

SCENE SAFETY As you approach a scene look for signs of potential danger: violence, weapons, intoxication or drug use. Hazards such as: Dangerous pets, downed electrical lines, unstable vehicles, smells or odors of toxic chemicals.

Your safety comes first, **DO NOT** enter an unsafe scene, you may also become a victim/patient.

PERSONAL PROTECTION (BSI) Body Substance Isolation, assume all blood and body fluids are infectious. Always wear latex gloves when in contact with blood or other body fluids. Wash off any substance as soon as possible.

PATIENT ASSESSMENT If the patient is conscious and talking you have the ABC's

Airway Is the patient's airway open and clear

Breathing Is the patient breathing properly and adequately to sustain life

Circulation Does the patient have a pulse

If you have **NO** Pulse/Circulation **start CPR** 30 Compressions to 2 Breaths (30-2)
Immediately have someone call for an Ambulance and if possible have that person locate a Defibrillator if one is close by while you start doing CPR.

If you have Circulation and **NO** Breathing give rescue breaths (1 breath every 8 seconds)

MEDICAL ASSESSMENT

Signs & Symptoms

Allergies

Medications

Past Medical History

Last Oral Intake

Events

Onsset / How did the pain start

Provocation / What make pain worse

Quality / Describe the pain

Radiation / Region and movement of pain

Severity / Scale of 1 - 10

Time / When did it start

VITALS

Blood Pressure

Pulse

Respirations

Skin (Cold, Hot, Moist)

Pupils (Equally Dilated)

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HEAT EMERGENCIES (HYPERTHERMIA) Cool the body temperature, give fluids, preferable water, use cool washcloths or ice packs under the arms

COLD EMERGENCIES (HYPOTHERMIA) Cover with blankets, body must be warmed slowly, give warm liquids if possible. Remove wet clothing

ANAPHYLXIS SHOCK (Allergic reaction) Hives, Red Blotchy patches, Increased and Difficulty breathing, Increased pulse rate, restless and irritable, nausea and vomiting, pale

TRAUMA INJURIES

Open wounds: Apply bandage, if bandage becomes saturated with blood add another bandage but **NEVER** remove the previous bandage. If necessary to slow the bleeding apply pressure.

Closed wounds: Elevate the injury above the heart and apply an ice pack or cold washcloth to the area

Amputations: Apply bandage to open wound and apply pressure at a pressure point if possible. Wrap dismembered body part in sterile cloth, place in plastic bag and put on ice so it can be transported to the hospital with patient

Impaled objects: **NEVER** remove object unless it is obstructing patients breathing. Stabilize the object so it cannot move and cause more injury to patient.

HEAD, NECK AND SPINE INJURY

Always stabilize the head until EMS arrives and **DO NOT** release until ambulance personnel instruct you to do so. Instruct patient if conscious to NOT move any body extremities or torso.

INJURIES TO MUSCLES AND BONES

Broken Bones: Leave in position found, **DO NOT** move unless necessary, if so splint using, boards, magazines, pillows, or blankets. When splinting include the joint above and below the injury site. Check for circulation. Elevate if possible.

Sprains: Apply Ice to reduce swelling and elevate.