



CONSCIOUS CHOKING
Ask if victim is choking.
Identify self. Ask if you can help.
If victim is coughing, encourage to continue.
If victim cannot cough, speak or breathe:
Adult/Child
Give ABDOMINAL THRUSTS:
Place 1 leg between victim's legs
Place thumb side of fist above navel
Grab fist with other hand
Give quick upwards thrusts
Continue until object is forced out or the victim becomes unconscious move to unconscious choking.

Infant
Back Blows - 5
Chest Compressions - 5
LOOK -if see object SWEEP
Breaths - 2

Pregnant/Fat
Use standing chest thrusts

RECOVERY POSITION OR ILLNESS/INJURY TREATMENT
Infant/Child/Adult
Check head to toe. Recovery Position OR Care for Injury/Illness Found
Poisoning: Call 911/poison control. Monitor ABC's
Don't induce vomiting unless directed.
Diabetic Emergency: Call 911. Monitor ABC's. Give sugar.
Seizure: Call 911. Cushion victim's head. Remove hazards. Monitor ABC's
Do not give food or drink.
Stroke: Call 911. Monitor ABC's. Note time. Do not give food or drink.
Heart Attack: Call 911. Get AED. Give aspirin.
Asthma: shake meds, tilt head back, exhale, put inhaler spacer in mouth, push on canister, breathe in slowly, hold breath 10 seconds.
Bites/Sting/Allergy: Scrape off stinger. Wash Keep below heart. Immobilize. Ice bee/spider-not snake. 911 snake&spider (bee if trouble). assist with epi-pen
Ticks- tweeze out, wash, doctor
Shock: Call 911. ABC's. Elevate legs. Comfortable temperature.
Heat Cramps: Cool victim down. Hydrate. Stretch & Massage.
Heat Exhaustion: Cool/wet/fan victim down. If awake - hydrate.
Heat Stroke: Call 911 - ABC's - COOL VICTIM DOWN!
Frostbite: Remove jewelry/tight clothes. Soak part in warm water. Cover with dry, sterile gauze. ABC's. DO NOT RUB! DO NOT REFREEZE!
Hypothermia: Move victim to warm place. ABC's. Remove wet clothes. Cover with blankets. WARM SLOWLY HANDLE CAREFULLY!
Asthma: shake meds, tilt head back, exhale, put ihaler spacer in mouth, push on canister, breathe in slowly, hold breath 10 seconds.
Fainting: Lie flat on floor, call 911
Bleeding: Direct Pressure. Wrap. Elevation. Pressure Point.
***Bleeding: Victim places pressure on cut w/clean bandage, responder puts on gloves, then applies pressure, adds more dressings & presses harder, applies bandage over dressing.
If won't stop tourniquet 2 inch above wound (note time). Check for shock. 911 if won't stop, lots of blood, goes into shock, from fall w/neck/hea injury, unsure what to do.
From nose: press both side of nose, lean forward
From mouth: apply pressure
Tooth Injury: clean wound; if tooth just loose bite down on gauze to hold in place, if chipped/out pressure on wound & tooth in milk or water; Dentist/ER ASAP
Amputation: Call 911. Control Bleeding. Rinse removed part, cover with dressing, put in baggie, put baggie on ice, label with name/date/time.
Penetrating Object: Call 911, stop bleeding, splint object in place, immobilize person.
Bleeding you Can't See: Cal 911. Have person lie still. Check for shock, Monitor ABC's.
Eye Injury: Water rinse (bad side down). Close both eyes/ If irritant won't come out or extreme pain call 911
Head/Neck/Spine Injuries: Call 911. Minimize movements--Stabilize head and neck.
Burns: Stop the burn remove jewelry and stuck clothing. Cool the burn. Cover with dry, nonstick sterile dressing
Sprain/Strain/Fracture: Splint/Sling & Swath, Check for feeling/warmth. Ice it. Splint joint above and below. Recheck for feeling/warmth

C.P.R.

1. Find hand position (find notch at lower end of breastbone and place the heel of 1 hand (2 finger) next to and above this. (Adult place other hand on top)
2. Give chest compressions (see below)
3. Give Rescue Breaths (see below)
4. Repeat cycles (see below)
5. Recheck for signs of circulation
IF no pulse - continue
IF pulse but not breathing - rescue breathing
IF pulse and breathing - recovery position

	Infant	Child	Adult
Compressions	30/15	30/15	30
2 fingers	1 hand	2 hands	
1.5" deep	2" deep	2" deep	
Breaths	2	2	2
Recheck	5	5	5
Rate	100 c/min	100 c/min	100 c/min
	30 in 18/15 in		

*If suspect neck injury - jaw thrust
*If victim vomits - turn on side, wipe out mouth, reposition, continue
*If AED is available apply/activate ASAP
Give 1 shock followed by 5 cycles

RESCUE BREATHING

1. Give 1 rescue breath. (Tilt head back and lift chin*. Pinch nose shut. Take a breath and breath slowly into victim.) (cheek puff's worth) See chest rise.
2. Continue to give 1 breath every ___ sec.
3. Recheck (after 1 min.)
IF there is a pulse but no breathing continue
IF there is no longer a pulse - CPR
IF there is breathing place in recovery position.

	Infant	Child	Adult
Breaths	1	1	1
Per Time/Sec	3	3	3
Recheck	2 min	2 min	2 min

*If suspect neck injury - jaw thrust
*If victim vomits - turn on side, wipe out mouth, reposition, continue

UNCONSCIOUS CHOKING
1. Find hand position. (Find notch at lower end of breastbone and place heel of 1 hand (2 fingers) next to and above this. Adult place other hand on top.
2. Give compressions (see below)
3. Look for an object. Sweep (lift jaw and tongue - Look. If you see and object hook it out with a finger.)
4. Give rescue breaths (see below)
IF breaths still do not go in - Repeat
IF breaths go in check pulse and breathing

	Infant	Child	Adult
Compressions	30/15	30/15	30
2 finger	1 hand	2 hand	
.5-1" deep	1-1.5" deep	1.5-2" deep	
L&S	LOOK	see object	SWEEP
Breaths	2	2	2

*wrapped thumb grip

Clean up any blood/bodily fluid spills (wipe/bleach/wipe/bag).
Remove gloves (Pinch 1st glove at outside wrist, pulling inside out, cup in gloved hand. Use 2 bare fingers at wrist of glove 2, pull inside out.)
Thoroughly wash hands with soap and water.

** Epi-pen: hold in first (don't touch ends), remove safety cap, press firmly into outer thigh, hold in place 10 sec., pull straight out.