* 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