



Basic First Aid

GETTING THE MOST OUT OF THIS CLASS

- ◆ Don't get focused on perfection
- ◆ Don't be intimidated
- ◆ Be decisive and then act
- ◆ Your training comes back
- ◆ Have fun

Adequate aid provided is better than perfect aid withheld!



Basic First Aid

YOUR FACILITATOR

Ken Napior

- Structural Engineer
- First Aid Instructor
 - American Red Cross
 - Emergency First Response
- CERT Division C Coordinator (NBH 7, 8 & 9)
- SMC Sheriff volunteer – Search & Rescue Unit
- Governor's Office of Emergency Services
 - Structure Assessment Program

ACCREDITING ORGANIZATIONS

- ◆ Occupancy Safety & Health Admin., OSHA
- ◆ American Rescue Association
- ◆ American Red Cross
- ◆ Emergency First Response
- ◆ National Safety Council

Basic First Aid

IN THIS SESSION YOU WILL LEARN TO CONDUCT:

- ◆ Triage
- ◆ Injury Assessment
- ◆ Illness Assessment
- ◆ Neurological Assessment



Visual 4.4

Basic First Aid

WHY DO PEOPLE HESITATE TO PROVIDE EMERGENCY CARE TO A VICTIM?



Visual 4.5

Basic First Aid

PEOPLE HESITATE TO PROVIDE EMERGENCY CARE TO A VICTIM DUE TO....

- ◆ Anxiety
- ◆ Guilt
- ◆ Responsibility
- ◆ Fear of infection
- ◆ Fear of imperfect performance

Tip: Remember RPM's



Chain of Survival

Recognition by First Responder

Activation of EMS

Emergency Response Team Care

EMS Care

Hospital Care

Patient Recovery

Rehabilitation



Visual 4.7



Triage

- ◆ Stop, Look, Listen and Think
- ◆ Size-up the situation- be certain it's safe to enter
- ◆ Conduct a voice triage
 - Tag each person "Minor" if they can walk
 - Visually check each person as they walk
- ◆ Start where you stand (follow a systematic route)

Triage

- ◆ Evaluate each victim and tag them:
 - Minor – no injuries or very minor injuries.
 - Delayed - no immediate life threatening conditions
 - Immediate - will die without immediate medical care
 - Dead – try 2 times to open airway
- ◆ Treat Immediate Victims
 - Airway management
 - Bleeding control
 - Treat for shock



Visual 4.9

Treating Victims During Triage **R P M S**

R Respiration

Open the airway

Check for Breathing

Look, Listen and Feel for 10 seconds

Attempt to open the air way two times

P Perfusion – Check for circulation and/or bleeding

Finger nail check

Palm press – blanch test



Triage

M **Mental**

Assess mental alertness

S **Shock**

Rapid and shallow breathing, greater than 30 breaths per minute.

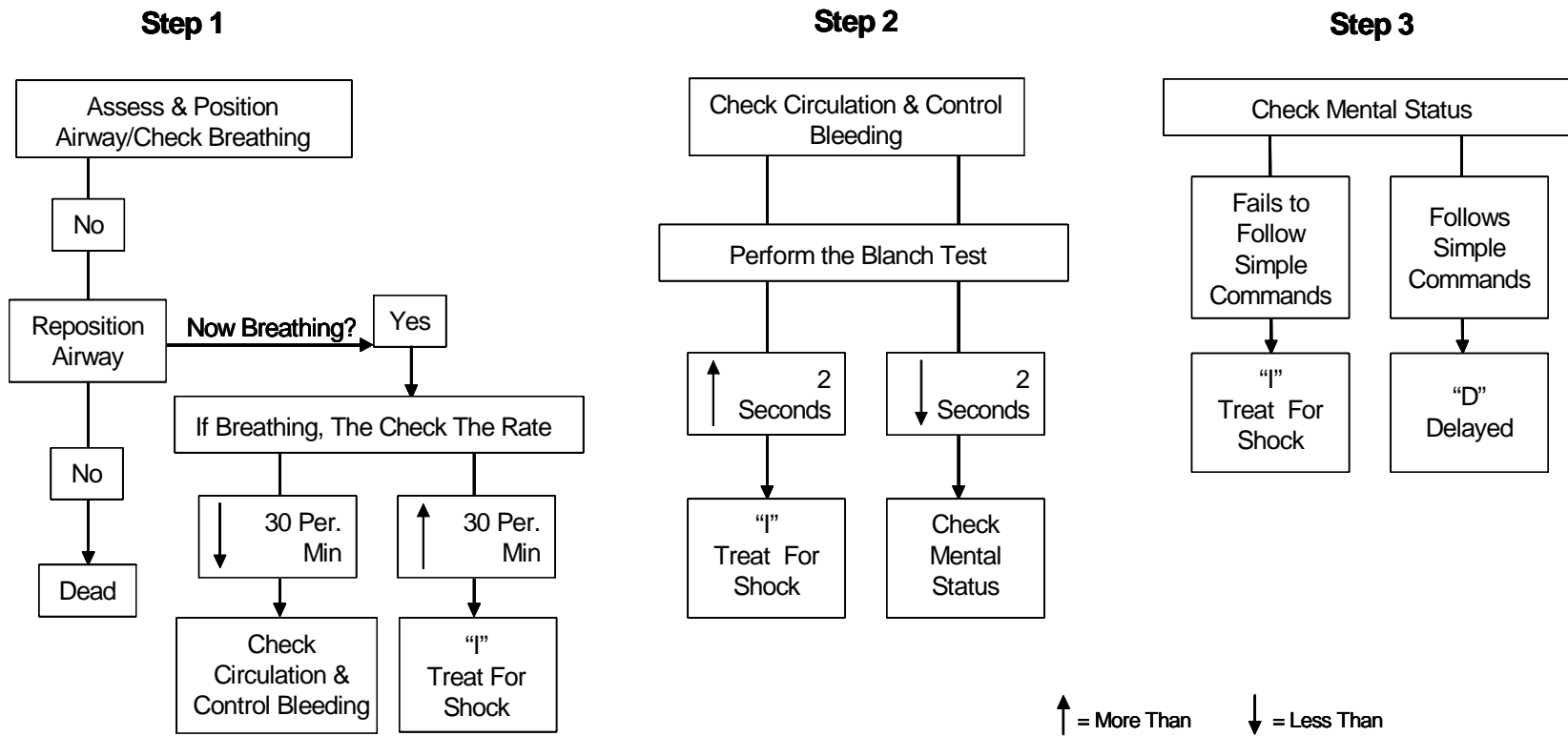
Capillary refill, greater than two seconds .

Failure to follow simple commands.

Changes in skin color, bluish.

Changes in skin temperature, cool and clammy

Triage



Visual 4.12

Primary Medical Care

Monitor a Patient's Lifeline - The ABCD'S

A Assess Scene
Alert EMS
Airway Open

B Breathing/Check
Rescue Breathing



Primary Medical Care

Monitor a Patient's Lifeline - The ABCD'S

- C** Circulation check
 Chest Compressions

- D** Defibrillation

- S** Serious Bleeding
 Shock Management
 Spinal Injury Management



Secondary Medical Care

What is the difference between Injury and Illness?

An Injury is a physical harm to the body

An Illness is an unhealthy condition of the body

First aid



Secondary Medical Care

An Injury is physical harm to the body, such as

- Cuts, scraps, bruises
- Chest injuries
- Head, eye and dental injuries
- Punctures and Penetrations
- Burns
- Dislocations and fractures
- Temperature-related injuries
 - Hypothermia
 - Frostbite
 - Heat exhaustion
 - Heat Stroke
- Electrical injuries



Secondary Medical Care

Injury Assessment

Deformations - Broken bones, twisted

Contusion - Bruising

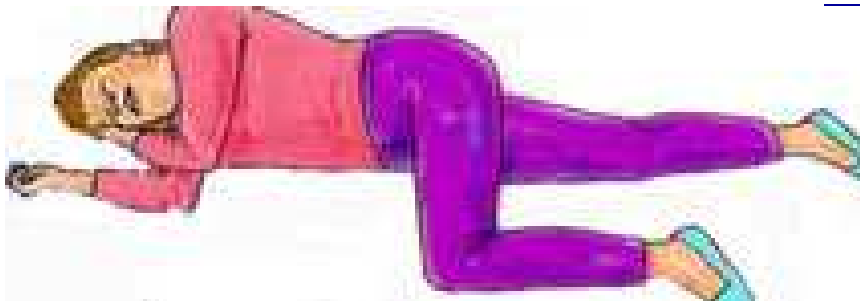
Abrasions - Rashes

Punctures - Protrusions

Tenderness

Lacerations

Swelling



Visual 4.17



Head to toe assessment

Head and Scalp

- ◆ Check for lumps, bumps, bleeding, depressions
- ◆ Signs of possible concussion.

Ears and Nose

- ◆ Check for injuries, jaw movement, obstructions
- ◆ Signs of possible airway obstruction

Face

- ◆ Check for lacerations, fractures, skin color
- ◆ Signs of possible fracture

Head to toe assessment

Neck

- ◆ Check trachea, medical alert tags, vein distention
- ◆ Signs of airway problems

Clavicles and arms

- ◆ Check for deformity, pain, pulse
- ◆ Have patient squeeze fingers
- ◆ Check capillary refill
- ◆ Signs of broken bones





Head to toe assessment

Chest

- ◆ Compress the ribs gently, check for pain
- ◆ Listen to patients breathing
- ◆ Does chest rise equally
- ◆ Signs of possible broken bones

Abdomen

- ◆ Check for signs of swelling, check for pain, tenderness or rigidity
- ◆ Signs of possible internal bleeding



Head to toe assessment

Pelvic region

- ◆ Press hips together, check for pain
- ◆ Signs of possible broken hip

Back

- ◆ Without moving patient, slip hand under back and feel for possible fractures or bleeding
- ◆ Signs of broken bones or bleeding



Head to toe assessment

Legs

- ◆ Check legs, knees for wounds, alignment, dislocation and swelling.
- ◆ Possible broken bones

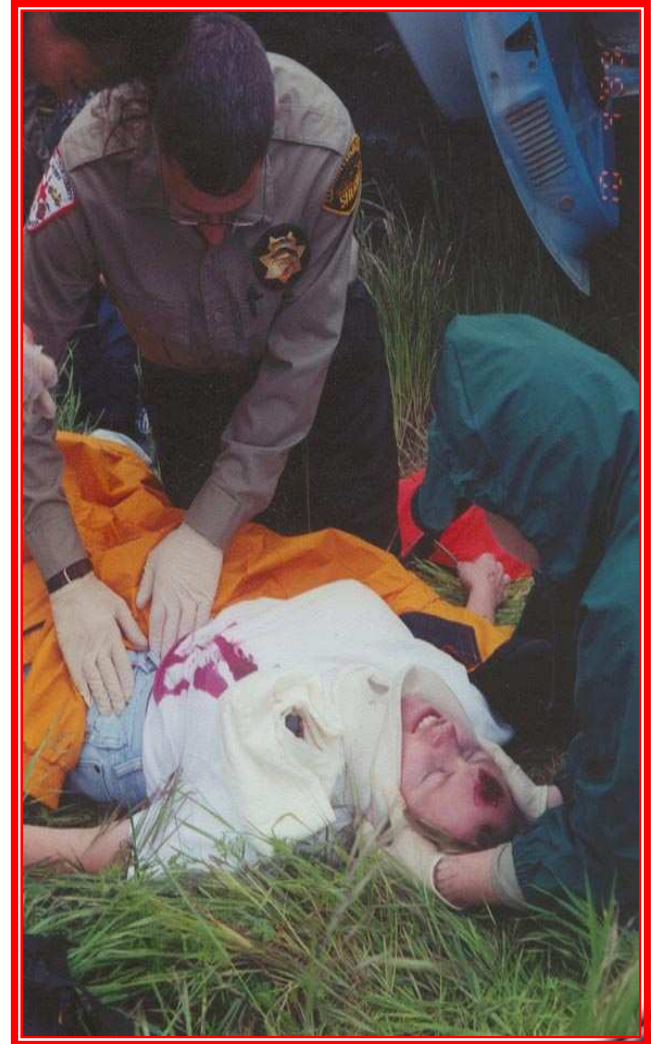
Feet

- ◆ Check skin temperature, color.
- ◆ Have patient push feet against your hands.
- ◆ Possible circulation problem or nerve damage.

Secondary Medical Care

Injury Assessment Practice

Tip: Once you start the head to toe assessment, complete it; don't stop to treat wounds until you finish. This way you will get a complete assessment of the victim's injuries before any treatment starts.





Secondary Medical Care

Illness Assessment

- ◆ An Illness is an unhealthy condition of the body.
- ◆ Illnesses are determined through a patient's signs and symptoms.
- ◆ What is the difference between a sign and a symptom?



Secondary Medical Care

A sign is something you can see, such as:

- Skin color
- Breathing rate
- Shivering
- Dazed look
- Temperature of skin

A symptom is something the patient tells you are wrong, such as:

- I'm nauseated
- I'm thirsty
- I have a headache
- My foot (hand, arm, etc.) hurts



Secondary Medical Care

Information Gathering

Name

Address

Phone number

Birthday

Person to notify (phone number)

Pulse rate

Breathing rate

Temperature

Blood Pressure



Secondary Medical Care

Use the mnemonic S A M P L E to conduct an Illness Assessment

S Signs and Symptoms

- How do you feel?
- What were you doing when you began to feel ill?
- When did the first symptoms occur?
- Where were you when the first symptoms occurred?

A Allergies

- Is patient allergic to anything, food, drugs, airborne matter, etc?
- Has patient ingested or taken anything he may be allergic to?



Secondary Medical Care

Remember S A M P L E to conduct an Illness Assessment

M Medications

- Do you take medications?
- What type of medications do you take?
- Did you take some today?
- How much medications did you take and when?

P Preexisting Medical Conditions

- Heart Condition
- Diabetes
- Asthma
- Epilepsy



Secondary Medical Care

Remember S A M P L E to conduct an Illness Assessment

L Last Meal

- When was your last meal?
- What did you eat?
- Did you consume alcohol?
- Did you take any recreational drugs?

E Events

- What was patient doing just prior to the illness?

Signs & Symptoms

Choking

- ◆ Grasping the throat
- ◆ Coughing
- ◆ Shortness of breath
- ◆ Passing out



Visual 4.30



Signs & Symptoms

Heart Attack

- ◆ Chest discomfort - pressure, squeezing, fullness or pain
- ◆ Discomfort in other areas of the body- one or both arms, back, neck, jaw or stomach
- ◆ Shortness of breath - with or without chest discomfort
- ◆ Other signs - cold sweat, nausea or lightheadedness

Signs & Symptoms

Heart Attack

Tip:

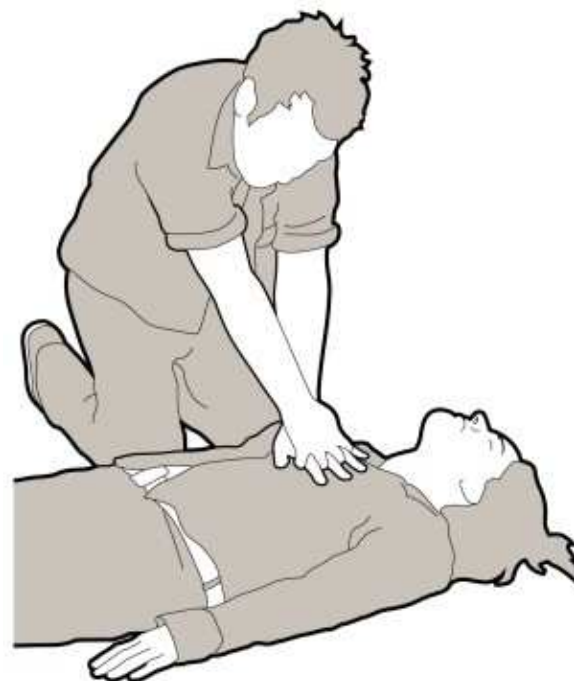
- ◆ Women are more likely to experience some of the other common symptoms , particularly shortness of breath, nausea/vomiting and back or jaw pain.



Signs & Symptoms

Cardiac Arrest

- ◆ Sudden loss of responsiveness
- ◆ No normal breathing





Signs & Symptoms

Stroke

- ◆ Sudden numbness or weakening of the face, arm, leg, especially on one side of the body.
- ◆ Sudden confusion - trouble speaking or understanding.
- ◆ Sudden trouble seeing - blurred vision.
- ◆ Sudden trouble walking - dizziness, loss of balance, coordination.
- ◆ Sudden severe headache with no known causes.

Tip: Think FAST – Face, Arm, Speech, Time

Signs & Symptoms

Shock

- ◆ Rapid and shallow breathing, greater than 30 breaths per minute.
- ◆ Capillary refill longer than two (2) seconds.
- ◆ Failure to follow simple commands, such as "Squeeze my hand."
- ◆ Change in skin color- pale
- ◆ Cool and clammy.
- ◆ Altered consciousness.
- ◆ Thirst





Signs & Symptoms

Diabetic Emergency – *abnormal fluctuation in blood sugar may cause patient to lose consciousness.*

- ◆ Two conditions
 - Hyperglycemic – high blood sugar
 - Hypoglycemic – low blood sugar



Signs & Symptoms

Hyperglycemic

- ◆ Thirst
- ◆ Vomiting
- ◆ Fruity/sweet smelling breath
- ◆ Rapid, weak pulse

Get patient to hospital immediately



Signs & Symptoms

Hypoglycemic – *more likely to encounter this type*

- ◆ Hunger
- ◆ Feeling weak, confused
- ◆ Sweating
- ◆ Dry, pale skin
- ◆ Shallow breathing

Raise blood sugar, give sugar or candy.
Get patient to hospital if necessary.

Secondary Medical Care

Illness Assessment Practice



Tip: Face is pale – raise the tail.

Face is red – raise the head.



Secondary Medical Care

Neurological Assessment

Orientation

- Does the patient know name and age?
- Does the patient know present location?
- Does the patient know what happened?
- Does the patient know time, day, and year?

Eyes

- Can the patient count the number of fingers you display?
- Check eyes separately, then together.
- Can the patient read a few printed words with each eye?
- Do the eyes move together?
- Are the pupils equal in size?



Secondary Medical Care

Neurological Assessment

Face

- Do both sides of face have same expression?
- Can the patient grind their teeth?
- Do the jaw muscles contract equally?
- Is there sensation on each side of the face?
- Can the patient stick out tongue?
 - Tongue should come straight out.
 - Tongue should be in middle of the mouth.

Hearing

- Can the patient hear in each ear?

Swallowing Reflex

- Can the patient swallow easily?



Secondary Medical Care

Neurological Assessment

Muscle Strength

- Can patient shrug shoulders, while you bear down on them?
 - Observe shoulders for equal strength.
- Can patient bring arms up to shoulder level?
- Can patient move arms at the elbows to touch his nose?
- Can the patient resist you pushing on the arms?
- Can patient move legs equally?

Sensory Perception

- Patient should have eyes closed during this procedure.
- Check both sides (head to toe) by touching lightly, can patient feel touch?



Secondary Medical Care

Neurological Assessment

Balance and Coordination

When performing this test, be prepared to protect the patient from falling.

- Can patient walk heel to toe along a straight line?
- Can patient walk forward and backwards?
 - Are the movements smooth?
- Can the patient balance on one leg? Then the other?
- Can the patient touch your finger, even if you finger is moving?



Secondary Medical Care

Neurological Assessment Practice



Basic First Aid

NOW YOU KNOW HOW TO PROVIDE:

- ◆ Triage
- ◆ Injury Assessment
- ◆ Illness Assessment
- ◆ Neurological Assessment