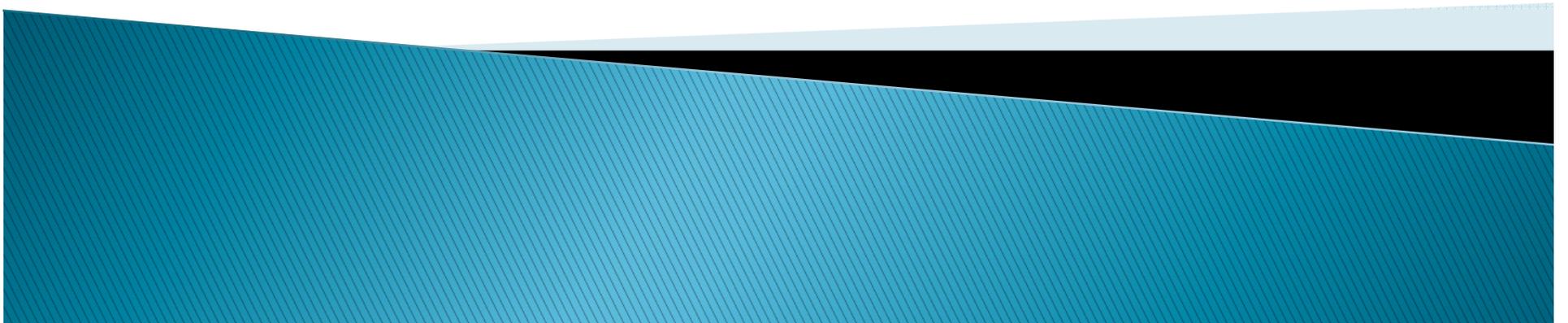


# Emergency First Aid

What to do until help arrives



# EMERGENCY FIRST AID

- ▶ Jeremie Buyea
- ▶ Firefighter/EMT–Enhanced
- ▶ Wallops Fire Department for 8 years
- ▶ Greenbackville Vol. Fire Department for 12 years



# EMERGENCY FIRST AID

## OBJECTIVES

- ▶ Rescuer Duties
- ▶ Rescuer & Victim Safety
- ▶ Phoning for Help
- ▶ Finding the Problem



# EMERGENCY FIRST AID

## OBJECTIVES cont.

- ▶ Medical Emergencies
- ▶ Traumatic Emergencies
- ▶ Treating for Shock



# RESCUER RESPONSIBILITIES

- ▶ If you are a CERTIFIED First Aid provider for your workplace you must provide help, outside of work is your choice.
- ▶ Tell the victim your name
- ▶ Ask if they want help
  - If they appear to be in distress but do not want your help you should still call 911
  - If they cannot answer or are confused you should assume they want your help



# RESCUER & VICTIM SAFETY

- ▶ Don't become a victim.
- ▶ If the victim has suffered a traumatic injury **DO NOT** move the victim
- ▶ Victims down in the road or street
- ▶ Electrical & Mechanical Hazards
- ▶ Blood from the victim



# PHONING FOR HELP

- ▶ 911 or 757-824-1333
- ▶ Send someone else to call
- ▶ Information to give to dispatch:
  - Your name
  - Building number
  - Room number
  - Phone number
  - Emergency situation information



# FINDING THE PROBLEM

- ▶ Check for scene safety
- ▶ Gently tap the victim and ask “Are you ok?”
- ▶ If the victim does not answer check to see if they are breathing.
- ▶ Look for medical alert jewelry
- ▶ HIPPA laws
- ▶ Critical Incident Stress Debriefing



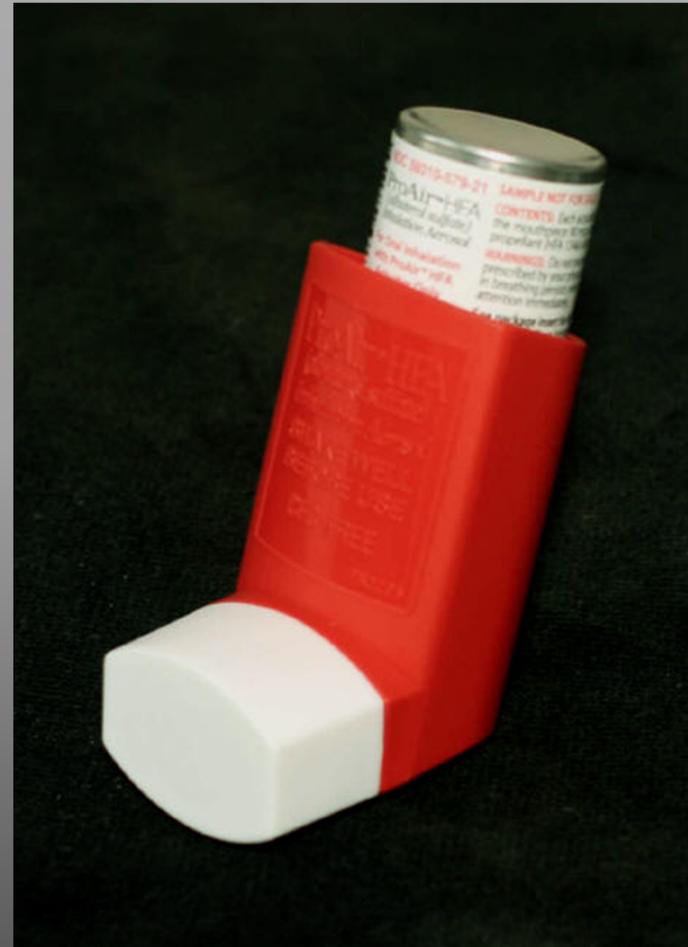
# MEDICAL EMERGENCIES

## ▶ Breathing Problems:

### ◦ Signs and Symptoms

- Very fast or slow
- Have difficulty with every breath
- Noisy breathing
- Trouble speaking

People with chronic breathing problems may have medication with them.



# MEDICAL EMERGENCIES

## ▶ Choking

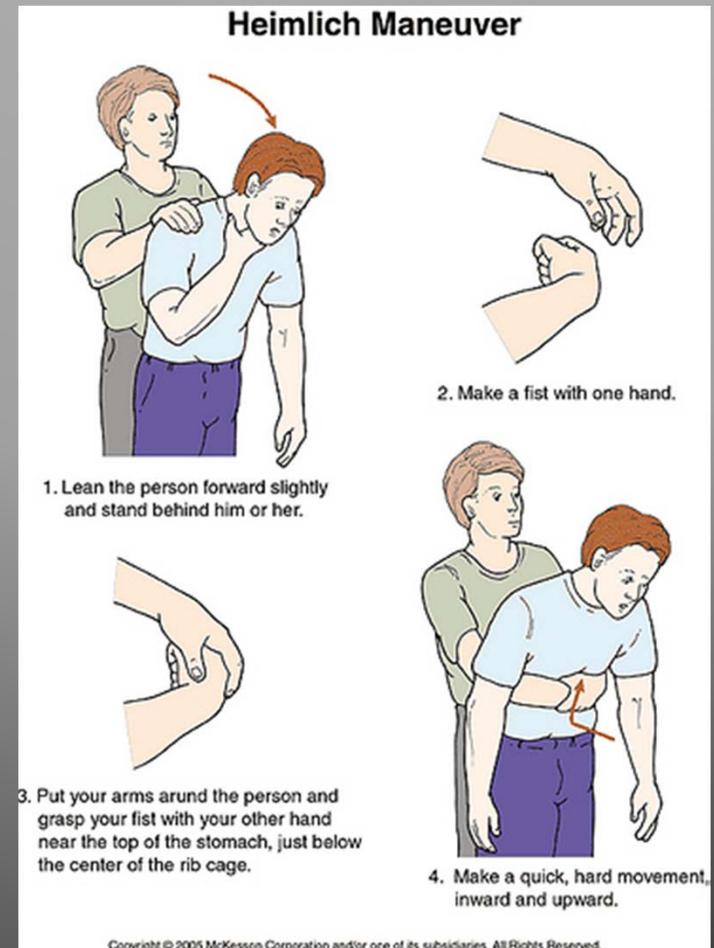
### ○ Signs & Symptoms

- Can't breathe
- Quiet cough
- Can't talk or make sounds
- Noisy breathing
- Blue lips
- Makes choking sign



# MEDICAL EMERGENCIES

- ▶ Choking (cont.)
  - Heimlich Maneuver
  - If victim becomes unconscious.



# MEDICAL EMERGENCIES

## ▶ Chest Pain

### ◦ Signs and Symptoms

- Heavy pressure or squeezing feeling
- Pain radiates to the jaw, left shoulder or arm, and/or back
- Shortness of breath
- Sweating
- Nausea
- Light headed

Have victim sit and try to keep calm. Concentrate on breathing and phone for help immediately.



# MEDICAL EMERGENCIES

## ▶ Diabetes

### ◦ Signs and Symptoms

- Behavior change
- Irritable
- Confused
- Hungry/Thirsty
- Weak
- Sweaty

Give victim sugar (no diet drinks or sugar substitute)

Have the victim sit or lie down



# MEDICAL EMERGENCIES

## ▶ Stroke

### ◦ Signs and Symptoms

- Sudden numbness or weakness (normally on one side)
- Confusion
- Trouble speaking or understanding
- Sudden trouble seeing
- Trouble walking, dizziness
- Severe headache

Have victim sit or lie down



# MEDICAL EMERGENCIES

## ▶ Allergic Reaction

### ◦ Signs and Symptoms

- Trouble breathing
- Trouble talking
- Swelling of the throat and/or tongue
- Hives/Rash

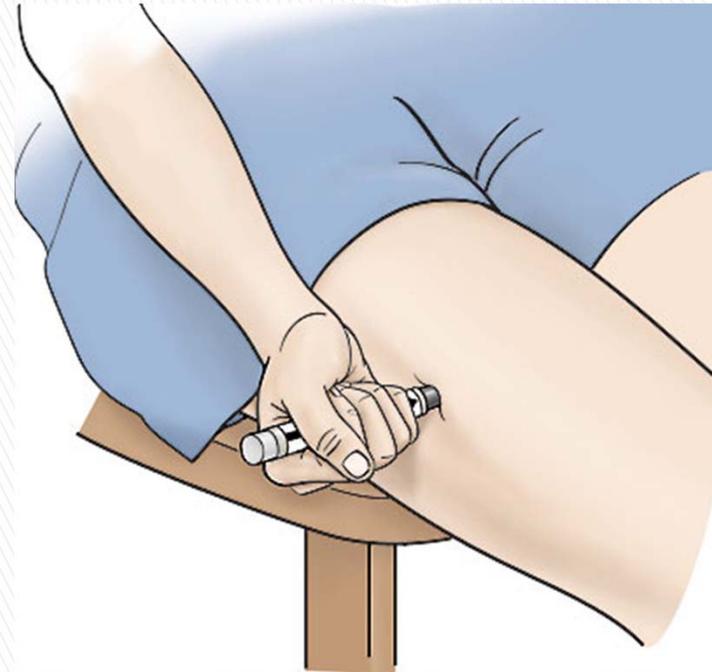
Call 911 immediately. Have victim sit and monitor their breathing.



# MEDICAL EMERGENCIES



Epinephrine Pen



Inject into side of thigh

# MEDICAL EMERGENCIES

## ▶ Seizure

### ◦ Signs and Symptoms

- Jerking movement of the arms, legs or other parts of the body
- Last a few seconds to a few minutes

Move things out of the way

Roll victim on their side after seizure

**DO NOT** hold victim down or put anything in their mouth.



# TRAUMA EMERGENCIES

- ▶ **Bleeding:**
  - Bleeding you can see (external)
    - Control bleeding with direct pressure
    - Use sterile gauze from a first aid kit (if available)
    - DO NOT remove gauze
    - DO NOT remove objects that have punctured the skin
  - Bleeding you can't see (internal)
    - Caused from traumatic injury to the abdomen or chest.



# HEAD & SPINE INJURIES

- ▶ Head injuries
  - Signs and Symptoms
    - Does not respond
    - Sleepy or confused
    - Vomits
    - Complains of headaches
    - Trouble seeing or walking
    - Seizures possible



# HEAD & SPINE INJURIES

## ▶ Spine Injuries

### ◦ Signs and Symptoms

- Injury to upper body (head/chest)
- Blow to the head
- Crash or fall



# HEAD & SPINE INJURIES

- ▶ Head and Spine injury treatment
  - Make sure the scene is safe
  - Phone for help
  - Hold the head and neck
  - DO NOT move the victim unless danger to life



# BROKEN BONES / SPRAINS / BRUISES



# BROKEN BONES / SPRAINS / BRUISES

## ▶ Treatment:

- Scene Safe
- Check victim for shock
- DO NOT straighten bent parts
- Cover open wounds
- Place bag of ice on injured area
- Raise injured body part IF doing so does not cause more pain
- Phone for help



# SHOCK

- ▶ Shock develops when there is not enough blood flowing to important parts of the body.
- ▶ Signs and Symptoms of Shock
  - Weakness
  - Faint or dizzy
  - Pale or gray skin
  - Restless, agitated or confused
  - Cold and Clammy



# SHOCK

- ▶ Treatment for Shock
  - Scene safe
  - Phone for help
  - Place the victim on their back if possible
  - Raise the victim's legs about 12 inches
  - Use direct pressure to control bleeding
  - Cover the victim with a blanket



