

Basic Life Support: First Aid Skills



Scene Safety Assessment

S**Stop****A****Assess the scene****F****Find oxygen unit, first aid kit and AED, and take to injured person****E****Exposure protection**

Initial Assessment

- Assess responsiveness and normal breathing
 - Tap the person's collar bone or shoulder and loudly ask **"Are you OK?"**
 - State your name and your desire to help
- If the person responds, have them remain in the position found
- If unresponsive but breathing normally, place in recovery position
- If not breathing normally, begin CPR
 - Shout for help or send a specific person to call EMS

Secondary Assessment

- Use eyes and hands to check for abnormalities, bleeding or other body fluids
- Inspect person from head to foot palpating gently and visually checking:
 1. Scalp, face, nose and ears
 2. Neck and collarbones
 3. Ribs and abdomen
 4. Hips and legs
 5. Arms and grip strength
 6. Ability to wiggle fingers and toes
- Stop if any life-threatening injuries are found and intervene as necessary
- Note any abnormal findings

Bleeding

Direct Pressure

- Apply direct pressure to the wound until the bleeding is controlled
 - Apply dressing; use additional absorbent material if needed
- Bandage the dressing in place, wrapping toward the heart
 - Check for CMS (circulation, movement, sensation); adjust dressing and bandage if necessary
- Do not remove impaled objects; secure them in place to avoid further injury

Applying a tourniquet

- Apply 2.5-5 cm (1-2 inches) above the wound or high on the limb
- Place windlass over bleeding artery
- Turn windlass until bleeding stops, and secure
- Note "T" or "TK" and time of application on injured person's forehead
- Continue to monitor and provide verbal support

Wound Packing

- Pack dressing material to the depth of the wound
- Apply lateral pressure to the wound walls, holding gauze in place on one side while additional gauze is packed on the opposite side
- Maintain lateral pressure on wound walls during the packing process.
- Hemostatic impregnated gauze, if available, is a good choice for this type of wound
 - If it is used, advise EMS personnel. It will require modification in their care

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Splinting

- Apply splint to injured limb (splint in the position found)
- Immobilize joints above and below the injury
- Pad injured area to support and protect
- Use sling with arm splints
- Check for CMS (circulation, movement, sensation); adjust splint or sling if necessary

Shock

- Maintain normal body temperature (provide warmth/cooling as needed)
- Elevate the feet 15-30 cm (6-12 inches) if there is not a neck, spine, or pelvis injury
- Do not provide food or drink

Suctioning

For adults and children

- Place in recovery position if not already
- Use size-appropriate suction catheter
- Measure suction device
- Use scissor technique to open mouth
- Suction for no more than 15 seconds for adults and 10 seconds for children
- Monitor injured / ill person; repeat suction as necessary

For infants

- Depress suction bulb before suctioning
- Remove the suction bulb from mouth or nose, and depress it away from the infant to clear it
 - Suction the mouth and then the nose
 - Limit suctioning to no more than 5 seconds

Recovery Position

- Kneel beside the person, and make sure their legs are straight
- Place arm nearest you at a right angle to their body
- Bring far arm across their chest placing their hand against their cheek
- Hold their hand in place
- With your other hand, pull the far knee up by placing your hand under the leg just above the knee or grab that pant leg; keep the foot on the ground
- Pull the elevated knee toward you with one hand while supporting their hand that is against their cheek with your other hand; rolling them onto their side
- Adjust the top leg so 90° angles are formed at the hip and knee
- Adjust the head and hand if necessary to keep airway open
- Monitor the person for any changes

Medical Emergencies

The following are **MEDICAL EMERGENCIES**. Alert local emergency medical services immediately!

Anaphylactic Shock: Signs/Symptoms (swelling, itching, airway narrowing, respiratory distress)

- Assist with any prescribed allergy medications

Cardiogenic Shock: Signs/Symptoms (pale, clammy skin; severe shortness of breath; weak pulse)

- Have person lay on their back or in a position of comfort; monitor responsiveness

Hypovolemic Shock: Signs/Symptoms (pale, clammy skin; confusion; weakness; rapid breathing)

- Control any bleeding; lay person on back or in position of comfort; monitor responsiveness

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