

# ASHI - General First Aid Steps

## PRIMARY ASSESSMENT: RESPONSIVE

- Make sure the scene is safe
- Introduce yourself, ask if you can help
- Check for altered mental status, breathing difficulty
- Check for bleeding, injuries, medical jewelry. Check tissue color, assess body temperature.
- Phone 911 if necessary, get AED and FA kit

## SECONDARY ASSESSMENT

SAMPLE: **S**igns and Symptoms, **A**llergies, **M**edications, **P**ast Medical Problems, **L**ast Oral Intake, **E**vents

DOTS: **D**eformities, **O**pen Injuries, **T**enderness, **S**welling

## PRIMARY ASSESSMENT: UNRESPONSIVE

- Make sure the scene is safe
- Tap and ask "Are you okay?" (no response)
- Phone 911, get AED and FA kit, wear PPE
- Open airway, check breathing (patient is breathing)
- Check for bleeding, injuries, medical alert jewelry
- If no injuries, place in recovery position

## Sudden Injury

### CONTROL OF BLEEDING

- Put on PPE. Quickly expose and inspect wound. Using a clean pad apply pressure directly on point of bleeding. If blood soaks through, apply a second pad.
- When controlled, maintain pressure. Consider using pressure bandage.

IF BLEEDING CONTINUES:

- Call 911
- If bleeding is on a limb, use a tourniquet.
- If bleeding is on torso, consider using a hemostatic dressing.

### SHOCK

SIGNS:

- Patient may be uneasy, restless, or worried.
- Confusion, and/or pale, cool, sweaty skin.

ACTION:

- Phone 911, get FA kit and AED (or send someone to do so).
- Maintain normal body temperature: insulate on top and underneath. Do not overheat. Give nothing to eat or drink.

### AMPUTATION

ACTION:

- Phone 911 and get the first aid kit (or ask someone to do so) & put on protection.
- Stop the bleeding with direct pressure.
- Cover amputated part with clean dressing, place in waterproof bag. Put the bag on ice with victim's name, date, and time. Send this with them to the hospital.

### IMPALED OBJECTS

- Do not remove impaled object!
- Carefully tear or cut away clothing. Look for and attend to serious bleeding.

- Keep the affected body part immobilized. Place bulkier padding around object for stabilization.
- Activate EMS for any significant impaled object or if you are in doubt over severity.

### OPEN CHEST INJURY

- Activate EMS immediately.
- Remove clothing to assess wound. Look for exit wound and treat the more serious one first.
- Do not seal the wound with airtight dressing!
- Have patient assume most comfortable position for breathing.

### OPEN ABDOMINAL INJURY

- Activate EMS immediately.
- Cover protruding organs with thick moist dressing – do not push them back into body.
- Do not apply direct pressure on the wound or exposed internal parts.

### HEAD, NECK, or BACK INJURY

#### SPINAL INJURY

- Phone 911 and get the AED and first aid kit.
- Leave patient in position found and stabilize the head.
- Establishing/maintaining an airway is a higher priority than protecting a suspected injury to the spine. If fluids are collecting in mouth, roll patient on to side to drain.

### SWOLLEN, PAINFUL, or DEFORMED LIMB

- Get the first aid kit, put on PPE.
- Cover any open wound with clean dressing. Never push an exposed bone back under skin.
- Leave injured limb in position found. Use padding in gaps underneath limb to stabilize.
- Call 911 if injury seems serious or you are not sure of the severity.
- Local cooling can help decrease bleeding, swelling, and pain.



## BURNS

### THERMAL

- Check for your safety. Call 911 if burn is severe or you are not sure of the severity.
- Get the first aid kit and put on PPE.
- Expose burned areas. If clothing is stuck to the burn, cut around it. Remove jewelry that is not stuck to the skin.
- Cool burn immediately with cold water for at least 10 minutes (if not available use a gel-soaked burn dressing).
- Cover the burn with a sterile dressing. Check for shock.

### ELECTRICAL

- Make sure the scene is safe: do not touch the victim while they are in contact with the current. Shut off the power at the source.
- Phone 911 and get the AED and first aid kit.
- If it is safe to touch the victim, check for breathing. Begin CPR if necessary. Treat burns.
- A healthcare provider should check all victims with an electrical injury.

### CHEMICAL

- Make sure scene is safe!
- Quickly remove chemical from skin by brushing off or flushing with water for 15 minutes. Remove any contaminated clothing.
- Cover burns loosely with clean dry dressing and seek medical attention.
- If chemicals are in the eye flush for 15 minutes (have patient turn head so water flows away from unaffected eye). Try to remove contacts.

## MINOR INJURIES

### NOSEBLEED

- Wear PPE. Ask victim to sit up straight with their head tilted forward, chin down. Pinch soft portion of nose for 10 minutes.
- If nose continues to bleed or signs of shock are present call 911.

### INJURED TOOTH

- Wear PPE. Control bleeding (have patient bite down on clean pad). Check mouth for loose teeth/parts of teeth – handle tooth by crown, not root.
- Put dislodged tooth in Hanks Balanced Salt Solution, egg white, coconut water, or whole milk. Take patient and tooth to dentist asap.

## Sudden Illness

### ALTERED MENTAL STATUS

#### FAINTING

- Lay the patient flat on their back. Elevate feet 6-12 inches (unless painful or you suspect injury)

#### STROKE

##### ASSESSMENT & ACTION:

- **FAST:** Face droop (ask person to smile – look to see if it is uneven).
- **A**rm drift (ask person to raise both arms – see if one drifts back down).
- **S**peech difficulty (ask person to speak a simple sentence – listen for slurring or difficulty).
- **T**ime to phone 911 immediately if the person has any trouble with these tasks.
- Note time of first signs. Remain with patient.

#### HYPOGLYCEMIA

##### SIGNS:

- Change in behavior (confusion, irritability, acts oddly). Hungry, thirsty, weak, sleepy, sweaty, seizure. May be trembling, have pale, cool, sweaty skin.

##### ACTION:

- If patient can swallow, administer a sugary liquid or food. Do not give insulin.
- Call 911 if not better in 10-15 minutes, has difficulty swallowing, cannot follow commands.

#### SEIZURE

- Move furniture, and place soft object under head, protect from injury. Do not restrain. Roll the person to side if airway needs clearing.
- Phone 911 if person is injured or vomits during seizure, has no history of seizure, has multiple seizures, or seizure lasts more than 5 minutes.

## BREATHING DIFFICULTY

### ASTHMA

- Ask "Do you need help? Do you have medicine?". Assist them with their medicine.
- Call 911 if person has no medicine, medicine does not help, breathing gets worse, person becomes unresponsive.

### SEVERE ALLERGIC REACTIONS

##### SIGNS:

- Trouble breathing, swelling of tongue, lips, eyelids, face. Itchy bumps or hives on face/chest.

##### ACTION:

- Help victim with their epinephrine pen. Stabilize their leg, apply pen and hold in leg for time indicated. Note the time.
- Phone 911. If no improvement and EMS is at least 5-10 minutes away a 2<sup>nd</sup> dose can be given.



## CHOKING

### SIGNS:

- Cannot breathe, talk, or make sounds, or makes the choking sign.

### ACTION:

- Ask "Are you choking? May I help you?"
- Perform abdominal thrusts (adults/children), or alternate 5 back slaps/5 chest thrusts (infants).
- If patient becomes unresponsive, call 911 and perform CPR. Look in mouth when opening the airway to give breaths. Remove object if seen.

## PAIN, PRESSURE, DISCOMFORT in CHEST

### SIGNS:

- Pressure, squeezing, fullness or pain in chest.
- Discomfort/pain in upper body (in one or both arms, the back, neck, jaw, stomach).
- Shortness of breath, cold sweat, nausea.
- Women, elderly, and diabetics may have an uncomfortable feeling in the chest such as an ache, heartburn, or indigestion.

### ACTION:

- Phone 911, get AED (or send someone to do so).
- Have the victim sit quietly and give one adult aspirin if there are no allergies, serious bleeding, or signs of stroke. Assist with nitroglycerin if the patient has a prescription.
- Start CPR if victim stops responding.

## POISON EMERGENCIES

### INGESTED

#### SIGNS:

- Abdominal pain or cramping, nausea, vomiting, altered mental status.

#### ACTIONS:

- Phone 911. Tell dispatcher name of poison if known. Give only antidotes you are instructed to!
- Poison control specialist may ask: name of poison, how much poison did person touch, breathe, swallow? Age and weight of person, when it happened, how the person is feeling now.
- Save any vomit, bottles, containers.

### INHALED

#### SIGNS:

- Headache, nausea, dizziness, difficulty breathing, altered mental status.

#### ACTIONS:

- Make sure the scene is safe! If unsafe, do not approach and have others move away.
- Move victims to fresh air.
- Phone 911.

## Environmental Emergencies

### HEAT EMERGENCIES

#### HEAT EXHAUSTION

##### SIGNS:

- Nausea, dizziness, vomiting, muscle cramps, feeling faint or fatigued, heavy sweating.

##### ACTION:

- Call 911.
- Have the person lie down in cool place.
- Remove as much of the patient's clothing as possible. Cool patient with cool water spray or place damp cloths on neck, armpits, groin.
- If responsive enough to drink, have them drink something with sugar and electrolytes; use water if these are not available.

#### HEAT STROKE

##### SIGNS:

- Confusion, warm or hot to the touch, may be unresponsive or experience a seizure.

##### ACTION:

- Call 911. Put patient into cool water up to neck. If immersion not possible, spray with cool water, apply cold packs to neck, groin, armpits.
- If needed, give CPR.

### COLD EMERGENCIES

#### HYPOTHERMIA

##### SIGNS:

- Pale, cold skin. Loss of coordination. Confusion, sleepiness, lack of concern about condition.
- Uncontrollable shivering (which will cease when body temperature is very low).

##### ACTIONS:

- Get victim out of cold, remove wet clothing, pat victim dry and help into dry clothes.
- Cover victim with blanket, and place blankets or towel under the victim and around the head (do not cover face). Phone 911, get the FA kit.

#### FROSTBITE

##### SIGNS:

- Frostbitten area is cold and numb, and/or skin is white, waxy, grayish-yellow, or hard.

##### ACTIONS:

- Move victim to a warm place, call 911.
- Remove wet clothing; pat body dry. Do not rub injured skin. Put dry clothes and blanket on patient.
- Remove jewelry from frostbitten area. Put clean pad between injured fingers, and wrap affected part with clean pad. Do not try to thaw frozen part if there is a chance of refreezing before arriving at medical care.



## BITES AND STINGS

### STINGING INSECTS

- Call 911 if victim has signs of severe allergic reaction.
- Remove bee stinger with an edge, such as a credit card. Remove jewelry. Wash with running water and soap.
- Use an ice bag for up to 20 minutes.
- Watch victim for 30 minutes for signs of severe reaction (trouble breathing, swelling of tongue and face, fainting).

### SNAKE BITES – PIT VIPER (venomous copperheads, cottonmouths, and rattlesnakes)

- Call 911 – get the first aid kit, don PPE, clear others from area.
- Ask the victim to stay still, calm, and not move. Immobilize injured body part and keep below heart.
- Remove tight clothing and jewelry.
- Wash the area with soap and running water. Control bleeding.
- Do not apply tourniquet, cold compress, or suck venom out.

### SNAKE BITES – CORAL SNAKE

- Call 911 – get the first aid kit, don PPE, clear others from area.
- Apply pressure bandage around entire length of extremity (wrap towards body). Immobilize injured part and keep below heart level.
- Do not apply tourniquet, cold compress, or suck venom out.

### SPIDER BITES

#### SIGNS:

- Tenderness, swelling pain, itchiness at bite site.
- Cramping, muscle rigidity.
- Fever, weakness, nausea and vomiting, difficulty breathing.

#### ACTION:

- Call 911. Keep patient calm, warm. Local cooling can help with swelling and pain.

### TICK BITES

- Using tweezers, grab the tick near its mouth or head as close to the skin as possible (avoid pinching the tick). Lift tick straight out.
- Save the tick in a plastic bag.
- Wash the bite with running water and soap if available.
- If in an area with tick-borne illnesses, or a rash or flu-like symptoms develop, seek medical attention.

### MARINE ANIMAL STINGS - JELLYFISH

- Get FA kit. Wear PPE.
- Rinse area for 30 seconds with vinegar.
- Submerge the injured body part in hot water for 20 minutes to reduce pain.

### MARINE ANIMAL STINGS – STINGRAY

- Immerse injured area in hot water for 30-90 minutes.
- Call 911 if difficulty breathing, heart palpitations, weakness, fainting.

### ANIMAL OR HUMAN BITES

- Wash wound with plenty of soap and water.
- Control bleeding with direct pressure.
- Seek medical help due to chance of infection.
- Seek medical help if person was in contact with a bat, or was alone in a room with a bat.
- Report animal bites to police or animal control.

## Environmental Emergency Quiz

- Your neighbor picks up an injured bat and is bitten on the hand.
- You are on a hike in Eastern Washington with some friends and one of them gets bitten by a Western Rattler.
- You are dining on the outdoor patio of a restaurant and someone in your group is stung by a bee. They begin to have trouble breathing.
- You are clearing out an old wood pile in your back yard and feel a pin prick on your arm and notice a 1/2 " long, shiny black spider with a red hourglass on the abdomen scurrying away. Soon you begin to experience muscle cramps.
- You just got back from a backpacking trip and discover a tick lodged in your hip.
- You walking along Alki beach with a friend. They reach down to pick up an unusual rock to find that it is covered with jellyfish tentacles.
- You and a neighbor are both out gardening on a hot summer day and he complains of being faint, dizzy, and is experiencing muscle cramps.
- You are skiing and your friend complains of a numb ring finger. Upon inspection, it is white and waxy looking.
- You are kayaking in the San Juan Islands on a blustery fall day. Your partner, who is not wearing a dry suit, is moving slowly, paddling in an odd manner, and acting strangely.

