

Emergencies & What to Do

Burns

- Run cool water over the burn for about 30 minutes.
- If the burn is small, submerge it in cool water.
- Remove clothing around the burn by cutting or tearing it, but don't remove clothing that is stuck to the burn.
- Do not apply soap, ointment, butter or other home remedies to any burn.

Note: For electrical burns, make sure the current has been disconnected before touching the victim or flushing the burn. Administer CPR if necessary and call for help.

In Case of Shock

Shock can be life-threatening if it is not treated immediately. Even if the injury itself is not life threatening, the person can still die from shock.

Symptoms of Shock:

- Pale or bluish skin
- Skin that is cold to the touch
- Vomiting
- Dull, sunken eyes
- Unusual thirst

What to Do:

- Call 9-1-1 or your local emergency number.
- Make sure the victim is breathing.
- Control bleeding.
- Elevate the victim's legs above the heart unless he or she is too seriously injured to be moved.
- Cover the person with blankets to prevent loss of body heat.
- Don't give the person anything to eat or drink, as this could cause vomiting.



NO INJURY IS TOO SMALL:

Be sure to tell a supervisor about every on-the-job injury, even minor scrapes or splinters. Even a small injury may need to be examined and treated to lessen the risk of infection or other complications.

TAKE A CLASS, SAVE A LIFE

The best way to prepare yourself for an emergency is to take a first aid and CPR class. Contact your local American Red Cross or American Heart Association chapter for classes near you.

- **AMERICAN RED CROSS**
(www.redcross.org or 1-800-733-2767)
- **AMERICAN HEART ASSOCIATION**
(www.americanheart.org or 1-800-AHA-USA-1)

Heat Injury

- **Heat exhaustion** **Signs:** Fatigue, dizziness, disorientation, damp and clammy skin. **What to do:** Move the victim to a cool place and encourage him or her to drink water and rest.
- **Heat stroke** **Signs:** Mental confusion, collapse, unconsciousness, dry skin. **What to do:** Move the victim to a cool place and immerse the person in cool water or pour cool water over his or her body. Call for help right away because heat stroke is a life-threatening condition.

Choking: How to Help

- Ask the victim to cough or speak. If the person is unconscious and unable to cough, speak or breathe, ask the person if he or she is choking and if you can help.
- Once consent is given, use the "five-and-five" method described below.
- Lean the person forward and give 5 sharp back blows between the shoulder blades.
- If the victim continues to choke, get behind the victim and give 5 quick abdominal thrusts.
- Continue the cycle of 5 back blows and 5 abdominal thrusts until the person is able to breathe or cough, the object is dislodged or the person loses consciousness.
- If the person becomes unconscious, immediately call 9-1-1 or local emergency.

Steps to Control Bleeding

Apply direct pressure firmly over the bleeding area until the bleeding stops or medics arrive.

Place gauze or other cloth over the bleeding area and apply manual pressure. Or wrap elastic bandage firmly over the gauze — the bandage will hold the gauze in place and apply pressure. Add more gauze and pressure until the bleeding stops or EMS rescuers arrive.

If the bleeding stops, don't remove the cloth if it is stuck to the wound. This could start the bleeding again.

Remember: Loss of a quart or more of blood can lead to shock and death. If you can't control the bleeding from a wound, call for help.



Basic Adult CPR Steps

FIRST, CHECK THE PERSON FOR MOVEMENT OR RESPONSE. IF HE OR SHE SHOWS NO RESPONSE, HAVE SOMEONE CALL 9-1-1 AND THEN START CPR.

IF YOU'RE ALONE WITH SOMEONE IN TROUBLE, CALL 9-1-1 YOURSELF (IF POSSIBLE) BEFORE STARTING CPR.

1. **Open the airway.** Roll the person onto his or her back if necessary. Gently lift the person's chin with one hand while pushing down on the forehead with the other hand. Check for breathing; sometimes opening the airway is enough to start a person breathing again.
2. **If the person is not breathing, take a normal breath (not a deep breath) and give the victim two 1-second rescue breaths.** Pinch the person's nose closed and keep his or her head tilted back. Put your mouth over the victim's mouth and give two breaths. Note: You should be able to see the victim's chest rise with the first breath. If the chest does not rise, perform another head tilt/chin lift before attempting the second rescue breath.
3. **After giving two rescue breaths, begin cycles of 30 chest compressions and then two rescue breaths until an automated external defibrillator (AED) arrives, the victim begins to move or professional responders take over.**
4. **For chest compressions:** With your fingers, find the notch where the two halves of the rib cage meet in the middle of the chest. Put the heel of one hand on the breastbone just above that notch. Place your other hand on top and interlace your fingers. Press down hard, so that the breastbone moves 1½ to 2 inches, then relax. Perform chest compressions at a rate of about 100 per minute (faster than once per second). Note: Push hard and push fast to get more blood flow through the heart and to the rest of the body. If you have to do rescue breathing and give chest compressions without anyone assisting you, do 30 chest compressions for every two breaths.
5. **If someone else is with you, alternate compressor roles about every two minutes, or after five cycles of CPR. Change positions in 5 seconds or less to minimize the interruption in rescue efforts.**



When performed correctly, CPR can help keep a person alive until help arrives.

Poisoning

- Poisonous substances can be ingested, inhaled or absorbed through the skin. Use treatment appropriate to the injury, such as removing clothing from a skin injury and flushing with water, getting a victim of an inhaled chemical to fresh air or encouraging a person to vomit after ingesting poison.
- Call your local Poison Control number to report the poisoning.
- Perform CPR if the victim is not breathing.
- Get the label from the poisonous substance or write down its name for emergency personnel.