FIRST AID AWARENESS

FIRST AID CAN MEAN... LIFE OR DEATH!
THIS POWER POINT IS NOT A STANDARD OR REGULATION AND CREATE NO OBLIGATION NOR DOES IT CHANGE ANY EXISTING CITY OF TROY POLICY.

THIS POWER POINT IS ADVISORY IN NATURE, INFORMATIONAL IN CONTENT, AND IS INTENDED TO ASSIST EMPLOYEES IN PROVIDING A SAFE AND HEALTHFUL WORKPLACE.
WHAT IS FIRST AID?

First aid is emergency care provided for injury or sudden illness before emergency medical treatment is available.

The first aid provider in the workplace is someone who is trained in the delivery of initial medical emergency procedures, using a limited amount of equipment to perform a primary assessment and intervention while awaiting arrival of emergency medical services (EMS) personnel.
CHAIN OF SURVIVAL

CALL 911
DIAL 9?

FIRST AID / CPR

DEFIBRILLATION

ADVANCED CARE
First aid equipment and supplies should be stored where they can be reached quickly and easily in case of an accident. These supplies should be inspected frequently, making sure they are kept in sanitary and usable condition and re-stocked after use. Larger workplaces may need more than one, fully equipped first aid kit.
When confronted with an accident or illness on duty it is important to assess the situation to determine what kind of emergency situation you are dealing with, for your safety, the victim’s safety and that of others.

Do a quick survey of the scene that includes looking for three elements:

- Hazards that could be dangerous to you, the victim, or bystanders.
- The cause (mechanism) of the injury or illness.
- The number of victims.

Note: This survey should only take a few seconds.
These are simple objectives to administer when providing First Aid to an injured person until professional help arrives.

- Make sure you and the victim are not in any danger.
- Maintain individual breathing
- Maintain blood circulation
- Prevent continued loss of blood
- Prevent or treat for shock
- Contact the nearest Medical Services as soon as possible.
INITIAL ASSESSMENT

Goal of the initial assessment:
Visually determine whether there are life-threatening or other serious problems that require quick care.

Determine if victim is conscious - by tap and shout. Check for ABC as indicated:

A = Airway Open? - Head-tilt/Chin-lift.

B = Breathing? - Look, listen, and feel.

C = Circulation? - Check for signs of circulation.

Note: These step-by-step initial assessment should not be changed. It takes less than a minute to complete, unless first aid is required at any point.
Bleeding Control

- Direct pressure stops most bleeding.
  Wear medical exam gloves (if possible).
  Place a sterile gauze pad or a clean cloth over wound.
- Elevate the injured part to help reduce blood flow.
  Combine with direct pressure over the wound (this will allow you to attend to other injuries or victims).
- If bleeding continues, apply pressure at a pressure point to slow blood flow.
Shock refers to circulatory system failure that happens when insufficient amounts of oxygenated blood is provided for every body part. This can be as the result of:

- Loss of blood due to uncontrolled bleeding or other circulatory system problem.
- Loss of fluid due to dehydration or excessive sweating.
- Trauma (injury)
- Occurrence of an extreme emotional event.
Shock Cont.

What to Look For

- Altered mental status
- Anxiety and restlessness
- Pale, cold, and clammy skin, lips, and nail beds
- Nausea and vomiting
- Rapid breathing and pulse
- Unresponsiveness when shock is severe
What to Do

- After first treating life-threatening injuries such as breathing or bleeding, the following procedures should be performed:
  - Lay the victim on his or her back
  - Raise the victim’s legs 8” – 12” to allow the blood to drain from the legs back to the heart.
  - Prevent body heat loss by putting blankets and coats under and over the victim
Heart Attack

- Call 911
- Make victim comfortable
- Loosen tight clothing
- Check for medication
- Keep victim still
- Don’t give stimulants
CHOCKING

- Ask the person to speak or cough
- Deliver 5 back blows
- Perform abdominal thrusts
- Repeat sequence of back blows and abdominal thrusts
No Breathing

Administer CPR:
- Lay the person on his or her back
- Give chest compressions
- Tilt head slightly
- Breathe into the person’s mouth
- Continue until EMS personnel arrive
Broken Bones

- Call 911
- Stop any bleeding
- Immobilize the injured area
- Use covered ice packs to numb the pain and reduce swelling
- Treat the person for signs of shock
Heat Exhaustion

- Move to cool place
- Lay victim down
- Elevate feet
- Loosen clothing
- Give fluids
- Apply cool compresses
Heat Exhaustion

- Heat exhaustion is a serious condition that often turns into heat stroke.
- It often occurs when someone exercises in the heat and sweats a lot.
- Signs of heat exhaustion include sweating, nausea, dizziness, vomiting, muscle cramps, feeling faint, and fatigue.
What types of situations might cause a victim to need CPR?

- Heart attack
- Electrocution
- Drug overdose
- Accidents
- Stroke
- Diabetes
- Choking
- Poisoning
- Smoke Inhalation
- Epilepsy
- Suffocation
- Drowning
General CPR; In Three Simple Steps: ABC

1. Airway – head tilt, chin lift

2. Breathing – look, listen, feel

3. Circulation – give chest compressions

http://www.youtube.com/watch?v=8w-f9e9HTB4