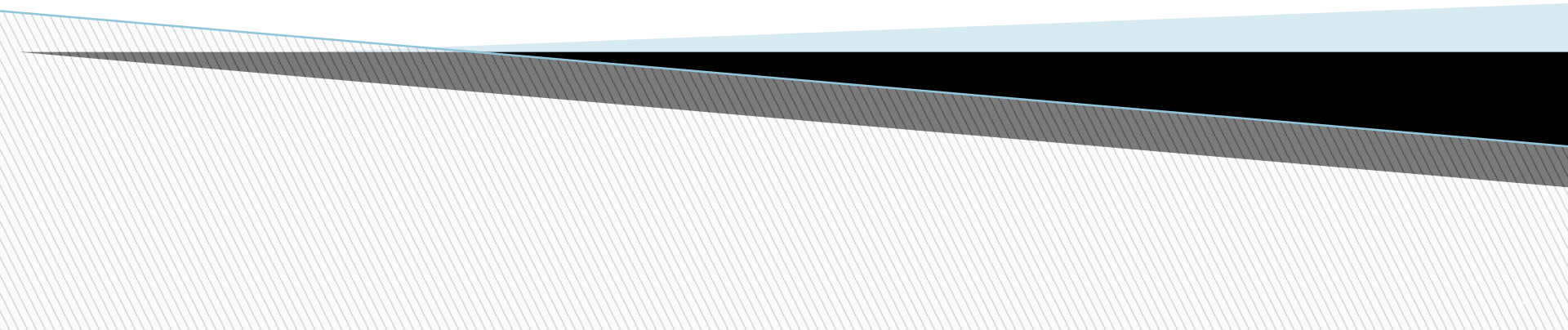


First Aid and CPR Classes

June 2016

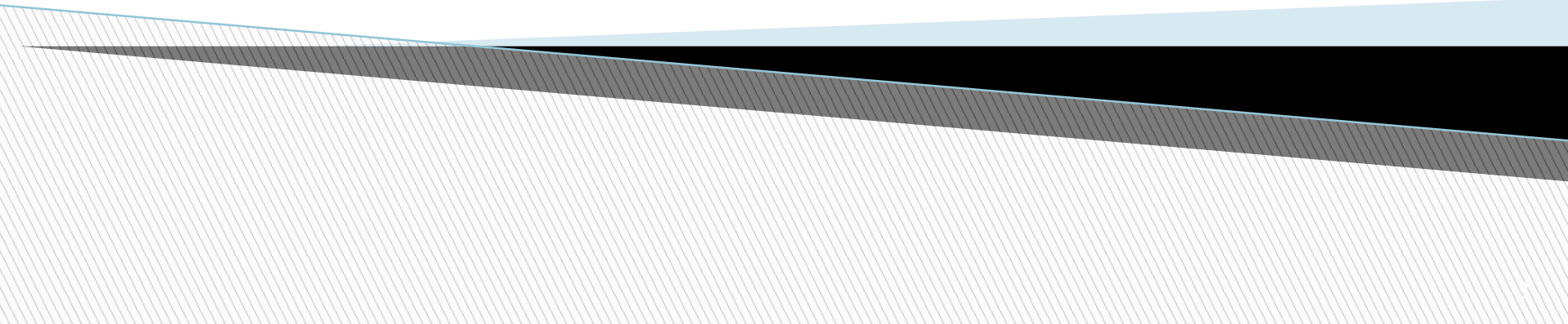
Day 1



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

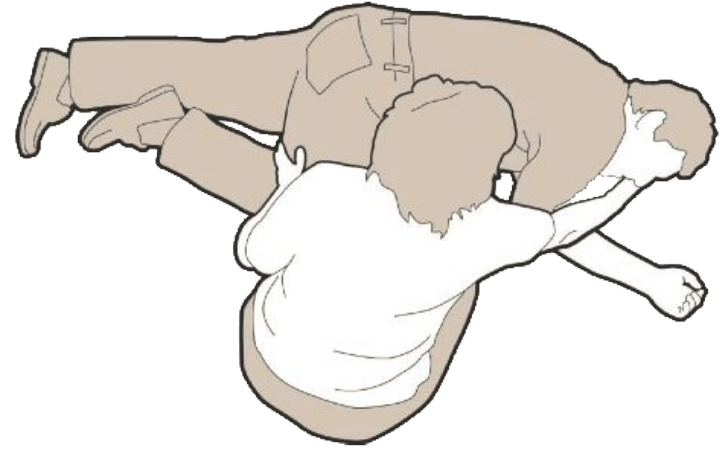


Unresponsive

- 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

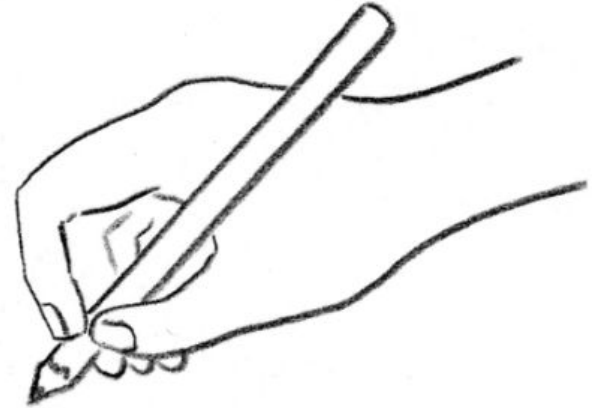
Continuing care

- 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



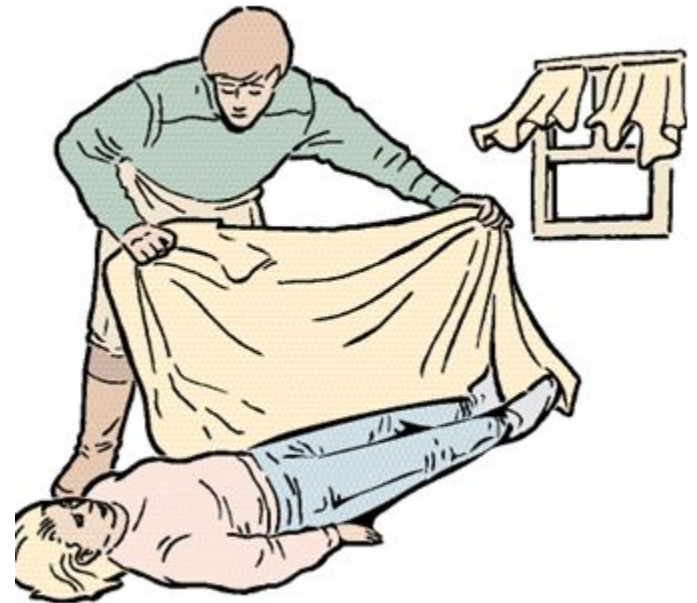
Fainting

▣ 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

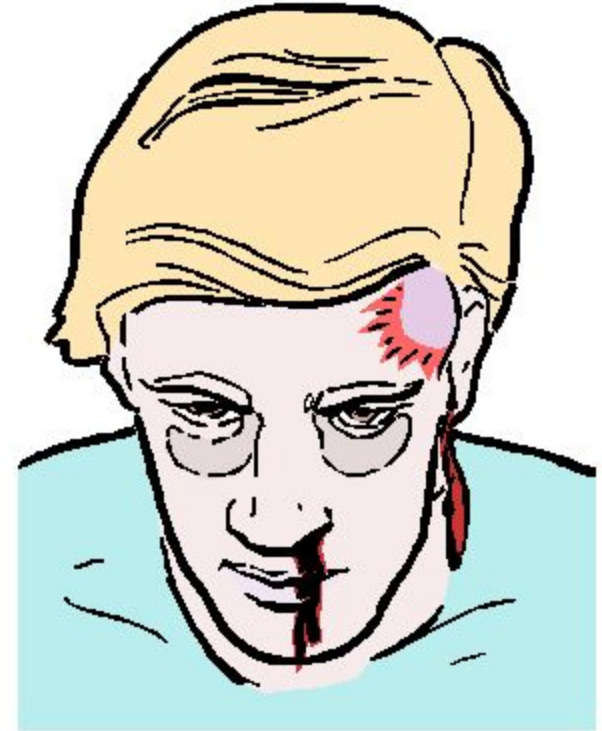
- ❑ Dangers of improper handling can cause
 - ❑ Permanent injury
 - ❑ Death
- ❑ **First aid**
 - ❑ Tell the injured not to move
 - ❑ Support the head and neck or have a bystander do this



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



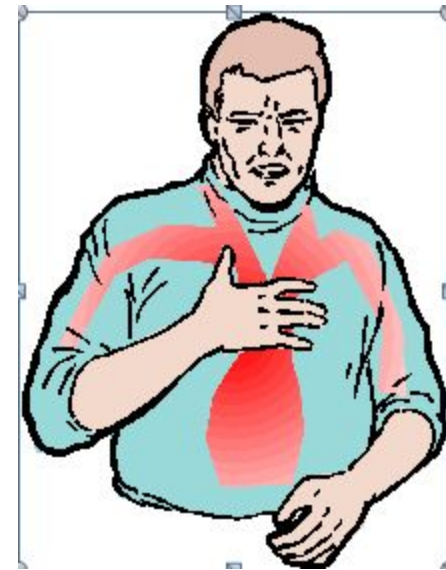
Heart and Stroke Risk Factors

- 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



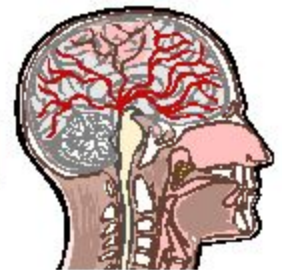
Conscious Heart Attack Casualty

- 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

