

Responding to a CPR or First Aid Emergency

The basics



EMERGENCY[®]
first response





What is First Aid?

- The immediate care that a first aider gives to a person who is ill or injured until more advanced, trained personnel arrives?
- Who are the more advanced, trained personnel?
 - Fire fighters/ First Responders
 - EMS (Emergency Medical Services)



- The role of the first aider is to:
 1. Recognize that an emergency is happening
 2. Call **E**mergency **M**edical **S**ervices (911)
 3. Act according to your skill level, knowledge and comfort level
- If you are uncomfortable with the situation or decide not to act for any reason, one of the most important things that you can do is call 9-1-1 and get the trained medical professionals to the ill or injured person as fast as possible



GETTING CONSENT

- You must get consent from the ill or injured person to assist them. You should tell the person 3 things:
 1. Who you are
 2. That you know first aid (that you are trained if you hold a certification card)
 3. That you are there to help



If a baby or child is the person ill or injured...

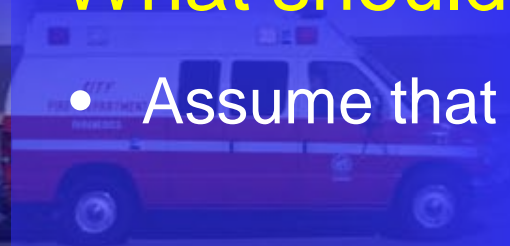
- Ask that adult supervising the child for consent
- If the baby or child is alone you assume that you have consent to give first aid

What should you do if the person refuses consent?

- Have someone call 9-1-1
- Let them know the person has refused help
- Do not be forceful
- Do not leave the person until EMS arrives

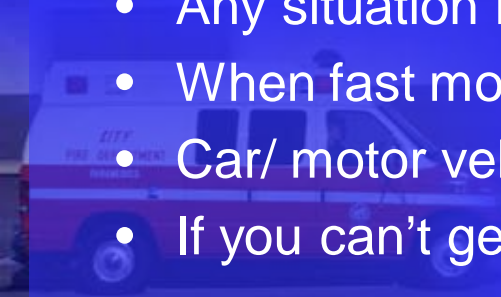
What should you do if the person is unconscious?

- Assume that you have consent and give first aid



WHEN DO YOU CALL EMS/ 9-1-1?

- You should call EMS/ 9-1-1 in the following situations:
 - Any time a person is unconscious or has altered levels of consciousness
 - Chest pain that won't go away (10 minutes or more)
 - Trouble breathing or lack of breathing
 - Any time there is a danger to the person or the first aider
 - Bleeding that is profuse or won't stop
 - Seizures
 - Slurred speech or severe headache
 - Injuries to head/ spine
 - Blood in the vomit, urine or stool
 - If someone is about to deliver a baby
 - Any situation involving fire, explosion, poisonous gas
 - When fast moving water or electrical wires are involved
 - Car/ motor vehicle accidents
 - If you can't get to the ill or injured person



How do you call 9-1-1?

What should you tell the dispatcher?

- Where is the emergency?
- What phone number are you calling from?
- Who are you? Name, if you are related to the person?
- What happened?
- How many people are injured and how sick are they?
- Don't hang up until the dispatcher tells you to
- Send someone else if possible to call 9-1-1 so that you can stay with the person
- If not, leave the person to call and come back quickly

PRACTICE CALLING EMS

PERFORMING SURVEYS...

- Primary Survey (Check, call, care)
 - **CHECK**
 1. **Check the scene for dangers**
 - (No gas, no glass, no fire, no wires)
 - Try to get a good sense of what happened
 - How many people are injured or ill?
 - Triage- is there someone more ill than another?
 - Check the person
 2. **Check the person**
 - Ask the person if they are ok
 - If they are unconscious, tap the shoulder
 - Tell the person who you are and that you are there to help
 - Get consent
 3. **CHECK the person's A, B, Cs (Airway, Breathing, Circulation)**

CALL

- If the person responds determine if 9-1-1 needs to be called (what were those reasons again?)
- If the person is unresponsive, have someone call 9-1-1 and get the AED if available
- If you are alone:
 - For an adult, leave person to call 9-1-1, get the AED and then come back
 - For a child, do 2 minutes of CPR if needed, then call 9-1-1, get the AED and go back to care for the child
 - For a baby, do 2 minutes of CPR if needed, take the baby with you (if no head or spine injury), call 9-1-1, get AED and continue with care



CARE

- Care for all life-threatening emergencies first
- Treat for shock



RECOVERY POSITION

- Once you have checked the person, you should move an unconscious person into the H.A.I.N.E.S. Recovery position if:
 - You have to leave the person alone for any reason
 - The persons airway is open
 - The person is breathing
 - There is no deadly bleeding



H.A.I.N.E.S. RECOVERY POSITION



- With the unconscious person lying on their back, kneel beside the person's waist.
- The person's arm farthest away from the first aider should then be fully raised by 'rotating it outwards' to ensure it is beside the person's head.
- This is achieved automatically by ensuring the palm is facing upwards.

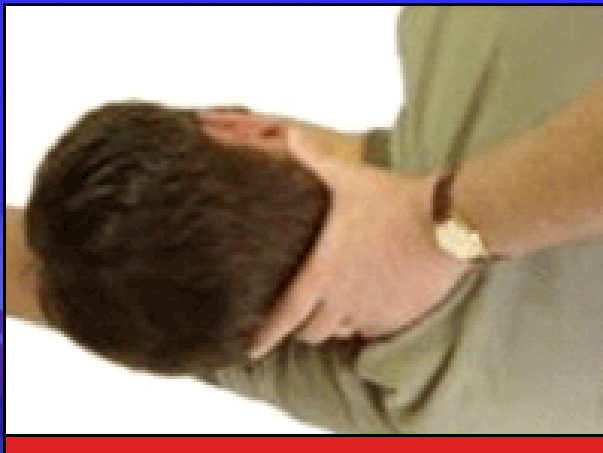
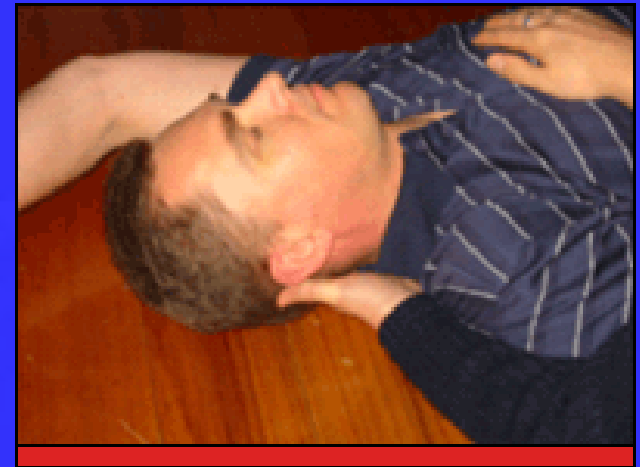
- The person's upper limb nearer to the first aider is placed across the chest, with fingers pointing to the opposite shoulder.





- bend the person's nearest lower leg at the knee.

- The first aider's forearm nearest to the person's head and neck, is then carefully placed under the casualty's nearest shoulder to provide extra leverage, and to avoid pushing on the head and neck.



- The rescuer's hand is then placed under the hollow of person's neck and head to provide stabilization ONLY.
- DO NOT push/lift the casualty's head or neck.



- The person is then carefully rolled away from the rescuer, by simultaneously pushing on the person's nearest shoulder with the first aider's forearm of the stabilising hand (DO NOT push on the head or neck), and the casualty's flexed knee (with the rescuer's free hand), ensuring the person does not roll completely over onto the stomach.

•**Note: Ensure the head remains in contact with the person's raised arm and supported by the First Aider's hand.**

•With the person positioned on their side, the airway can continuously be checked and monitored as needed.



PRACTICE H.A.I.N.E.S. RECOVERY POSITION

Secondary Survey

- If the person's ABCs are present, while you wait for EMS to arrive you need to find out what else might be wrong with the person. To do this, the first aider will perform a secondary survey to look for any injuries that are not life-threatening.
- There are three parts to the secondary survey:
 1. Ask questions (interview the person if he/ she is conscious) and other people at the scene to get more information
 2. Check the quality of the vital signs (consciousness, breathing, skin colour, temperature)
 3. Check the person for injuries from head to toe.



WHAT QUESTIONS SHOULD YOU ASK?

- SAMPLE QUESTIONS

S=Signs and symptoms

A=Allergies

M=Medications that the person may be taking

P= Past medical history

L= Last meal

E= Events leading up to the emergency

THE HEAD-TO-TOE CHECK

- The head-to-toe survey is an approach to performing a physical examination of the injured person
- Traditionally the examination is started at the head BUT most medical authorities now recommend that the neck be examined first in an effort to detect possible spinal injuries and any serious injury to the trachea that may lead to an airway obstruction



HEAD-TO-TOE HANDS OFF CHECK

- If the person is conscious and able to answer questions, do a hands-off-check
- As you do this check, keep watching the person's level of consciousness, breathing, and skin colour
- A hands off check is one whereby the first aider will examine the body from head to toe by asking questions and asking the person to move parts of their body without touching the person
 - i.e. Look at all areas of the body for deformities or discolouration
 - Ask the person to move each part of the body one at a time, beginning with the head, to see if anything hurts

PRACTICE HANDS OFF CHECK

HEAD TO TOE HANDS ON CHECK

- This check is mainly for a person who is unconscious and cannot tell you what is wrong
- As you do this check, keep watching the person's level of consciousness, breathing and skin (vital signs)
- **Remember to wear gloves when performing the hands-on-check**
- **DO NOT** continue to push or pull a body part if the person shows any signs of discomfort.
- See video for example

<http://www.youtube.com/watch?v=HC-8m4oFVN8>

PRACTICE HANDS ON CHECK