



## First Aid Statistics

Adults	Children	Infants
<ul style="list-style-type: none"> <li>• Every year, the U.S. experiences over 356,000 out-of-hospital cardiac arrest events, with nearly 90% resulting in fatality.</li> <li>• The combination of immediate CPR and defibrillation with an AED can significantly improve a victim's chance of survival.</li> </ul>	<p>In the U.S., injuries are a leading cause of death for children and teens. Drowning deaths are most common among 1-4 year olds, while motor vehicle crash deaths are most common among 5-19 year olds.</p>	<p>Airway obstruction (suffocation) is most common among infants under 1 year old, leading to the highest number of deaths in this age group.</p>

## First Aid Provider

The role of a first-aid provider is to keep an injured or ill person safe and prevent further harm until help arrives. This training program aims to teach basic first-aid skills to achieve these goals. A first-aid provider will provide an assessment to help guide them in their response.

## Primary Assessment

Assess the Scene	Decide to Help
<p><b>Assess the scene for Safety</b></p> <ul style="list-style-type: none"> <li>• Use your best judgment, do not approach the scene if it is unsafe.</li> <li>• Ask yourself if you can handle the situation.</li> <li>• Approach the injured/ill person using standard precautions. It is recommended that you use PPE when available.</li> </ul> <ul style="list-style-type: none"> <li>❖ Non-latex gloves</li> <li>❖ CPR face mask/face shield</li> <li>❖ Gown</li> <li>❖ Goggles</li> </ul> <p>Try to get a good impression of what's happening and who's involved.</p> <p>If the scene is safe, approach the ill/injured person and continue your assessment</p> <p>If it's evident that someone is experiencing a life-threatening injury or illness, immediately call 9-1-1, get an AED, and grab a first-aid kit.</p>	<p><b>Good Samaritan Laws</b> protect individuals who: act in good faith, exercise prudence in providing care, and are not negligent in providing care.</p> <p><b>Consent</b> is required from a responsive adult. <b>Consent is implied</b> if the adult is non-responsive.</p> <p>For children under 18 years of age <b>Consent</b> is required from a parent or guardian if they are present <b>Consent is implied</b> if a parent or guardian is not present</p>

# SECONDARY ASSESSMENT

## Is the person responsive?

**IF RESPONSIVE**

### CONTINUE YOUR ASSESSMENT BY ASKING THE PERSON

- What the problem is
- If they are taking medication
- If they have a medical history that can be helpful to your assessment
- If they are experiencing pain

### CONTINUE YOUR ASSESSMENT

- Assess the person's mental status
- Evaluate the condition of the person's breathing
- Scan the person's body for injuries and deformities

### CALL OR TEXT 9-1-1 IF THE PERSON IS:

- Experiencing heavy bleeding
- Experiencing an altered mental status
- Having trouble breathing
- Experiencing a severe allergic reaction
- Severely injured or burned
- Unable to move a part of their body
- Experiencing a seizure, with no history of seizures
- Trying to commit suicide
- Experiencing pain in the chest, left arm, or jaw
- Pregnant and experiencing pain in the abdomen

Check for responsiveness

**IF NON-RESPONSIVE**

Activate EMS - Call or text 9-1-1, Grab an AED, and check for breathing

Check for breathing

## IS THE PERSON BREATHING?

**If Breathing**

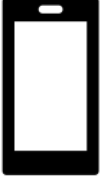


Consider placing the person in the side-lying recovery position. (Your instructor will demonstrate this technique in class).

- Provide Narcan if a drug overdose is suspected.
- Continue your assessment for breathing.
- Scan the person's body for injuries and deformities.
- If bleeding is observed, immediately take action to control or stop the bleeding
- Look for medical jewelry.
- Look for drug paraphernalia.
- Keep the person safe.
- Move the person to a safe area if necessary

**If Not Breathing, or Experiencing Agonal Gasping**

Assume the person is suffering from cardiac arrest

- **Immediately initiate CPR** beginning with chest compressions. It's better to assume a person is in cardiac arrest if you're not sure and start CPR.
- **Immediately administer an AED** if available. An AED can dramatically improve the chance of survival from sudden cardiac arrest.
- Provide Narcan if a drug overdose is suspected (if you are the only first aid provider, focus only on CPR and AED administration).




Activate EMS	Start CPR	Defibrillate with an AED
		

## Activate EMS for Any Medical Emergency

Call or Text 9-1-1	<ul style="list-style-type: none"> <li>• Call 9-1-1 from any phone</li> <li>• Text to 9-1-1 is available throughout Arizona</li> <li>• The average response time for EMS providers is 7-10 minutes nationally, including rural areas.</li> </ul>
Follow Your Workplace Emergency Action Plan (EAP)	<ul style="list-style-type: none"> <li>• Grab an AED (Automated External Defibrillator)</li> <li>• Grab a FAK (First Aid Kit)</li> <li>• Notify your administrator or manager</li> </ul>
Grab the Nearest AED (Automated External Defibrillator)	AEDs are designed to identify a correctable heart rhythm through their pads and correct that rhythm through a shock. Early defibrillation can dramatically increase a person's chance of survival from sudden cardiac arrest. Grab the nearest AED device, or direct someone to <b>grab an AED, for any medical emergency.</b>
Grab a Bleeding Control Kit (Also referred to as a trauma kit or advanced FAK)	A Bleeding Control Kit controls or stops excessive bleeding from an open wound. Items include a <b>commercial tourniquet, compression or hemostatic dressing, chest seal, and an emergency bandage.</b> If a Bleeding Control Kit is near, grab it or get someone else to grab it, along with an AED, if available.
Grab a First Aid Kit (FAK)	Most workplaces are required by law to have a basic first-aid kit fully stocked and ready for use. <ul style="list-style-type: none"> <li>• <b>Type A kits</b> – Designed to deal with the most common types of workplace injuries.</li> <li>• <b>Type B kits</b> – Designed with a broader range and quantity of supplies to deal with injuries in more complex or high-risk environments</li> </ul>

## Non-Emergency Numbers

Poison Control Center	1-800-222-1222
Suicide Crisis Lifeline.	988
Animal Poison Control.	888-426-4435

<b>Activate EMS</b>	<b>Start CPR</b>	<b>Defibrillate with an AED</b>
		

## CPR

### **(Cardiopulmonary Resuscitation)**

CPR is designed to provide a cycle of quality compressions and rescue breathing to facilitate blood circulation and deliver oxygen during a cardiac event.

### Compressions

When starting CPR, immediately begin with chest compressions to start building blood pressure.

<b>Age Range</b>	<b>Compression Depth</b>	<b>Compression Rate</b>	<b>Compression to Rescue Breathing Ratio</b>
<b>Adult (Puberty and older)</b>	2" deep	100 – 120 Compressions per minute	30/2 Compressions-only CPR is an option
<b>Child (Age 1 – Puberty)</b>	1/3 the full depth of the child's chest, or approximately 2" deep.	100 – 120 Compressions per minute	30/2 Emphasis is on rescue breathing, compressions only not an option
<b>Infant (Birth - Age 1)</b>	1/3 the full depth of the child's chest.	100 – 120 Compressions per minute	30/2 (Emphasis is on rescue breathing, compressions only not an option)




Compressions only CPR should only be an option for adults suffering from sudden cardiac arrest

Humans breathe in about 21% oxygen from the air and exhale about 17% oxygen

### Rescue Breathing

Administering rescue breaths during CPR provides oxygen to a victim experiencing cardiac arrest.

You should provide enough air to fill the victim's lungs. Always check for chest rise when giving rescue breaths. If you don't see the chest rise, proceed to the next cycle of CPR. Your instructor will demonstrate rescue breathing using their CPR manikin.

Activate EMS	Start CPR	Defibrillate with an AED
		

## AED ADMINISTRATION (Automated External Defibrillator)

Sudden Cardiac Arrest is a leading cause of death in the US, accounting for an estimated 375,000 deaths each year.

Sudden Cardiac Arrest is the leading cause of death in young athletes.

The only effective cure for sudden cardiac arrest (SCA) is immediate treatment with a defibrillator.

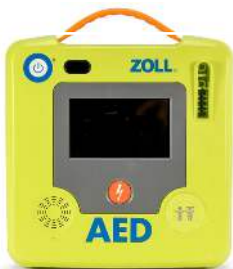
If a cardiac arrest victim is shocked with a defibrillator within the first minute of collapse, the chances for survival are close to 90%.

### Key points:

- An AED will look for and most often correct an abnormal heart rhythm that causes sudden cardiac arrest through its pads.
- AEDs can be found in some public places and places where people congregate.
- An AED should be used for all ages. (Separate pediatric pads or pressing a pediatric button is necessary for children under 55 lbs. or under the age of 8).
- Use adult pads on a child if pediatric pads or a pediatric setting are not available.

### Steps for using an AED

- Turn on the AED.
- Follow the voice prompts.
- Place the pads on the victim's bare dry chest.
- Make sure nothing obstructs the AED pads before placement.
- If a shock is needed the AED may direct the user to press a flashing shock button or the AED may provide an automatic shock.
- Continue to follow voice prompts.
- If the shocked person starts breathing leave the pads on their chest and do not turn off the device. Consider placing them in the recovery position.
- If the shocked person does not start breathing, continue CPR. Your device will reanalyze every 2 minutes.



# Narcan (Naloxone) Administration

In Arizona there were more than 1,900 opioid overdose deaths in 2022. About 30 of these fatalities were in children under the age of 18.

Narcan should be used for all ages for a suspected drug overdose.

## What is Narcan?

- Narcan is an over-the-counter medication and is the brand name for Naloxone.
- Narcan (Naloxone) is used for opioid overdoses including Fentanyl and heroin.
- Narcan (Naloxone) can potentially reverse the effects of an opioid overdose
- Narcan (Naloxone) is very safe to use and can only help



## When to use Narcan (Naloxone)

- Narcan should be used whenever a **non-responsive** person is suspected of having overdosed on an illicit drug, even if the drug is unknown.

### Suspect an overdose if:

- Drug paraphernalia is observed on or next to the non-responsive victim.
- The victim is a known drug user or a known previous drug user.

### Can Narcan cause harm if used for a non-opioid overdose?

- Narcan will not harm the victim if used for a non-opioid drug overdose

### PREVENTING OPIOID OVERDOSES

## How to Administer Narcan



Remove Narcan from box



Hold with your thumb, first and middle finger



Insert tip into either nostril



Press the plunger firmly

If you suspect an overdose is occurring, call 911. Administer rescue breathing and naloxone (Narcan).

**Your instructor will demonstrate the proper use of Narcan.**

### Step 1

Activate EMS (call or text 9-1-1 and grab an AED)

### Step 2

Remove Narcan from the box or case.

### Step 3

Hold with your thumb, index, and middle finger.

### Step 4

Insert tip into either nostril.

### Step 5

Press the plunger firmly.

### Step 6

Place the victim in the side-lying recovery position.

If the person stops breathing, or experiences agonal gasping immediately start CPR and have another person administer the Narcan during CPR.

If you are a lone rescuer continue CPR without administering Narcan until help arrives.

## CHOKING (Full airway obstruction)

### Adult and child

What to do

- Provide abdominal thrusts until object is dislodged
- Provide back blows if you cannot wrap your arms around the victim's abdomen
- If the person becomes unresponsive, call 9-1-1 and begin CPR

### Infant

What to do

- Give 5 back slaps and 5 chest thrusts
- If the infant becomes unresponsive, call 9-1-1 and begin CPR

## SEIZURE

### **What to do**

- Time the seizure
- Keep the person safe by preventing injuries
- Try not to move the person if they are experiencing a tonic-clonic seizure
- Do not place any object in the victim's mouth

### **Call 9-1-1 if**

- The seizure lasts more than 5 minutes
- The person is pregnant
- The person has no history of seizures or if you don't know their medical history

## MILD VS SEVERE ALLERGIC REACTION

### **Mild allergic reaction**

- Stuffy nose
- Sneezing
- Itching of the skin

### **Severe allergic reaction**

- Raised, red rash on the skin
- Trouble breathing
- Swelling of the tongue and face
- Signs of shock

If the reaction is severe, activate EMS and use an epi-auto injector as directed by the victim's first aid action plan. Your instructor will demonstrate how to assist with an epi-auto injector.

## FAINTING

### **What to look for**

Fainting is temporary and usually occurs when a person

- Stands without moving for a long period
- Has a heart condition
- Suddenly stands after squatting, bending down, or sitting too long
- Receives bad news

### **What to do**

- Place the person in a position of comfort and safety or direct them to lie down with feet elevated
- Have the person cross both legs and tense their muscles
- Have the person make a fist with both hands continuously

## HEAT-RELATED ILLNESS

### **Heat Exhaustion**

#### **What to look for**

- Sweating, nausea, dizziness, vomiting, muscle cramps, feeling faint, fatigue

#### **What to do**

- Have the person sit or lie down in a cool place
- Provide fluids with electrolytes if possible
- Fan the person

### **Extreme Heat Exhaustion/Heat Stroke**

#### **What to look for**

- Confused or unresponsive
- Has a seizure
- Feels faint or fatigued
- Feels nauseous
- Stops sweating

#### **What to do**

- Activate EMS (Call 9-1-1, grab an AED)
- Do not provide anything to drink
- Place the person in cool water up to their neck, or
- Soak all clothing in water
- Place ice packs at the pressure points
- Fan the person

## EXTERNAL BLEEDING

### What to do

#### Apply direct pressure to the wound

- Apply dressings to the wound and continue to apply direct pressure
- If there is life-threatening bleeding from an arm or leg, consider using a manufactured tourniquet (Your instructor will demonstrate how to properly administer a commercial tourniquet)
- Pack a large open wound with gauze, hemostatic dressing, or clothing
- Assess for signs of shock

#### Activate EMS if

- There is a lot of bleeding
- You cannot stop the bleeding
- You see signs of **shock**
- The injury is from a fall and you suspect a head, neck, or spine injury
- You are not sure what to do

## SHOCK

### Signs of Shock

- Feeling weak, faint, or dizzy
- Feeling nauseated
- Feeling restless, confused, or unusually sleepy
- Breathing is fast
- Tissue discoloration; pale, grayish
- Skin is cool to the touch

### What to do

- Activate EMS (Call 9-1-1, grab an AED)
- Calm and reassure the victim
- Direct the person to lie down on their back
- Elevate the person's feet – 6" above the ground
- Cover the person with a blanket

## HEART ATTACK

### What to look for

- Pain in the chest, left arm, or jaw
- Discomfort in the back
- Shortness of breath
- Cold sweat
- Nausea or light-headedness



### What to do

- Activate EMS (Call 9-1-1, grab an AED)
- Aspirin can be given, 1 dose 325mg., or 2 low dose aspirin 81mg.
- Do not offer aspirin if the person is allergic to aspirin or taking blood thinners
- If the person becomes unresponsive and stops breathing or shows signs of agonal gasping – Activate EMS, immediately start **CPR**, and administer an **AED**.

## STROKE

### What to look for

Use the acronym F.A.S.T to assess for signs of stroke

F – Facial droop

A – Arm drift

S – Speech

T – Time to activate



### What to do

- Activate EMS (Call 9-1-1, grab an AED)
- Calm and reassure the victim
- Direct the person to lie down on their back
- Elevate the person's feet – 6"
- Cover the person with a blanket

Visit our website for more first aid resources, first aid blog, and our podcast

[www.lphealthdirections.com/resources](http://www.lphealthdirections.com/resources)

Shop for new AEDs, AED accessories, Bleeding Control Kits, and first aid items.

Visit our AED Shop: [www.lphealthdirections.com/shop](http://www.lphealthdirections.com/shop)

Contact us with questions or comments or to schedule a CPR, first aid training class.

Email: [info@cpr4az.com](mailto:info@cpr4az.com)