

EMERGENCY RESPONSE

SPINAL INJURY

HOW TO RECOGNIZE:

Do not move someone if you think they have a spinal injury!

Signs of a spinal injury include:

- Having a head or neck injury
- Being unconscious or confused
- Experiencing weakness, numbness, or paralysis in the limbs
- Losing control of the bladder or bowels

SEIZURE

HOW TO RECOGNIZE:

- The person may become unresponsive or may suddenly collapse
- The person's muscles clench and they become rigid
- A series of jerking movements convulse their body

SPINAL INJURY

HOW TO RESPOND:

- Call 911
- Keep the person still
- Place heavy towels on both sides of the neck or hold the head and neck to prevent movement
- Avoid moving the head or neck
- Provide as much first aid as possible without moving the person's head or neck
- If the person shows no signs of circulation (breathing, coughing or movement), begin CPR, but do not tilt the head back to open the airway
- Use your fingers to gently grasp the jaw and lift it forward
- If the person has no pulse, begin chest compressions
- If the person is wearing a helmet, don't remove it

SEIZURE

HOW TO RESPOND:

- Keep other people out of the way
- Clear hard or sharp objects away
- Cushion their head
- Don't try to hold them down or stop the movements
- Place them on their side, to help keep their airway clear

Call 911 if:

- It's a child's first seizure
- The seizure lasts longer than 5 minutes
- Another seizure begins soon after the first
- The person doesn't "wake up" after the movements have stopped
- The person was injured during the seizure

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HEART ATTACK

HOW TO RECOGNIZE:

- Chest pain
- Shortness of breath
- Unexplained fatigue
- Lightheadedness, dizziness, fainting
- Sweating
- Nausea

STROKE

HOW TO RECOGNIZE:

- Weakness or numbness of face, arm or leg, especially on one side
- Confusion
- Trouble speaking
- Trouble seeing
- Trouble walking
- Sudden severe headache

HEART ATTACK

HOW TO RESPOND:

- Call 911 and have patient take an aspirin pill
 - Begin CPR if the person is unconscious. Lay them on their back and position the heel of your hand on the center of the chest
 - Interlock fingers of both hands together
 - Lean forwards so that your shoulders are directly above their chest
 - Compress the chest about 2 inches and allow for the chest to come back up, do 30 compressions
 - Open airway by lifting their chin
 - Give rescue breaths by pinching the nostrils, support their chin and place your mouth on theirs, blow until you see their chest rise
 - Repeat the 30 compressions and 2 rescue breaths
- Continue the cycle

STROKE

HOW TO RESPOND:

- Call 911 and use the word "stroke"
- Keep track of symptoms, including when these symptoms began
 - Gather as much information from the person about any medications or allergies
 - Encourage them to lie down on their side with their head elevated. However, do not move the person if they've fallen
 - If the patient is unconscious, perform CPR

EMERGENCY RESPONSE

HOW TO STOP BLEEDING

- Apply direct pressure on the wound with a clean cloth or gauze until bleeding stops
- If blood soaks through the material, don't remove it, put more cloth on top of it
- If the wound is on the arm or leg, raise the limb above the heart
- Wash your hands again after giving first aid and before cleaning the wound
- Do not apply a tourniquet unless the bleeding is not stopped with direct pressure

HOW TO TREAT A MINOR BURN

- Hold the burned area under cool running water or apply a cool, wet compress. Don't use ice.
- Remove rings or other tight items quickly and gently, before the burned area swells
- Don't break blisters. If a blister breaks, clean the area with water
- Apply an antibiotic ointment. Once a burn is completely cooled, apply a lotion
- Bandage the burn. Cover the burn with a sterile gauze bandage. Wrap it loosely

HOW TO HELP SOMEONE WHO IS CHOKING

If choking is severe the person won't be able to speak, cry, cough or breathe.

Start back blows:

- Stand behind them and slightly to one side. Support their chest with 1 hand. Lean them forward so the object blocking their airway will come out of their mouth, rather than moving further down
- Give up to 5 sharp blows between their shoulder blades with the heel of your hand

If the blockage has not cleared give up to 5 abdominal thrusts:

- Stand behind the person who's choking
- Place your arms around their waist and bend them forward
- Clench 1 fist and place it right above their belly button
- Put the other hand on top of your fist and pull sharply inwards and upwards

Repeat this movement up to 5 times. If the person's airway is still blocked, call 911