

# FIRST AID

Everyone has heard of it.....  
BUT WHAT IS IT REALLY?

The immediate care that you give someone with an illness or injury before trained help arrives and takes over.

Most first aid that you give will be for minor injuries and illnesses, however, you may be called to act in some very serious situations.

# Emergency Statistics

- Over 40 million injury-related visits are made to U.S. hospital emergency rooms annually.
- Injuries result in more than 160,000 deaths in the U.S. annually.
- More than 70 million people in the U.S. have cardiovascular disease.
- Cardiovascular disease causes about 700,000 deaths annually in the U.S.

# E.M.S.

What does this mean?

Emergency  
Medical  
Services

- Network of police, fire and medical personnel, as well as other community resources.

# You have a role in the E.M.S. system!!!

Your role includes the following four steps:

1. Recognize that an emergency exists.
2. Decide if you will act.
3. Activate the E.M.S. system.
4. Give care until help arrives.

# 1. Recognize the Emergency

*Be aware of unusual sights, sounds, and smells.*

*What might be some examples?*

# 1. Recognize the Emergency

*What are some unusual sights that you might observe?*

- Stopped vehicle or vehicle off the side of the road.
- Broken glass
- Downed electrical wires
- Sparks, smoke, or fire

# 1. Recognize the Emergency

*What are some unusual sounds that you might hear?*

- Screaming, yelling, or moaning
- Breaking glass
- Screeching of tires
- Unusual silence

# 1. Recognize the Emergency

What are some unusual smells or odors that might indicate an emergency?

- Burning rubber
- Unusually strong odors – i.e. gasoline



# 1. Recognize the Emergency

What are some unusual behaviors that you might recognize?

- Confusion or disorientation
- Trouble breathing
- Clutching chest or throat
- Slurred or confused speech

## 2. Decide to Act

Are you required to act if you are certified in First Aid and CPR?

Answer:

You are only required to act if it is considered part of your job description.

i.e. Law enforcement officers, firefighters, flight attendants, lifeguards, park rangers, etc.

## 2. Decide to Act

Why might someone be hesitant to act in an emergency situation?

- The presence of other people.
- Uncertainty about the injured person's condition.
- The nature of the injury.
  - Vomiting, bad odors, deformed body parts, torn or burned skin.

## 2. Decide to Act

Why might someone be hesitant to act in an emergency situation?

- Fear of catching a disease.
- Fear of doing something wrong.
- Fear of being sued.
  
- Is there protection against being sued?
- Good Samaritan Laws - see handout

## 2. Decide to Act

When should you choose NOT to administer first aid in an emergency situation?

- When your life is in danger.
- Any time that you do not feel comfortable with the situation. The decision to act is your decision!
- Whether or not you choose to provide first aid, it is critical that you always call 9-1-1.

### 3. Activate the E.M.S. System

- This is the most important step that you can take in an emergency situation.
- Know your local emergency number.
  - 9-1-1
- Some buildings such as hotels, offices, and schools require that you dial the number 9 before you can access an outside line.

## 4. Give Care Until Help Arrives!

- You may be the difference between life and death!

# ALWAYS GET PERMISSION TO GIVE CARE!

- You must obtain "consent" before administering first aid.
  - Provide the following information to the injured person:
    - Introduce yourself
    - Explain your level of training
    - Explain what you think is wrong
    - Explain what you plan to do
  - Only then can a person give consent for care.
  - Never give care to a conscious person who refuses it.



# ALWAYS GET PERMISSION TO GIVE CARE!

- If the injured person is an infant or child, permission should be obtained by the parent or guardian.
- Do NOT give care if the parent or guardian does not consent.
- Permission is implied if the injured person is unconscious or unable to respond.