

# Medical Incidents

This guide is for basic awareness only and not a substitute for comprehensive training. **Call 9-1-1 for official assistance.**

## Allergic Reactions and Poisoning

- **Know the signs:** swelling of face, lips, tongue, airway; blue/gray lips; wheezing; chest tightness; dizziness; nausea/vomiting; itchy skin or hives.
- **Provide relevant first aid:** administer epinephrine, an asthma inhaler, or other.
- **Do CPR** with the direction of a 9-1-1 dispatcher or trained CPR provider.

## Breathing Problems

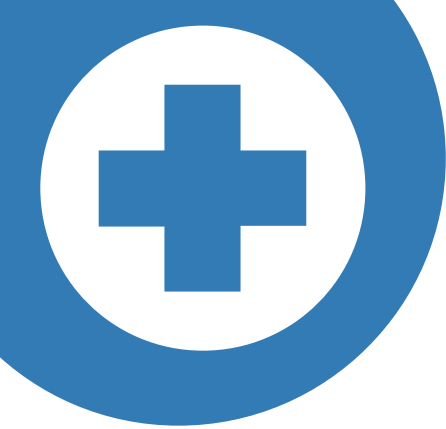
- **Check for responsiveness:** CPR is only to be performed when no pulse is found.
- **Check for other conditions:** is the person an asthmatic? Do they have their inhaler?
- **Call for help:** Call or appoint someone to call 9-1-1 immediately.
- **Chest compressions:** Push hard and fast, at least two (2) inches down at a rate of 100 to 120 presses per minute. Allow chest to rise completely between presses.
- **Rescue breaths:** Open airway by lifting the chin. Pinch the nose shut, make a seal over their mouth, and give 2 breaths, each lasting about a second.

## Bone, Joint and Spine Injuries

**Call 9-1-1 immediately. For neck or spine injuries, do not move the injured person or let them move. Movement will make injuries worse and risk paralysis.**

For broken bones, dislocations or sprains, provide first aid, if bleeding occurs, and follow directions from 9-1-1 dispatch.





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## Choking

- If alone and choking, make a crossed hands motion in front of your throat to signal for help. Collapse your abdomen into a chair back, pressing upward.
- To help someone choking, move behind them, make a fist above their navel, and thrust upward. If unresponsive, start CPR and have someone call 9-1-1.

## Cuts and Bleeding

- **Apply pressure** with sterile gauze or a clean cloth. Elevate the limb above the heart.
- Once bleeding is controlled, **clean the wound** with water and mild soap. Avoid alcohol, hydrogen peroxide, and antibacterial ointments; use petrolatum-based ointments if needed. Keep the wound covered with sterile bandages.
- **Call 9-1-1** if the wound is deep, caused by a puncture, spurting blood, or bleeding doesn't stop after 10 minutes of pressure.

## Restoring Heartbeat

**Only use AED kits if trained or instructed by emergency services.**

- **Call for help:** Call or appoint someone to call emergency services immediately.
- **Do not leave** the person alone, appoint someone to look for an AED kit.
- **Use AED:** Attach pads in the correct positions as indicated by the diagrams on the kit and follow the instructions provided by the device.

