

**SPECIAL POINTS
OF INTEREST:**

- Immediate Action
- Choking
- Bleeding
- Electric Shock
- Controlling External Bleeding
- Burns
- Heimlich Maneuver

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Hats ON for Safety

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Emergency Care Guide

Your Actions Can Save Lives-Know What to Do

CPR and first aid training can make a difference in emergencies. Contact the American Red Cross, American Heart Association, your local hospital or SBMA for information about training and classes

Immediate Actions

1. Ensure that the scene is safe.
2. Check the victim for life-threatening conditions, such as unconsciousness.
3. Call 911 and begin

CPR if necessary

4. Check for bleeding. Stop bleeding by applying direct pressure.
5. Check for head, neck or spinal injuries. Don't move the victim unless necessary.
6. Look for medical ID tags or prescription medications that may indicate any special health problems.
7. Do not give fluids. The victim may not be able to swallow correctly and could suffocate.
8. Stay calm. Continue to aid victim until

medical help arrives.

Choking

1. ASK: "Are you choking?" If the victim can't breathe, cough, or speak, or makes high-pitched sounds, have someone call for emergency help.
2. IF THE VICTIME BECOMES UNCONSCIOUS: Call 911 and begin CPR.



Bleeding

- Call 911 if bleeding is severe.
- Cover wounds with sterile gauze or the cleanest cloth available and press firmly.

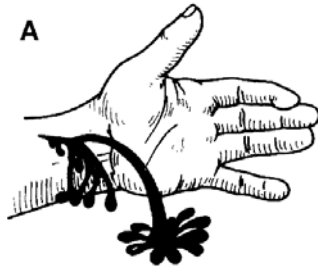
If available, wear gloves.

- Add new cloths on top of the first as needed.
- Maintain direct pressure until professional help arrives or bleeding stops

Electric Shock

- Disconnect source of electricity Call 911
- Begin CPR if victim appears unconscious.
- Treat for shock and burns. Lie victim on back with feet elevated, unless you suspect head, neck or back injuries. Loosen clothing

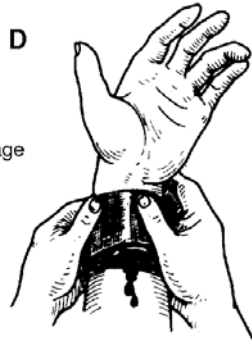
CONTROLLING EXTERNAL BLEEDING



raise the limb



roll of bandage tied firmly in place



BURNS

- Call 911 if the burn causes difficult breathing; covers more than one body part; involves head, neck, hands, feet or genitals; is to a child or elderly person; or is the result of chemicals, explosions or electricity.
- If the victim appears unconscious, call 911 and begin CPR
- Cool the burnt area with large amounts of cool water unless it is an electrical burn. Certain chemical burns require special care. Check the materials label.
- Do not use butter or oil on a burn
- Do not apply ice or ointment to a severe burn or remove clothes that are stuck to or embedded in the skin.



This guide is not intended to replace regular care by a physician and the author, reviewer and publisher disclaim all responsibility for use or misuse of the information herein.

Source: Positive Promotions

Heimlich Maneuver



1. Lean the person forward slightly and stand behind him or her.



2. Make a fist with one hand.



3. Put your arms around the person and grasp your fist with your other hand near the top of the stomach, just below the center of the rib cage.



4. Make a quick, hard movement, inward and upward.

Place the infant stomach-down across your forearm and give five thumps on the infant's back with heel of your hand



ADAM



Place fist above navel while grasping fist with other hand. Leaning over a chair or counter-top, drive your fist towards yourself with an upward thrust

