

CPR/First Aid

Lesson 02 Emergency Action Steps

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Emergency Action Steps

CHECK-the scene and the victim.

CALL-911 /local emergency #.

CARE- for the victim/victims.

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Check

Try to answer these questions before you can help:

- Is the scene safe to enter?
- What happened?
- How many people are injured?

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Check (cont)

- Is there immediate danger?
- Can bystanders help?

If dangers threatens, do not go near the victim. Stay at a safe distance and call 911/local emergency number.

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Call



The most important help that you can provide to a victim is to call professional medical help.

- Call the emergency number.
- Give the dispatcher the necessary info.
- Don't hang up until the dispatcher hangs up.
- Return to the scene & provide care.

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Call (cont)

If you are the only person at the scene, shout for help. If no one arrives, you must decide whether to Call First, or Care First.

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Call First or Care First

In *Call First* situations you would call 911 before providing care.

In *Care First* situations, you would provide care first, (about 2 minutes) and then call 911.

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Call First



Call First situations are likely to be cardiac emergencies, such as sudden cardiac arrest, where the time factor is critical.

- # An unconscious adolescent or adult (age 12 years or older).
- # A sudden collapse of a child/infant.
- # An unconscious child/infant known to be at high risk for heart problems.

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Care First

Care First situations are likely to be non-cardiac emergencies, such as breathing emergencies or severe bleeding. When alone in these types of situations, provide care, (about 2 minutes) and then call 911.

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Care First (cont)

- # An unconscious victim less than 12 years old.
- # Victim of submersion/near drowning.
- # Victim of a possible drug overdose.

In these situations, provide support for airway, breathing & circulation through rescue breathing or chest compressions as needed.

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Care

- # Introduce yourself; ask permission to help.
- # Care for life-threatening emergencies before those that are not life-threatening.
- # Watch for changes in the victim's breathing & level of consciousness.
- # Keep the victim from getting chilled or overheated.

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Do No Further Harm

One of the most dangerous threats to a seriously ill or injured person is unnecessary movement. Moving a person can cause additional pain or complicate his/her recovery. Generally, you should not move an ill/injured person while giving care.

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Do No Further Harm (cont)

The following are situations where moving a victim is appropriate:

- When faced with immediate danger.
- When you have to get to another person who may have a more serious problem.
- When it is necessary to give proper care.

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Do No Further Harm (cont)

Once you decide to move an ill/injured person, you must quickly decide how to do so. Base your decision on:

- Dangers you are facing.
- The size & condition of the victim.
- Your abilities and condition.
- Whether you have any help.

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Moving a Victim



To move an injured person without injuring yourself or causing them further harm—

- Use your legs, not your back when you bend.
- Walk forward, taking small steps. (Look where you are going.)
- Avoid twisting/moving a victim with a possible, head/neck/back injury.

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