wait for someone with advanced training to take over.

**BROKEN BONES AND SPRAINS**

**ACTION:**
- Get the first aid kit (or ask someone to do so) & wear PPE.
- Cover any open wound with clean dressing.
- Put towel on injured body part with ice on top; keep in place for up to 20 minutes.
- Call 911 if there is a large open wound or if the injured part is abnormally bent.

**BURNS AND ELECTRICAL INJURIES**

**SMALL BURNS**

**ACTION:**
- Check for your safety. Get the first aid kit (or ask someone to do so) & don PPE.
- Cool burn immediately with cold water for at least 10 minutes.
- Cover the burn with a sterile dressing.

**LARGE BURNS**

**ACTION:**
- Make sure the scene is safe!
- Remove burned clothing and jewelry that is not stuck to skin. Run under cold water for 10 min.
- Check for shock. See healthcare provider ASAP.

**ELECTRICAL INJURIES**

**ACTION:**
- Make sure the scene is safe: do not touch the victim while they may be in contact with the current, and shut off the power at the source.
- Send someone to call 911 and get the AED or do so yourself if alone.
- If it is safe to touch the victim, check for breathing. Begin CPR if necessary.
- A healthcare provider should check all victims with an electrical injury.
**Environmental Emergencies**
Always make sure scene is safe and wear PPE!

**BITES AND STINGS**

**ANIMAL OR HUMAN BITES**

**ACTION:**
- Wash wound with plenty of soap and water.
- Apply ice wrapped in a towel.
- Report animal bites to police or animal control. Seek medical attention if bite has broken the skin or if person was in contact with a bat (or was alone in a room with a bat).

**SNAKE BITES**

**ACTION:**
- Use caution around a wounded snake.
- Call (or have someone else call) 911 — get the first aid kit, don PPE, clear others from area.
- Ask the victim to stay still, calm, and not move the injured body part. Remove tight clothing and jewelry.
- Wash the area with soap and running water.

**INSECT, BEE, AND SPIDER BITES & STINGS**

**ACTION:**
- Call 911 if victim has signs of severe allergic reaction.
- Remove bee stinger with an edge, such as a credit card. Wash with running water and soap.
- Use an ice bag for up to 20 minutes.
- Watch victim for 30 minutes for signs of severe reaction (trouble breathing, swelling of tongue and face, fainting).

**POISONOUS SPIDER AND SCORPION BITES**

**SIGNS:**
- Severe pain at the site of the bite or sting, muscle cramps, headache, fever, vomiting, breathing problems, seizures, victim does not respond.

**ACTION:**
- Call 911. Get the first aid kit, don PPE.
- Wash bite with running water and soap.
- Put ice bag wrapped in a towel on the bite.

**TICKS**

**ACTION:**
- Use tweezers to grab the tick near its mouth or head as close to the skin as possible (avoid pinching the tick).
- Lift the tick straight out (do not twist).
- Do not use folk remedies (petroleum jelly, hot match, nail polish)
- If you lift the tick until the victim’s skin tents it may let go. Save the tick in a plastic bag.
- Wash the bite with running water and soap if available.
- If in an area with tick-borne illnesses, see a healthcare provider asap.

**MARINE BITES AND STINGS**

**ACTION:**
- Get FA kit. Keep injured person still.
- Wipe off stingers and tentacles with gloved hand or towel.
- If sting is from jellyfish, rinse area for 30 seconds with vinegar (or a mix of baking soda/water).
- Submerge the stung body part in hot water.
- Call 911 if you see signs of allergic reaction, or the area has poisonous marine animals.
- If skin is broken, see healthcare provider.

**HEAT RELATED EMERGENCIES**

**HEAT EXHAUSTION**

**SIGNS:**
- Nausea, dizziness, vomiting, muscle cramps, feeling faint or fatigued, heavy sweating.

**ACTION:**
- Call 911.
- Have the person lie down in cool place.
- Remove as much of the patient’s clothing as possible. Cool patient with cool water spray or place damp cloths on neck, armpits, groin.
- If responsive enough to drink, have them drink something with sugar and electrolytes; use water if these are not available.

**HEAT STROKE**

**SIGNS:**
- Confusion, feeling faint or fatigued, dizziness, fainting, nausea or vomiting, muscle cramps, seizure.

**ACTION:**
- Call 911 (or have someone do so).
- Put patient into cool water up to neck, or spray with cool water. If needed, give CPR.
COLD RELATED EMERGENCIES

FROSTBITE
SIGNS:
- Frostbitten area is cold and numb, and/or skin is white, waxy, or grayish-yellow.
- Frostbitten area is hard; skin does not move.

ACTIONS:
- Move victim to a warm place, and call 911 or have someone do so. Get the FA kit.
- Remove wet or tight clothing; pat body dry. Put dry clothes and blanket on the victim.
- Remove rings/bracelets from frostbitten area. Do not try to thaw frozen part if there is a chance of refreezing before arriving at medical care.

HYPOTHERMIA
SIGNS:
- Skin is cool to touch, muscles are stiff and rigid.
- Shivering (which will cease when body temperature is very low).
- Confusion, personality change, sleepiness, lack of concern about condition.

ACTIONS:
- Get victim out of cold, remove wet clothing, pat victim dry and help into dry clothes.
- Cover victim with blanket, and place blankets or towel under the victim and around the head (do not cover face).
- Phone 911, get the FA kit and AED.

POISON EMERGENCIES
ACTIONS:
- Make sure the scene is safe! If unsafe, do not approach and have others move away.
- Phone 911. Tell dispatcher name of poison if known. Give only antidotes you are told to!
- For poison on skin: quickly and safely wash or remove poison from skin and clothing. Remove clothing and jewelry touched by poison.
- If eye is affected, ask person to blink as much as possible while rinsing eyes.
- If no response, call 911.
(If you talk to a poison control specialist, they may ask: name of poison, how much poison did person touch, breathe, swallow? Age and weight of person, when it happened, how the person is feeling now)

Environmental Emergencies Workshop

WHAT ACTIONS WOULD YOU TAKE?

- Your neighbor picks up an injured bat and is bitten on the hand.
- You are on a hike in Eastern Washington with some friends and one of them gets bitten by a Western Rattler.
- You are dining on the outdoor patio of a restaurant and someone in your group is stung by a bee. They begin to have trouble breathing.
- You are clearing out an old wood pile in your back yard and feel a pin prick on your arm and notice a 1/2 " long, shiny black spider with a red hourglass on the abdomen scurrying away. Soon you begin to experience muscle cramps.
- You just got back from a backpacking trip and discover a tick lodged in your hip.
- You walking along Alki beach with a friend. They reach down to pick up an unusual rock to find that it is covered with jellyfish tentacles.
- You and a neighbor are both out gardening on a hot summer day and he complains of being faint, dizzy, and is experiencing muscle cramps.
- You are skiing and your friend complains of a numb ring finger. Upon inspection, it is white and waxy looking.
- You are kayaking in the San Juan Islands on a blustery fall day. Your partner who is not wearing a dry suit is moving slowly, paddling in an odd manner, and acting strangely.
- You are at work and the maintenance person has spilled drain cleaner on their sleeve.
<table>
<thead>
<tr>
<th>CPR Steps for unresponsive, non-breathing victim</th>
<th>Adults past puberty</th>
<th>Children age 1 to puberty</th>
<th>Infants Up to 1 year old</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Assess the Scene</strong></td>
<td>Make sure it is safe to approach the victim</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Assess Victim</strong></td>
<td>Tap and shout: “are you okay”?</td>
<td></td>
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</tr>
<tr>
<td><strong>Call 911 or local emergency response number</strong></td>
<td>Have someone call 911 and get an AED. If alone, call 911 yourself.</td>
<td>Have someone call 911 and get an AED. If alone, call 911 after 5 cycles of CPR (about 2 minutes).</td>
<td></td>
</tr>
<tr>
<td><strong>Check Breathing</strong></td>
<td>Check for at least 5 and no more than 10 seconds. If no breathing is detected, or you are unsure, begin the steps of CPR (‘Gasps’ are not normal breathing – if victim only gasps, begin CPR)</td>
<td></td>
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</tr>
<tr>
<td><strong>Begin CPR</strong></td>
<td>- Patient should be on a firm, flat surface -Remove clothing from chest -Do not stop giving CPR until you are certain breathing resumes or an activated AED instructs you to stop</td>
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<tr>
<td>Cycles of 30 compressions/2 breaths</td>
<td></td>
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<tr>
<td><strong>Give 30 Compressions</strong></td>
<td>“Push hard and push fast” (100-120 compressions per minute)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Compression Depth</td>
<td>At least 2 inches</td>
<td>About 2 inches (or 1/3 of chest depth)</td>
<td>1.5 inches</td>
</tr>
<tr>
<td>• Compression Method</td>
<td>Two hands (for very small children use one hand)</td>
<td></td>
<td>Two fingers</td>
</tr>
<tr>
<td>• Compression Location</td>
<td>Lower half of breastbone</td>
<td></td>
<td>Just below nipple line on breastbone</td>
</tr>
<tr>
<td><strong>Give 2 Breaths</strong></td>
<td>Ensure that the chest rises If chest does not rise, re-open airway and try again. If after a second attempt the chest still does not rise, begin another set of compressions immediately. For infants, cover victims’ nose and mouth with your mouth to give breaths.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>AED Use</strong></td>
<td>Use AED as soon as it arrives. Minimize time away from compressions.</td>
<td>Use AED as soon as it arrives. <strong>Reminder: if alone</strong> perform 5 sets of CPR before calling 911 and using an AED.</td>
<td></td>
</tr>
<tr>
<td><strong>AED Pads</strong></td>
<td>Use adult pads only.</td>
<td>Use child pads on a victim between the age of 1 and 8 (if none available, use adult pads). Use adult pads if the child is 8 or older.</td>
<td></td>
</tr>
<tr>
<td><strong>Choking Procedures</strong></td>
<td>Abdominal Thrusts</td>
<td></td>
<td>Alternate between 5 back blows and 5 chest thrusts</td>
</tr>
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