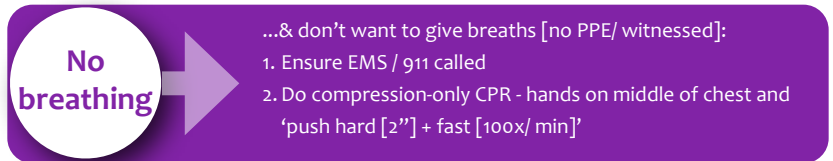
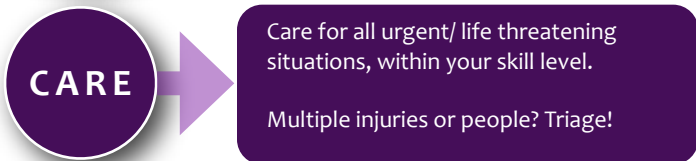
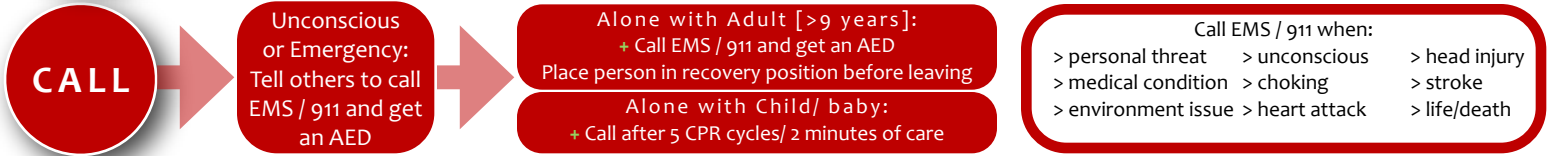
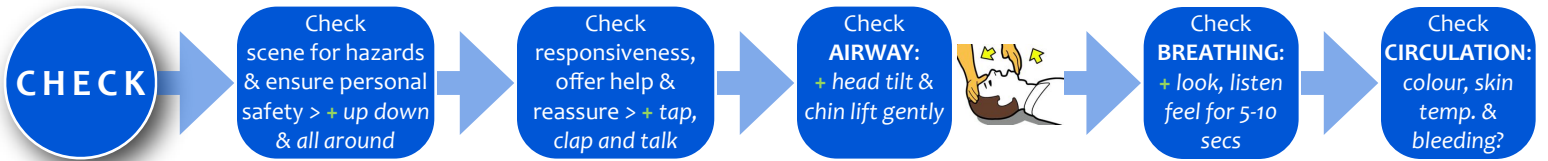




# First Aid & CPR essential skills

When handling a medical emergency situation, follow these sequence of steps to ensure personal safety and prioritized response.



### Bleeding

Before caring... wear gloves/ face shield

After caring... dispose PPE & wash hands

**EXTERNAL BLEEDING:**

- + R-rest [sit or lie down]
- + E-elevate area above heart
- + D-direct pressure with dressing [no pressure if imbedded object]

**INTERNAL BLEEDING:**

Looks like swelling, blue/ purple skin, pain on touch, blood in vomit and thirst

- + Call EMS / 911, check A-B-C

### CPR w/ breaths

...NO BREATHING / CARDIAC ARREST [for head/ spinal injury, gently position on back]

1. Consider wearing gloves & CPR mask/ shield
2. Ensure person on hard flat surface
3. **ADULT:** + **Position hands** on middle of chest ['divide + conquer' @ armpit level] **BABY:** 2 fingers @ armpit level
4. + **Push hard** [Adult: 2"/ 5cm, Child/baby: 1.5"/4cm]
5. + **Push fast** 30 X [rate at least 100 compressions / minute]
6. + **Open Airway** [head tilt & chin lift]
7. + **Give 2 breaths** while sealing mouth & pinching nose **BABY:** seal nose & mouth and breathe gently
8. + **Obstructed?** See 'Unconscious and Choking'. Otherwise, continue CPR / breaths - 30:2 ratio
9. + **USE AED ASAP** with CPR
  - > Turn on and follow prompts
  - > Prepare person for AED pads [bare chest, dry, no metal/ patches]

...UNCONSCIOUS and POSSIBLY STILL CHOKING

1. + If airway blocked [breath doesn't go in], **reposition head & re-breathe**
2. + Still blocked? Do **30 CPR compressions**.
3. + **Clean mouth** [tongue jaw & finger sweep]
4. + **Continue cycle** 'A-B-C-clean' until 2 breaths go in, then continue care

### Choking

Difficult to breathe or cough, clutching neck, high-pitched sounds, panic look, pale/ blue face

- + Encourage coughing
- + **ALONE:** dial EMS / 911, keep off hook, thrust abdomen against solid object

**ADULT/ CHILD:**

- + Stand/ kneel at the side and wrap arm across chest [like seat belt]
- + Ask person to bend forward
- + Give **5 firm upper back blows**
- + If needed, place grasped fists on or above bellybutton and **thrust abdomen in and up quickly 5 times**

**BABY:**

- + Grasp jaw, hold baby face down and support head down
- + Give **5 firm upper back blows**
- + If needed, turn face up/ head down for **5 chest thrusts**

**UNCONSCIOUS CHOKING**

**PREGNANT:**

- + Give 5 back blows and 5 chest thrusts, repeat as needed

### Heart Attack or Stroke

**HEART ATTACK:** Chest pain, fatigue, denial, nausea, cold/ sweaty skin, breathing difficulty, sweating, flu-like symptoms

- + **Call EMS / 911!** Do not drive to the hospital! Rest, take meds EDD? don't take nitro or ASA

**STROKE:** Weakness, numbness: Face, Arm, Speech, Time

- + **Call EMS / 911!** Check ABC, recovery position on OK side

### Shock

Check for other injuries and monitor A-B-C. + +

- + Assess S.A.M.P.L.E. [signs/ symptoms, allergies, medications - 5 rights, past medical, last meal, events before emergency]
- + Reassure, keep warm, check breathing often, place in recovery position [if no head injury] and check for injuries head to toe.

### essential numbers

- Medical Emergency or Hazards: EMS / 9-1-1
- Poison Centre: 1-800-268-9017
- Telehealth Ontario [non-emergency]: 1-866-797-0000
- MedVisit.ca [doctor's housecall]: 416-631-3000

The First Aid + CPR steps reflects the latest protocols and standards of Canadian Red Cross First Aid/ CPR training.