

EMERGENCY ACTION CARD

BASIC RESCUER

CALL 911 FOR MEDICAL EMERGENCIES:

- Difficulty breathing
- Chest pain or discomfort for 5 minutes
- Sudden weakness, slurred speech, severe headache
- Altered mental status, unresponsive
- Severe injury or illness
- Severe bleeding
- Pregnancy emergency
- Critical burn
- Suspected poisoning
- Electrical shock
- Seizure

RECOVERY POSITION



- For unresponsive breathing victims
- Position arm out to side.
- Grasp hip and shoulder.
- Log roll victim to the side.
- Monitor breathing.

BLEEDING CONTROL



- PPE
- Apply firm, direct pressure.
- Add dressings; do not remove.
- Treat for shock (elevate legs, maintain body temperature).

CPR



- Establish Response: Tap & Shout
- Call 911 & get AED; send bystander
- A** - Open Airway: Head tilt/chin lift
- B** - Check Breathing: 5-10 seconds
- Give 2 Breaths
- If breathing, use recovery position
- C** - Begin Chest Compressions
- 30 Compressions, 2 Breaths
- Continue Cycles of 30:2
- D** - Use AED when arrives
- S** - If breathing, assess for Severe bleeding and Shock

CPR TECHNIQUES BY AGE

	Adult	Child	Infant
Age	8+ years	1-8 years	0-1 year
2 Breaths	1 second, Into mouth		1 second, Mouth & Nose
Rate	Compressions at 100/minute		
Technique	2 hands	1-2 hands	2 fingers
Depth	1½ – 2 in.	1/3 to 1/2 depth of chest	
Cycles	30:2		
AED	ASAP	After 2 min.	No recommendation

ADULT/CHILD CHOKING



- If victim can speak, encourage cough.
- If unable to speak:
 - Stand behind the victim.
 - Place fist just above navel.
 - Grasp fist with other hand.
 - Abdominal thrusts until relieved.
 - CPR if unresponsive; look for object before breaths.

INFANT CHOKING



- If victim can cry, do not interfere.
- If unable to cry:
 - Turn face down.
 - Support on thigh.
 - Give 5 sharp back blows.
 - Turn face up.
 - Give 5 chest thrusts.
 - Continuous back blows and chest thrusts.
 - Use CPR if unresponsive.

HEART ATTACK



- Assess for symptoms:
 - Chest pain, discomfort
 - Radiating discomfort
 - Shortness of breath
 - Sweating, nausea
 - Dizziness
- Position of comfort.
- Call 911 if symptoms last for 5 minutes.
- Calm and reassure.
- Lay down if dizzy or faint.
- ABCD'S if unresponsive.

STROKE



- Sudden onset of symptoms:
 - Headache
 - Facial droop
 - Confusion
 - Slurred speech
 - Weakness/numbness on one side of the body
- Position of comfort.
- Call 911.
- Calm and reassure.
- Recovery position if needed.
- ABCD'S if unresponsive.

EMERGENCY ASSESSMENT FORM

BASIC RESCUER

SCENE SIZE-UP

- Scene Safety # of Victims _____
- Call 911 PPE Consent ABCD 'S
- Injury Illness
- Unknown (treat as Injury)
- Hazards (traffic, chemicals, fire, blood)

DESCRIPTION OF INCIDENT

Date _____

Location _____

Description _____

PAIN ASSESSMENT

Chief Complaint _____

Provoke _____

Quality _____

Region/Radiate _____

Severity _____

Time _____

HEAD-TO-TOE ASSESSMENT

If neck pain, stop - stabilize head & neck together.

Deformity, Open Wounds, Tenderness, Swelling

- | | | | |
|-----------|---------|-------------|---------|
| 1. Neck: | D O T S | 5. Abdomen: | D O T S |
| 2. Head: | D O T S | 6. Pelvis: | D O T S |
| 3. Ears: | D O T S | 7. Back: | D O T S |
| 4. Chest: | D O T S | 8. Extrem.: | D O T S |

PATIENT ASSESSMENT (reassess every 5 minutes)

Time	ABCD'S Intact	Skin Temp	Color	Moisture	Response
		warm, cool	flushed, pale, bluish	dry, sweaty	alert/altered/unresponsive

PATIENT INFORMATION

Name _____

M F Age _____ Tel # _____

Address _____

Contact Person _____

Relationship _____

Tel # _____

MEDICAL HISTORY

Symptoms _____

Allergies _____

Medications _____

Past History _____

Last Oral Intake _____

Events Prior _____