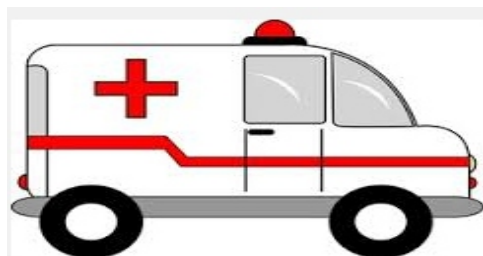


Your safety first !

*CPR / First Aid
training sessions
review*

prepared by
Richard Szpin





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A review of your training session

In the spring 2015, PROBUS PICKERING organized a number of **CPR / Basic First Aid** Training sessions.

This document is intended as a *review*, a *reminder* and a *refresher* of that training.

It is hoped that the sessions were of value and benefit to all the participants and that none will ever be called upon to act on what was learned. However, should an emergency occur, we know each of you will be better off with the basic skills acquired through the sessions. You will act with more calm, more clarity and more concisely because of what you have learned.

Warning: This document is NOT

- Intended as a definitive First Aid guideline
- Instructions to be followed blindly
- To be read when the accident occurs

When an emergency occurs:

- 1 Check:** Check the accident surroundings for dangers:
 - electrical wires
 - flammable liquids
 - rushing water
 - evidence of drug use
 - bugs
 - thugs
 - possible causes of the accident.
- 2 Call: 911**
- 3 Care:**
 1. Identify yourself
 2. Tell them you have basic first aid skills.
 3. Ask if you can help them?

Survey the EMERGENCY Situation

Assess information to report to the EMS team

Primary Survey

Airways - clear?

Breathing? Chest movement? Warm breath? GET CLOSE

Circulation? Color of victim? Darkening? Blue?

Secondary Survey: Assess to report to EMS team

Signs & **S**ymptoms: check surroundings and victim

Allergies?

Medication(s) used / taken?

Past History of victim in relation to this event?

Last Meal - when and what did they eat?

Events? What was happening prior to the accident?

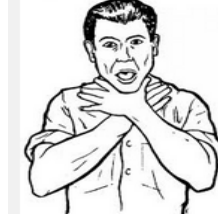
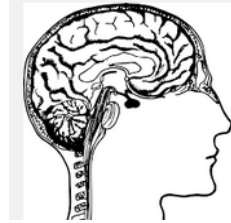
Vital Signs

- Skin temperature
- Breathing & rate
- Pulse & circulation

Head to toe

Examine the victim overall and prepare to report conditions to the EMS team

Types of Emergencies



Heart Attacks

Strokes

Choking

Anaphylactic Shock(Allergy)

s y m p t o m s

Signs / Symptoms

- Chest pains
- Breathing problems
- Chest clutching
- Angina (chest pain)
- Profuse sweating
- Fatigue
- Weak arms
- Back pains
- Jaw pain
- Stomach pain
- Heartburn

Signs / Symptoms

F A S T
 ace
 rms
 peech
 Time

- Face drooping
- Arms cannot raise
- Loss of balance
- Blurred vision
- Slurred speech
- Confused, disoriented
- Minor strokes (TIA'S: symptoms seem to pass)

Signs / Symptoms

- Mild**
coughing but breathing
STAY CLOSE BY
- Severe**
can't breathe
gagging
colour turning bluish
panic evident
unable to talk
not coughing
ACT FAST
SECONDS TO ACT

Signs / Symptoms

- Swollen eyes
- Swollen throat
- Choking, gagging

A c t i o n (s) t o t a k e

- Call **911**
- Seat victim
- baby aspirin
- nitroglycerin (if victim uses it) (MAX 3 doses)

- Call **911**

- **5 J** thrusts
 - **5** back whacks
- IF ALONE**
- hit chest against high back chair

- Call **911**
- Epinephren pen**
 "Blue to the sky"
 "Orange to the thigh"
- Hold pen against thigh for **10 seconds MIN.**

IF ALONE
 In turn, COUGH & DEEP breaths

BABY
 Cradle in arm, invert
 Back whack **5 X**
 Face up, slant downward, chest compressions

Types of Emergencies

Bleeding

Highway Accident

s y m p t o m s

External

- Spurting?
- Colour?
- Avoid touching w bare hand
- **Wear latex gloves**
- Have victim apply cloth pressure if possible

Internal

- Not much can be done
- **Call 911**
- Symptoms**
- Dark bruise 'hematoma'
 - Bruise is expanding

Situation Report

- *'Location, location, location'*
- *Emergency situation*
- *Number of victims*
- *Types of injuries*

A c t i o n (s) t o t a k e

- Call **911**
- Check surroundings
- Be sure to wear latex/rubber gloves
- Apply pressure on the wound with clean cloth

- Call **911**

- Call **911**

Direction
Landmarks
Vehicles, colour, number

GLOVE REMOVAL

"pinch palm & pull"

Cardiopulmonary Resuscitation

C P R



1 Call 911

- 2
- Victim should be on a floor
 - Tilt victim's head back; be sure tongue is not obstructing throat.

3 Remember:

30 : 2
pushes puffs

- kneel over chest/shoulders
- interweave fingers/hands
- place hands on sternum
- keep elbows straight
- push down
- establish a rhythm
- **REPEAT, REPEAT, REPEAT**
until conscious or EMS arrives

- PINCH THE NOSE
- Tilt head back
- Watch the chest for rises

ON A BABY

Use small puffs

Defibrillator

A defibrillator is an electronic device which delivers an electrical shock via flat paddles attached to the chest of a person whose heart is not beating.

Defibrillators are now available in many public places and these devices are very accurate, safe to use, and have saved many, many lives.



Be sure you are standing in a dry area.

- 1 Power on the device. Some devices will give a voice prompt.
- 2 Remove any drug patches.
- 3 Bare the person's chest. Cut away clothing and bra if one is worn.
- 4 Shave the hair from areas to be paddled.
- 5 Remove adhesive from paddles and apply as illustrated on the paddles.
- 6 Warn nearby people, "CLEAR !" to step away

Training was provided by



Important Internet resources:

Cdn. Red Cross www.redcross.ca

St. John's Ambulance www.sja.ca/English/Pages/default.aspx

Toronto EMS www.torontoems.ca/main-site/contact/contact-details.html

Disclaimer:

This document was prepared by Richard Szpin as a summary of the CPR training sessions done for Probus Pickering. Richard takes no responsibility nor guarantees the accuracy and/or effectiveness of any procedure or advice given herein.