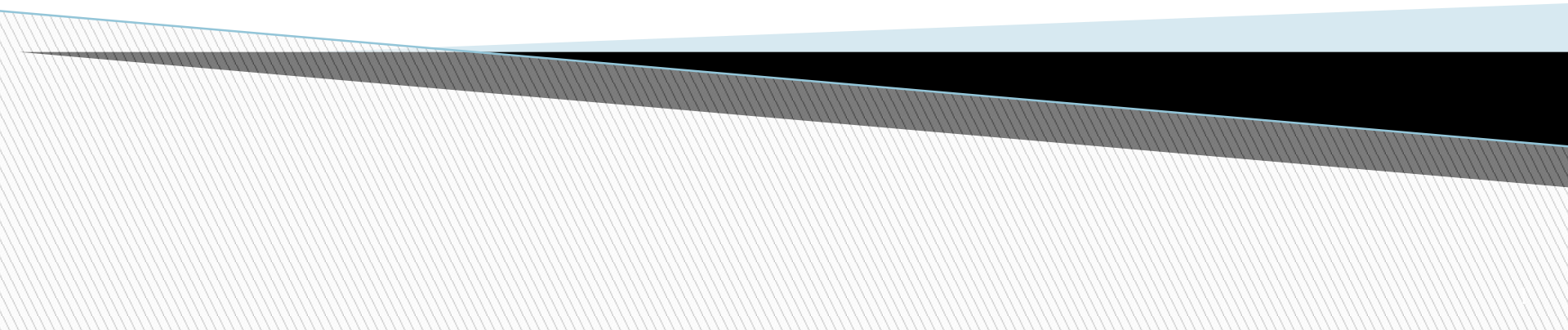


First Aid and CPR Classes

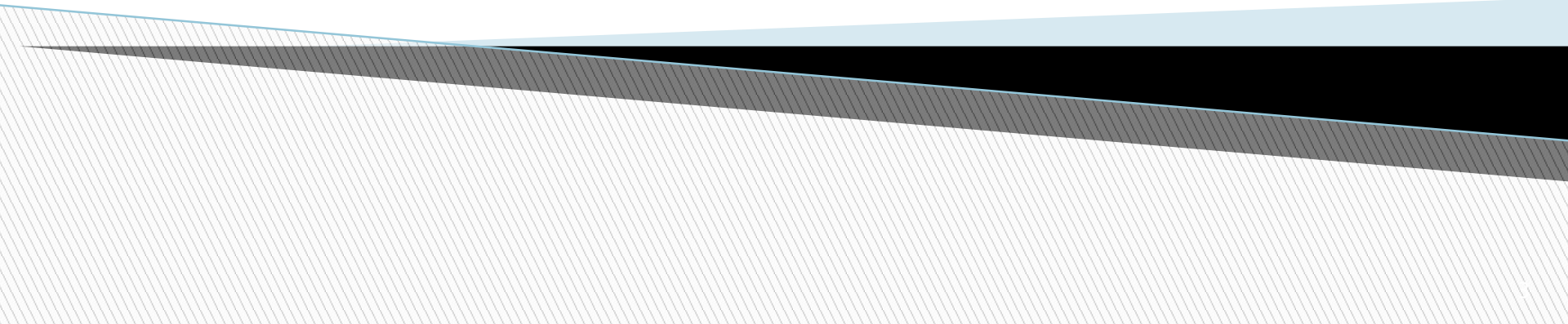
June 2016
Day 1



Outline

- Immediate Response
- Initial Survey
- Continuing Care
- Fainting
- Head and Spinal Injuries
- Shock
- Cardiopulmonary Resuscitation (CPR)

Immediate Response



Injured Person

- ? The individual who is injured or becomes suddenly ill
- ? Adult – when puberty starts
- ? Child – between 1 and when puberty starts
- ? Infant – under the age of 1

Immediate Responses

- ? Lead or Assist with the emergency
- ? **Safety and Personal Protection**
- ? **Find out what happened**
- ? Identify yourself and ask if you can help
- ? Use reasonable skill and care

Lead the emergency

- Identify yourself and lead
- Ask for assistance from bystanders
- Prevent infection
- Handwashing, gloves, minimal mouth contact

Environment scan

- ? Information about the scene
- ? Look at the scene - IS IT SAFE FOR YOU?
- ? Speak to the injured person
- ? Speak to the witnesses/bystanders
- ? Questions to ask
 - ? What happened?
 - ? What objects or substances are on scene?
 - ? What time of day or night did this happen?

What happened to the casualty?

- ? What happened to the injured person's body?
- ? How much force was involved?
- ? What parts of the body were involved?
- ? What injuries do you suspect?
- ? Tell injured person not to move

Calling for Medical Help

- ? What happened to the injured person
- ? Signs of Symptoms
- ? Location
- ? If a bystander is calling have them report back to you.



Initial Survey

Initial Survey

- ? Identify yourself to injured person and family
- ? Check responsiveness of injured person
- ? Airway
- ? Closed or blocked
- ? Breathing
- ? Absent or abnormal
- ? Circulation
- ? Severe bleeding
- ? Shock

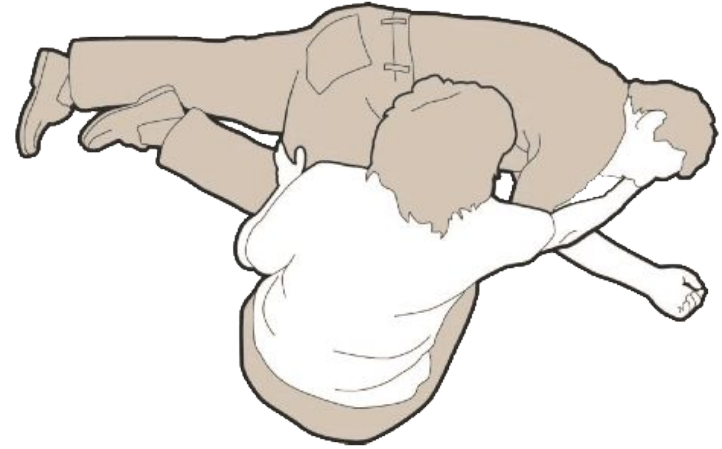


Unresponsive

- ? Signs
- ? Loss of awareness
- ? Injured person does not respond to voice or touch
- ? Decreasing consciousness indicates injured person's condition is getting worse
- ? May cause a breathing emergency
- ? Always a serious emergency

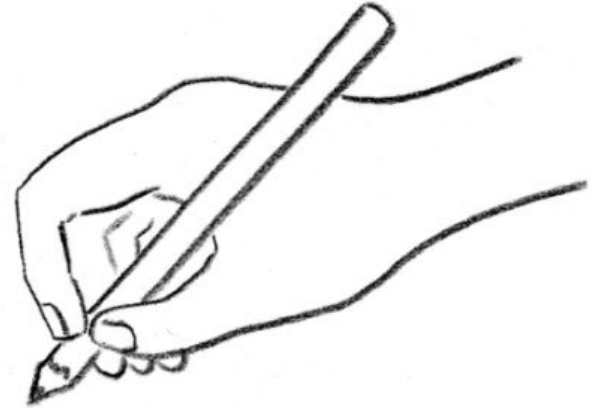
Continuing care

- Position
- Cover
- Keep casualty warm
- Reassure
- Reassess Airway, Breathing, Circulation
- Record the injured person's condition and first aid given
- Handover to medical help
- Report on the injured person's condition and first aid given



Continuing care (only if time)

- Symptoms
- Allergies
- Medication
- Past Medical History
- Last Meal
- Vital signs
 - Level of consciousness (LOC)
 - Breathing
 - Pulse
 - Skin condition and temperature
- Head to toe examination
- Give first aid to injuries found



Fainting

- Temporary loss of consciousness

Causes

- Fear or anxiety
- Severe pain
- Underlying illness
- Long periods standing
- Lack of fresh air
- Fatigue and hunger



Fainting

▣ Signs and Symptoms

- ▣ Pale
- ▣ Sweating
- ▣ Nausea
- ▣ Lightheaded, unsteady

▣ First Aid

- ▣ Position
- ▣ Ensure a supply of fresh air
- ▣ Reassure the casualty
- ▣ Look for rapid improvement



Head and Spinal Injuries

When to suspect Head\Spinal Injuries

? Depends on what happened?



Head and Spinal Injury

- ? Dangers of improper handling can cause
- ? Permanent injury
- ? Death

? **First aid**

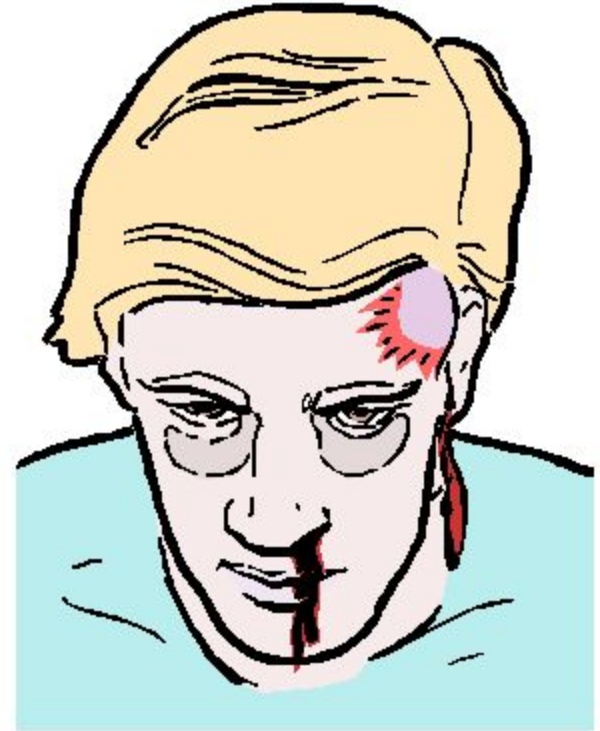
- ? Tell the injured not to move
- ? Support the head and neck or have a bystander do this



Signs and Symptoms

Head injuries

- ▣ Fluids from the ears
- ▣ Fluids from the nose
- ▣ Pain at the injury site
- ▣ (headache or dizziness)
- ▣ Signs of shock
- ▣ Numbness, tingling
- ▣ or paralysis of the limbs



Shock

▣ **Signs**

- ▣ Pale skin, turning blue/grey
- ▣ Change in level of consciousness
- ▣ Rapid shallow breaths
- ▣ Weak rapid pulse
- ▣ Restlessness, confusion anxiety

▣ **Symptoms**

- ▣ Nausea and vomiting
- ▣ Thirsty

Shock Positions

- ? Conscious
 - ? – no suspected head/spinal
- ? Unconscious
 - ? – no suspected head/spinal
- ? Suspected head/spinal



Cardiopulmonary Resuscitation (CPR)

Cardiopulmonary Resuscitation

? Objective

- ? To circulate blood to the brain and other organs with
 - Chest compressions
 - Artificial respiration



Cardiopulmonary Resuscitation

	Adult	Child	Infant
Age	Puberty and above	1- puberty	0-1
Ratio	30:2	30:2	30:2
Depth	5 cms	1/3 depth	1/3 depth
Rate	> 100	> 100	> 100
Method	Two hands	One or two hands	Two fingers
Artificial Respirations Breaths	5-6 seconds	3-5 seconds	3-5 seconds

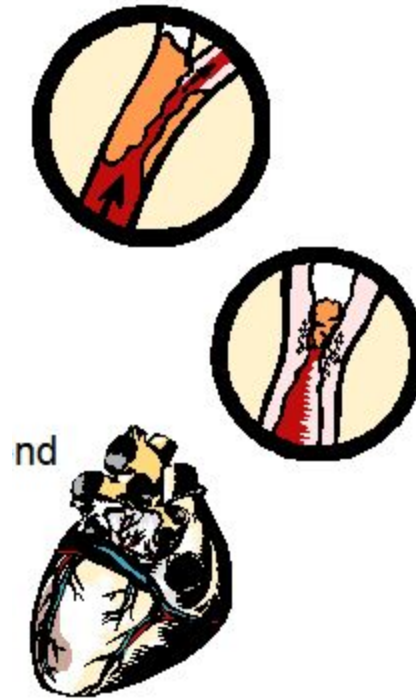
Angina and Heart Attack Definitions

□ Angina

- Temporary pain
- Result of narrowed coronary artery

□ Heart attack

- Permanent damage of heart muscle
- Results when heart tissue beyond a clot is starved of oxygen



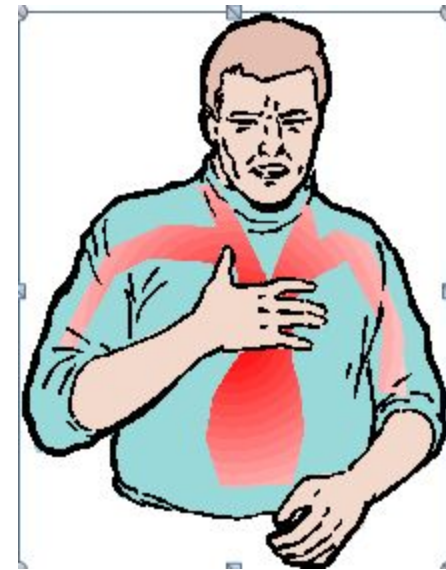
Heart and Stroke Risk Factors

- ? Smoking
- ? High blood pressure
- ? Diet
- ? Exercise
- ? Age
- ? Gender
- ? Genetics

Angina and Heart Attack

Signs and symptoms

- ❑ Heaviness in chest
- ❑ Crushing sensation in chest
- ❑ Feels like indigestion
- ❑ Nausea, vomiting
- ❑ Aching jaw, sore arms
- ❑ Pale skins
- ❑ Shortness of breath
- ❑ Fatigue
- ❑ Denial
- ❑ Cardiac Arrest



Cardiac Arrest

- ? Cardiac Arrest
 - When the heart stops
- ? Signs
 - Unresponsive
 - Not breathing
 - No signs of life



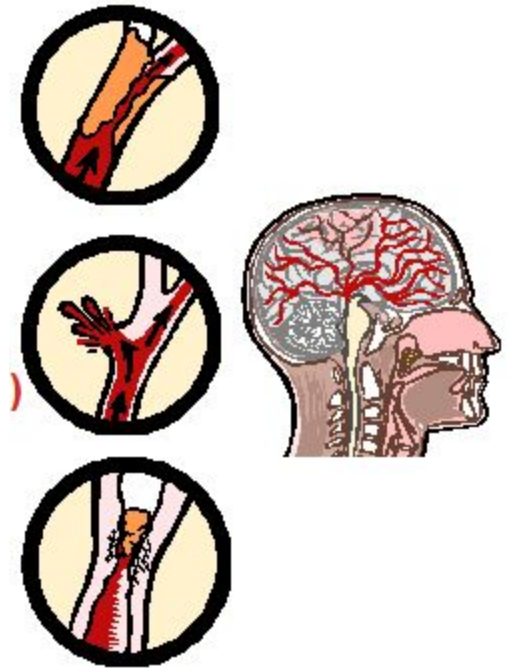
Conscious Heart Attack Casualty

- ? Place casualty in Comfortable Position (Semi sitting)
- ? Loosen tight clothing
- ? Help injured person take medication if prescribed
 - 2 low dose aspirin or 1 regular aspirin
 - Check for allergies and ulcers
 - Nitroglycerin
 - Spray or pill under the tongue –can repeat after 5 minutes
 - Check if he took Viagra
- ? Get medical help



Stroke

- ❑ Cerebrovascular accident (CVA)
- ❑ Blood clot blocks a narrowed artery
- ❑ Brain tissue beyond blockage dies
- ❑ Transient ischemic attack (TIA)
- ❑ Temporary condition
- ❑ Caused by lack of oxygen to part of the brain



Signs and symptoms

- ? Depends on the part of the brain affected
- ? Often only one side of the body
- ? Facial droop
- ? Arm drift
- ? Speech impairment
- ? Time



First Aid for Stroke

- ? Call for Medical Help
- ? Place at rest
- ? Give nothing by mouth – moisten lips if thirsty
- ? Reassure and keep warm
- ? Be prepared to begin CPR

