

# TAKING ACTION

Emergency Action Steps

CHECK

CALL

CARE

# CHECK

**“Dead heroes can’t save lives. Injured heroes are a nuisance. So check the scene for hazards before you lurch in.”**

- Nancy L. Caroline, Emergency Care in the Streets

# CHECK

First, CHECK the scene and try to answer the following questions:

1. Is there any danger for the rescuer?
2. Is there any danger for the victim?
3. Are there any other people around who can help?
4. Where is the nearest phone? Does someone have a cell phone?

# CHECK

---

5. How many people were injured? How were they injured? You may need to prioritize if there are multiple victims.
  6. What is your location? Address, floor, location in building or property.
-

# CHECK

CHECK the victim/victims to find out what is wrong?

1. First, check to see if the victim is conscious. Ask the victim if he/she is okay in a loud voice.
  - If the victim is conscious, reassure him or her and try to find out what happened.
  - If the victim does not respond, he/she may be unconscious.

# CHECK

An unconscious victim is in a life-threatening emergency.

Someone must call 9-1-1 immediately.

# CHECK

Other indications of life-threatening conditions include:

1. No breathing or trouble breathing.
2. Severe bleeding.
3. Unusual sights, sounds, or smells.

# CALL

Call 9-1-1 and be prepared to answer questions about the emergency such as:

1. Where is your emergency and what number are you calling from?
2. What is the emergency?
3. What is your name?



# CALL

Call 9-1-1 and be prepared to answer questions about the emergency such as:

4. Is the victim conscious?
5. Is the victim breathing normally?
6. Are you able to assist with CPR?
7. Do you have access to an AED?

\* Do not hang up until the dispatcher tells you to.

# CARE

Below is a list of general guidelines to follow when providing care until EMS personnel arrive:

1. Do no further harm.
2. Monitor the victim's breathing and consciousness.
3. Help the victim rest in a comfortable position.

# CARE

---

Below is a list of general guidelines to follow when providing care until EMS personnel arrives:

4. Keep the victim from getting chilled or overheated.
5. Reassure the victim.
6. Give other specific care as needed.