* Before Giving Care:
	+ Check scene
	+ Ask for consent to help:
		- Implied
			* Minor without parent nearby
			* Unconscious
		- If refuse
			* Call 911 and do not treat
	+ Good Samaritan law
		- Consent, doing what trained to do, don’t stop till EMS
	+ Call first vs care first
		- Call
			* Cardiac Arrest
		- Care
			* Bleeding
			* Choking
			* Anaphylaxis
	+ 4 actions to take in emergency
		- Recognize emergency, decide to take action, activate ems, give care consistent with knowledge/training
	+ Checking a responsive victim
		- SAMPLE
* Cardiac Emergency/CPR
	+ Steps for checking unresponsive victim
		- chest compressions
			* 30 rate of 100-120
		- Breaths
			* 2 1 second per breath
			* If first breath does not go in
				+ Retilt/ chin lift
			* If 2nd doesn’t go in
				+ Resume compressions
				+ Check for blockage before next set of breaths
	+ Heart attack
		- Signs/symptoms
		- Treatment
			* Sit confortably, loosen tight clothing, call 911, help w/ medicine if applicable
	+ Cardiac arrest
		- Causes
			* Heart attack, drowning, choking, electricity, drugs, direct trauma, cardiac disease
		- Treatment
			* CPR
	+ Cardiac chain of survival
		- Early recognition/activate ems
		- Early cpr
		- Early AED
		- Advanced medical care (EMS stuff)
		- Post cardiac care (Hospital stuff)
* AED
	+ Automated External Defibrillator
	+ What rhythms will it be effective for?
		- Ventricular fibrillation, ventricular tachycardia
	+ When do we use the AED during CPR
		- As soon as you get it
	+ Child pads vs adult pads
		- Adult can be used on child
		- Child cant be used on adult
	+ Where do the pads go
		- Upper right lower left
		- If overlapped, front center and back center
* Choking
	+ Universal sign of choking
		- Grabbing throat
	+ First step in treating choking after checking scene
		- Ask and gain consent to treat
	+ Call EMS vs no call
		- Call if: cant talk/cough, no noise or high pitched wheezing
		- Call: if they become unresponsive
	+ Treatment:
		- If can cough or talk- tell them to continue
		- If they cannot: 5 back blows, 5 abdominal thrusts
		- If become unresponsive: lay down cpr
* Breathing emergencies
	+ Have them sit down, breathe slowly in through nose out through mouth
	+ Inhaler
		- Reduces inflammation in throat and lungs
* Anaphylaxis
	+ When to use epi pen
		- Known exposure along with difficulty breathing
		- Suspected exposure 2 of following: hives, swelling of face, redness, trouble breathing
	+ How to use epi- pen
* Diabetic emergency
	+ What to do for treatment of hyper vs hypo glycemia
		- Give 15-20 g of sugar if able to take it
* Seizure
	+ Treatment
		- Let the seizure run its course
		- Remove objects that could cause harm
		- Remove other people from area
		- Lay on side in recovery position after
	+ Call ems
		- If they have multiple
		- last longer than 5 mins
		- Become unresponsive after
		- First seizure unknown cause
		- Elderly
		- Young brought on by fever
		- Occurred in water
* Fainting
	+ To prevent
		- Head between legs, lay on back elevate legs
* Stroke
	+ Signs symptoms
		- Drooping of mouth or eyelids
		- Weakness in 1 side of the body
		- Headache
		- Slurred speech
	+ FAST
		- Face, arms, speech, time
* First Aid
	+ Why wear PPE
	+ Steps for taking care of minor wounds
	+ Tourniquets
		- Severe bleeding/stopping complete blood flow
		- Multiple victims
	+ Nosebleeds
		- Head down not up!
	+ Burns
		- Treatment: run under cold potable water
		- If chemical burn with powder
			* Brush off before running water over it
	+ Spine injuries
		- If suspected: do not move the victim
	+ Environmental
		- Heat illness
			* Heat cramps, exhaustion, stroke (EMS)
			* To prevent
				+ Cool areas
				+ Stay hydrated
		- Cold illness
			* Hypothermia
				+ Pale skin, blue lips, glossy demeanor, shivering or ceasing shivering
			* Frostbite
				+ Dry clothes, gradually rewarm
				+ DO NOT: massage, hot water/fire