

FIRST AID

2nd Edition

FIRST AID FOR UNCONSCIOUS ADULT OR CHILD

Accidents can happen, anywhere, anytime. Knowing how to provide proper care can save a life. First aid can range from calling emergency medical personnel (911) to performing more advanced procedures such as administering CPR. Guidelines in this chart are specific to "non health care professionals".

STEP 1: SURVEY THE SCENE

- If there is any kind of danger, call Emergency Medical Services (EMS) (911) first.
- Ensure the scene is safe for you and others.
- Look for things that may threaten your safety, such as fire, electrical wires, or dangerous terrain.
- If you feel your safety is threatened, stay back and allow professionals to handle any dangerous situations.

STEP 2: CHECK FOR RESPONSIVENESS

- Gently tap casualty and shout "Are you okay?"
- If the casualty responds, begin a Secondary Survey (see pg. 2).
- If the casualty is conscious but appears to be choking, use "First Aid for Conscious Adult or Child with Complete Airway Obstruction".
- If the casualty does not respond, send someone to call EMS (911). If no one else is available, place the call yourself, then return and begin the Primary Survey (see below).
- If you are alone and dealing with a child or infant, give care for 2 minutes first, then call EMS (911).

STEP 3: PRIMARY SURVEY

- The Primary Survey will help you to determine if any conditions threaten the casualty's life.
- Roll the casualty onto his or her back if they are not breathing or only gasping. If the casualty's position keeps you from checking their breathing:
 - o Kneel beside the casualty on the side they are not facing.
 - o Roll the casualty toward you, "face upward" - as a single unit - do not twist.
 - o Support back of the casualty's head and neck.
- Once you have determined that the casualty is not breathing or only gasping and have rolled them onto their back, proceed to step 3a, Circulation.
- Remember **CAB**: circulation, airway, breathing.
- If the casualty is breathing normally, proceed to step 3a, Check for Control Severe Bleeding.

- ⚠ If the person starts breathing or begins to vomit, place them into recovery position (see pg. 2).
- ⚠ If the person is showing signs of an injury or illness, provide on-going casualty care until EMS (911) arrives.

1 | First Aid - 1-800-222-1222

STEP 3: PRIMARY SURVEY (CONT.)

3a. CIRCULATION: Begin Compressions

CPR for Adults (18+ Years)

Hand Placement: (see Fig. A)
Place the heel of your hand on the person's sternum in the center (midline) between chest nipples, brought across from their navel, then place the heel of the second hand on top of the first so that the hands are overlapped, interlocked and parallel.



Give 30 Compressions: (see Fig. B)

- Position shoulders over hands.
- Compress sternum at least 2 inches (5 cm) down and up smoothly at a rate of at least 100 times per minute.
- Keep hands in contact with the chest at all times.
- Push hard, push fast. Allow for complete recoil of chest between compressions.
- If the break, check hand position and re-aligning, do not stop.



CPR for Children (1-18 Years)

Hand Placement: Position is the same as for adult. Compress chest in the center (midline) and you can use one or two hands to do compressions.

CPR for Infants (Under 1 Year)

Hand Placement: (see Fig. C)
Place two fingers on bridge of nose (midline of chest) just below the infant's nipples.

Give 30 Compressions:

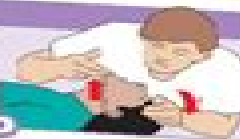
- Compress sternum at least 1/2 inches (1 cm) down and up smoothly at a rate of at least 100 times per minute.
- Keep fingers in contact with the chest at all times.
- Push hard, push fast. Allow for complete recoil of chest between compressions.



3b. AIRWAY: Open the Airway

• Do "head-tilt-chin-lift" (if neck injury is not suspected) (see Fig. D).

If head/neck injury is suspected and the person is not breathing: "non professional" rescuers are discouraged from attempting "head-tilt-chin-lift". It is more important to get air into the person. Opening the airway using other methods is difficult to do and is therefore not recommended.



3c. BREATHING: Give 2 Full Breaths

• Pinch nose and give 2 breaths of air, each lasting 1 second (see Fig. E).



• Watch to see that chest rises as breaths go in.
• If breaths does not go in, adjust airway by tilting the head further back (reposition) and give another breath.

• For infants use a mouth-to-nose or mouth-to-nose technique (see Fig. F).
• To do this, use your mouth to cover a nose over the infant's mouth and nose.
• If you have difficulty making an effective seal, try either mouth-to-mouth ventilation (pinch the infant's closed mouth) or mouth-to-nose ventilation (cover the mouth).

BREATHS STILL DO NOT GO IN

- Do first aid for unconscious choking adult or child, or first aid for infant with complete airway obstruction.

BREATHS GO IN

- Deliver another 30 compressions, followed by 2 breaths. Continue cycle until:
- The area becomes dangerous.
- You are too physically exhausted to continue.
- EMS (911) arrives.

- The person starts breathing or begins to vomit.
- Another trained rescuer takes over.
- Someone arrives with an AED (Automated External Defibrillator).

CASUALTY BEGINS BREATHING: Proceed to Step 4

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Safety



Fig. G2

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Fig. G3

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Fig. G4

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