

CHOKING: How to Help

- Ask the victim to cough or speak. If the person is conscious and unable to cough, speak or breathe, ask the person if he or she is choking and if you can help.
- Once consent is given, use the "five-and-five" method described below.
- Lean the person forward and give 5 sharp back blows between the shoulder blades.
- If the victim continues to choke, get behind him or her and give 5 quick abdominal thrusts.
- Continue the cycle of 5 back blows and 5 abdominal thrusts until the person is able to breathe or cough, the object is dislodged or the person loses consciousness.
- If the person becomes unconscious, immediately call 9-1-1 or local emergency.



Poisoning

- Poisonous substances can be ingested, inhaled or absorbed through the skin. Use treatment appropriate to the injury, such as removing clothing from a skin injury and flushing with water, getting a victim of an inhaled chemical to fresh air, or encouraging a person to vomit after ingesting poison.
- Get the label from the poisonous substance or write down its name for emergency personnel.
- Call your local Poison Control number to report the poisoning. Be prepared to give as much information as possible: the person's age and weight and how much of which product was ingested or inhaled, or absorbed through the skin.
- Perform CPR if the victim is not breathing.

Carbon Monoxide Danger

NEVER let your car idle inside the garage even if the garage door is open. **Reason:** Poisoning from carbon monoxide, a colorless, odorless gas. The majority of accidental carbon monoxide deaths in garages happened despite open windows and doors.

A Class Can Save a Life

The best way to prepare yourself for an emergency is to take a first aid and CPR class. Contact your local Red Cross or American Heart Association chapter for classes near you:

American Red Cross (www.redcross.org)
American Heart Association (www.americanheart.org)
or 1-800-733-2767 or 1-800-AHA-USA1

HEAT INJURY

Heat exhaustion **Signs:** Fatigue, dizziness, disorientation, damp and clammy skin. **What to do:** Move the victim to a cool spot and encourage him or her to drink water and rest.

Heat stroke **Signs:** Mental confusion, collapse, unconsciousness, dry skin. **What to do:** Move the victim to a cool place and immerse in cool water or pour cool water over victim's body. Call for help right away because heat stroke is a life-threatening condition.

BURNS

- Run cool water over the burn for about 30 minutes.
- If the burn is small, submerge it in cool water.
- Remove clothing around the burn by cutting or tearing it, but don't remove clothing that is stuck to the burn.
- Do not apply soap, ointment, butter or other home remedies to any burn.

Note: For electrical burns, make sure the current has been disconnected before touching the victim and flushing the burn. Administer CPR if necessary and call for help.

Emergencies & What to Do



EMERGENCY! Take Action

Workplace injury victims often recover because a co-worker knew what to do. Be prepared:

Call for help. In cases of serious injury or illness, call your local emergency number and notify a supervisor right away.

Control bleeding. Blood loss can endanger a person's life. Elevate the wound above the heart if possible and apply direct pressure with a cloth or towel.

Flush burns with cool water.

Don't move a person with a back injury. Rolling, lifting or dragging a person who may have hurt his or her back or neck could make the injury worse. Keep the person warm and wait for emergency personnel.

Watch for shock. Symptoms of shock are pale or bluish skin color; cold, clammy skin; vomiting; sunken-looking eyes; and extreme thirst. In case of shock, have the person lie down and elevate the legs. Cover him or her with blankets. Don't give the person anything to eat or drink.
Important: Shock is life threatening and needs immediate medical treatment, so be sure help is on the way.

Be sure to report all on-the-job injuries to a supervisor, no matter how minor.



In Case of Shock

Shock can be life threatening if it is not treated immediately. Even if an injury is not life threatening, the person can still die from shock.

Symptoms of Shock:

- Pale or bluish skin
- Skin that is cold to the touch
- Vomiting
- Dull, sunken eyes
- Unusual thirst

What to Do:

- Call 9-1-1 or your local emergency number.
- Make sure victim is breathing.
- Control bleeding.
- Don't give the person anything to eat or drink, as this could cause vomiting.
- Elevate the victim's legs above the heart unless he or she is too seriously injured to be moved.
- Cover the person with blankets to prevent loss of body heat.

Basic CPR Steps

First, check the person for movement or response. If he or she shows no response, have someone call 9-1-1 and then start CPR. If you're alone with someone in trouble, call 9-1-1 yourself (if possible) before starting CPR.

- 1. Open the airway.** Roll the person onto his or her back if necessary. Gently lift the person's chin with one hand while pushing down on the forehead with the other hand. Check for breathing; sometimes opening the airway is enough to start a person breathing again.
- 2. If the person is not breathing,** take a normal breath (not a deep breath) and give the victim two 1-second rescue breaths. Pinch the person's nose closed and keep his or her head tilted back. Put your mouth over the victim's mouth and give two breaths. **Note:** You should be able to see the victim's chest rise with the first breath. If the chest does not rise, perform another head tilt/chin lift before attempting the second rescue breath.
- 3. After giving two rescue breaths,** begin cycles of 30 chest compressions and then two rescue breaths until an automated external defibrillator (AED) arrives; the victim begins to move or professional responders take over.
- 4. For chest compressions:** With your fingers, find the notch where the two halves of the rib cage meet in the middle of the chest. Put the heel of one hand on the breastbone just above that notch. Place your other hand on top and interlace your fingers. Press down hard, so that the breastbone moves 1½ to 2 inches, then relax. Perform chest compressions at a rate of about 100 per minute (faster than once per second). **Note:** Push hard and push fast to get more blood flow through the heart and to the rest of the body. If you have to do rescue breathing and give chest compressions without anyone assisting you, do 30 chest compressions for every two breaths.
- 5. If someone else is with you,** alternate compressor roles about every two minutes, or after five cycles of CPR. Change positions in 5 seconds or less to minimize the interruption in rescue efforts.

When performed correctly, CPR can help keep a person alive until help arrives.

Steps to Control Bleeding

Apply direct pressure firmly over the bleeding area until the bleeding stops or medics arrive.

Place gauze or other cloth over the bleeding area and apply manual pressure. Or wrap elastic bandage firmly over the gauze — the bandage will hold the gauze in place and apply pressure. Add more gauze and pressure until the bleeding stops or EMS rescuers arrive.

If the bleeding stops, don't remove the cloth if it is stuck to the wound. This could start the bleeding again.

Remember: Loss of a quart or more of blood can lead to shock and death. If you can't control the bleeding from a wound, call for help.