



RECOGNIZING EMERGENCIES BASIC FIRST AID AND/OR CPR



EUROPEAN SERVICE AT HOME
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FUNDAMNETAL OF FIRST AID AND CPR

CALL 911 IN CRITICAL EMERGENCIES, UNRESPONSIVENESS, COLLAPSE OR SUDDEN CHANGE IN CONDITION OF CLIENT AND REPORT TO SUPERVISOR

ALWAYS BE AWARE OF YOUR SURROUNDINGS IN CASES OF EMERGENCY

REMEMBER:

- ▶ ABC (AIRWAY → BREATHING → CIRCULATION)
- ▶ CONTROL BLEEDING
- ▶ TREAT FOR SHOCK (MEDICAL EMEERGENCIES)

DISCUSSION POINTS:

- ▶ OPEN WOUNDS AND BURNS
- ▶ FRACTURES OR DISLOCATIONS
- ▶ EMERGENCY PREPARDNESS PLAN
- ▶ SUDDEN OR ACUTE CHANGES IN CLIENT CONDITION

- ▶ **ALWAYS PERFORM HAND HYGIENE BEFORE AND AFTER ASSISTING CLIENTS AND WEAR GLOVES WHEN IN CONTACT WITH OPEN WOUNDS**

WHAT IS AN EMERGENCY?

- ▶ An emergency is a situation demanding an immediate response or action
- ▶ An emergency can happen at any times or at any place. It is not a clear-cut situation
- ▶ Your response may be the difference between:
 - ▶ Life or death
 - ▶ Temporary or permanent disability
 - ▶ Short or long term recovery

WHAT CAUSES AN EMERGENCY RESPONSE?

- ▶ Many events can cause the activation of an Emergency Preparedness Plan to minimize negative impacts and save lives
- ▶ Each client has an individual Emergency Preparedness Plan which you, as a caregiver, should familiarize self in case of emergency situations
- ▶ Some examples of Emergency Situation include sudden injury such as falls, acute changes in health condition such as stroke or heart attack
- ▶ Other examples of Emergency Situation may include outside factors, such as:



Floods



Earthquakes



Wildfires



Hurricanes



Terrorist attacks



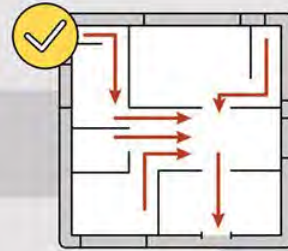
Pandemics



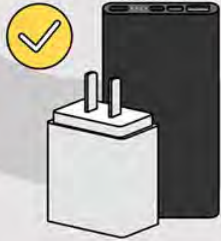
Update your emergency contacts and communication strategy



Create / update your emergency kit and don't forget the disinfectant / masks / gloves



Create an emergency evacuation plan for home and work



Charge electronic devices and invest in a battery bank



Keep essential documentation, supplies and cash in a crushproof, waterproof Pelican case

EMERGENCY PREPAREDNESS TIPS

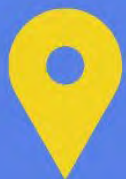
EMERGENCY PREPAREDNESS TIPS FOR EVERYONE

- ▶ Where are the safe areas in your home, workplace, and other places you visit often?
- ▶ How will you get emergency information?
- ▶ How will you communicate with your support network?
- ▶ What items will you need in order to stay safe and healthy if you cannot leave your home for hours or days?
- ▶ What items will you need in order to stay safe and healthy if you have to go to a shelter?
- ▶ How will you evacuate if you need to?

DISASTER PREPAREDNESS ESSENTIALS



Make a plan



Know your Zone, Know your Home



Stock a disaster supply kit



Update insurance policies



Reinforce your home



Know evacuation routes



Practice emergency plan



Document your property



Make checklist of important documents & valuables



Have a way to receive weather alerts



[FLORIDADISASTER.ORG/PLANPREPARE](https://www.floridadisaster.org/planprepare)

EMERGENCY PREPARATION TIPS FOR PEOPLE WITH MOBILITY DISABILITIES

- ▶ Where are the safe areas in your home, workplace, and other places you visit often?
- ▶ Are these areas, and the routes to these areas, accessible for you?
- ▶ If you have to leave your home, do you have accessible transportation?
- ▶ Do you have equipment, medications or Assistive Technology that you would need in a shelter?
- ▶ Backup equipment

EMERGENCY PREPAREDNESS TIPS FOR PEOPLE WITH SENSORY DISABILITIES

- ▶ What is the best way for you to receive emergency information?
- ▶ How will you communicate with others?
- ▶ Do you have equipment, medications or Assistive Technology that you would need in a shelter?
- ▶ Backup equipment?

EMERGENCY PREPAREDNESS TIPS FOR PEOPLE WITH COGNITIVE OR INTELECTUAL DISABILITIES

- ▶ What is the best way for you to receive emergency information?
- ▶ How will you communicate with others?
- ▶ Do you have equipment, medications or Assistive Technology that you would need in a shelter?
- ▶ Backup equipment?
- ▶ Items that will help you to reduce stress?

DISASTER EMERGENCY KIT

STATE OF ILLINOIS

<https://ready.illinois.gov/plan/emergencykit.html>

EMERGENCY PREPAREDNESS

1. **Make a Plan** - Talk to family and friends about the types of emergencies that can occur.
2. **Build an Emergency Supply Kit(s)** - Have a kit for your house, vehicle, and your place of work. Be prepared to shelter in your home or to be evacuated.
3. **Get Training** - Learn first-aid and CPR (cardio pulmonary resuscitation). Know how to shelter-in-place and how to turn off utilities (power, gas, water) to your home.
4. **Volunteer** - Volunteer in your community as a CERT (Citizen Emergency Response Team) member, a firefighter, or an emergency medical technician.

Disasters can happen anytime and anywhere. And when disaster strikes, you may not have much time to respond. Take the 4 steps of preparedness:

- 1. MAKE A PLAN** - Discuss with family and friends emergencies that could occur.
- 2. BUILD AN EMERGENCY SUPPLY KIT(S)** - Have a kit for your house, vehicle and your place of work. Be prepared to shelter in your home or to be evacuated.
- 3. GET TRAINED** - Learn first-aid and CPR. Know how to shelter in place and how to turn off utilities (power, gas and water) to your home.
- 4. VOLUNTEER** - Examine volunteer opportunities in your community.

You and your family will cope best by preparing before an emergency strikes. One way to prepare is by assembling a Disaster Supplies Kit. Once disaster hits, you will not have time to shop or search for supplies. But if you have gathered supplies in advance, your family can endure an evacuation or home confinement.

To prepare your kit

- Review the checklist in this brochure.
- Gather the supplies that are listed. You may need them if your family is confined at home.
- Place the supplies you'd most likely need for an evacuation in an easy-to-carry container. These supplies are listed with an asterisk (*).

DISASTER KIT SUPPLIES CONTINUED

SPECIAL ITEMS

Remember family members with special needs, such as infants and elderly or disabled persons.

For Baby*

- Formula Diapers Bottles
- Medications Powdered Milk

For Adults*

- Heart and high blood pressure medication
- Other prescription drugs Insulin
- Extra eye glasses
- Contact lenses and supplies
- Denture needs

Personal Protection Items

The Centers for Disease Control (CDC) recommends the following additional items be added to any disaster kit to safeguard each member of your family from public health emergencies:

- Face Coverings
- Hand Sanitizer
- Disinfection Wipes

IMPORTANT FAMILY DOCUMENTS

Keep these records in a waterproof, portable container.

- Will, insurance policies, contracts, deeds, stocks and bonds.
- Passports, social security cards, immunization records.

Preparedness Information

American Red Cross
www.redcross.org

Illinois Terrorism Task Force
www.ready.illinois.gov

Illinois Emergency Management Agency
www.state.il.us/iema



Disaster Kit



Disaster Supplies Kit

Keep the items you would most likely need during an evacuation in an easy-to-carry container such as a camping backpack or a duffle bag. These supplies are listed with an asterick (*).

WATER - Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least 2 quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

- Store one gallon of water per person per day. (two quarts for drinking, two quarts for food preparation and sanitation).*
- Keep at least a three-day supply of water for each person in your household.

FOOD - Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. *Include a selection of the following foods in your Disaster Supplies Kit:

- Ready-to-eat canned meats, fruits & vegetables.
- Canned juices, milk, soup (if powdered, store extra water).
- Staples such as sugar, salt, pepper.
- High-energy foods - peanut butter, jelly, crackers, granola bars, trail mix.
- Vitamins
- Foods for infants, elderly person or persons with special diets.
- Comfort/stress food - cookies, hard candy, sweetened cereal, lollipops, instant coffee, tea bags.

FIRST-AID KIT - assemble a kit for your home and one for each car. A first-aid kit* should include:

- Sterile adhesive bandages in assorted sizes.
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Scissors
- Cleansing agent/soap
- Needles
- Latex gloves (2 pairs)
- Tweezers
- Moistened towelettes
- Antiseptic
- Thermometer (medical)
- Tongue depressor (2)
- Sunscreen

Non-prescription drugs

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Laxative
- Antacid (for stomach upset)

Contact your local American Red Cross Chapter to obtain a basic first-aid manual and training.

Suggestions and Reminders

- Store your kit in a place known to all family members. Keep a smaller version of the kit in your car.
- Keep items in air tight plastic bags.
- Change stored water every 6 months so it stays fresh. Rotate your stored food every six months.
- Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.

TOOLS and SANITATION

- Mess kits, or paper cups, plates and utensils*
 - Battery operated radio and extra batteries*
 - Flashlight and extra batteries*
 - Cash, traveler's checks, change*
 - Non-electric can opener, utility knife*
 - Map of the area (for locating shelters)*
 - Emergency Preparedness Manual*
 - Fire extinguisher: small - ABC type
 - Tent
 - Pliers
 - Tape(duct)
 - Compass
 - Paper, pencil
 - Signal flare
 - Whistle
 - Plastic sheeting
 - Medicine dropper
 - Matches in a waterproof container
 - Plastic storage containers, bags
 - Shut-off wrench, to turn off house gas & water
 - Sewing kit (needles, thread)
 - Aluminum foil
- #### Sanitation
- Toilet paper, towelettes*
 - Soap, liquid detergent*
 - Feminine supplies*
 - Plastic garbage bags, ties
 - Plastic bucket with tight lid
 - Disinfectant
 - Household chlorine bleach
 - Hand Sanitizer
 - Disinfection Wipes

CLOTHING and BEDDING

- *Include at least one complete change of clothing and footwear per person.
- Sturdy shoes or work boots*
 - Rain gear*
 - Blankets or sleeping bags*
 - Sunglasses
 - Thermal underwear
 - Hat and gloves
 - Face Coverings

RECEIVING ALERTS AND WARNINGS

- ▶ Plan ahead to determine the best option for you. May try out different services and ensure to have one or more back-up options. Some alert services include:
 - ▶ Weather radios
 - ▶ Email alerts
 - ▶ Text alerts
 - ▶ Reverse 911 systems
 - ▶ Smartphone applications
 - ▶ Television, radio and internet sources
 - ▶ Emergency alert systems

EVACUATION

- ▶ Know your transportation needs
- ▶ Make a plan in advance, if possible
- ▶ Take equipment and service animals with you
- ▶ Have back-up options
- ▶ Communicate with first responders

DISABILITY SERVICES

- ▶ Coordinate disability specific resources
- ▶ Disseminate information about evacuation
- ▶ Health and safety checks
- ▶ Work with emergency management

SHELTERING

- ▶ Plan in advance
- ▶ take service animals, loved ones and care recipients with you
- ▶ Utilize your support network
- ▶ Plan for support services
- ▶ Practice telling shelter workers what your needs are

DISABILITY SERVICES

- ▶ Plan with emergency managers
- ▶ Review shelter sites
- ▶ Plan for continuation of services
- ▶ Communicate within the shelter



CLIENT EMERGENCIES

AND FIRST AID



CLIENT FALLS AND IS INJURED

- ▶ Do not move them unless they are in serious and immediate danger
- ▶ Call “911” following procedures outlined in “Guidelines”
- ▶ Make them as comfortable as possible
- ▶ Stay with them until assistance arrives
- ▶ Report and record the following:
 - ▶ • How the fall occurred
 - ▶ • How far the person walked
 - ▶ • How activity was tolerated before the fall
 - ▶ • Complaints before the fall
 - ▶ • How much help the person needed while walking
- ▶ Complete the *ADSC’s Incident Report*, as soon as possible

CLIENT FALLS AND IS NOT INJURED

- ▶ You may need to let the person move for his or her safety and your own
- ▶ Stay calm, and protect the person from injury
- ▶ Call for help if needed
- ▶ Stay with the person
- ▶ Provide for comfort
- ▶ Report and record the following:
 - ▶ • How the fall occurred
 - ▶ • How far the person walked
 - ▶ • How activity was tolerated before the fall
 - ▶ • Complaints before the fall
 - ▶ • How much help the person needed while walking
- ▶ Complete an *Incident Report*

CLIENT COLLAPSE OR IS SERIOUSLY ILL

- ▶ Call "911"!
- ▶ Make them as comfortable as possible
- ▶ Call the office to report the incident await further instructions
- ▶ Stay with them until assistance arrives
- ▶ Ensure the home is secure when leaving
- ▶ Complete the Agency's *Incident Report* as soon as possible

SIGNS AND SYMPTOMS WHICH MAY INDICATE EMERGENCY SITUATION AND REQUIRE TO CALL "911" IMMEDIATELY:

- **Difficulty breathing or no breathing**
- **No pulse**
- Bleeding severely
- **Chest/neck/jaw/arm pain**
- **Losing consciousness** or are unconscious
- Suspected fracture
- Badly burned
- Inability to move one or more limbs
- **Seizure**
- Suffering from
 - Hypothermia (below normal body temperature)
 - Hyperthermia (well above normal body temperature)
- Poisoning
- Diabetic emergency
- **Stroke**
- Doubt exists as to the seriousness of the situation or client condition rapid deterioration
- Sudden onset of confusion or trouble speaking or understanding speech
- Sudden inability to ambulate, dizziness, or problems with balance
- Sudden changes in vision
- Severe headache with no known cause, especially accompany with light sensitivity, nausea/vomiting, collapse



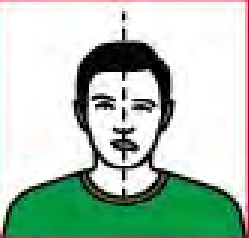

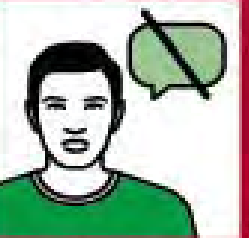

STROKE SIGNS - CALL 911!

CALL 911 IMMEDIATELY

SPOT A STROKE

LEARN THE WARNING SIGNS AND ACT FAST


B E F A S T













					
Loss of balance , headache, dizziness	Eyes: Blurred vision	One side of the face is drooping	Arm or leg weakness	Speech difficulty	Time to call for ambulance immediately

HEART ATTACK SYMPTOMS: MEN VS. WOMEN

By American Heart Association News

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.



MEN	WOMEN
Nausea or vomiting 	Nausea or vomiting 
Jaw, neck or back pain 	Jaw, neck or upper back pain 
Squeezing chest pressure or pain 	Chest pain, but not always 
Shortness of breath 	Pain or pressure in the lower chest or upper abdomen 
	Shortness of breath 
	Fainting 
	Indigestion 
	Extreme fatigue 

HEART ATTACK SIGNS CALL 911!



Source: American Heart Association's journal, *Circulation*
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SEIZURE SIGNS – CALL 911!

Signs and Symptoms of a Seizure



Confusion



Aura



Sudden falls



Staring



Uncontrollable
jerking movements



Strange sensations
and emotions



Loss of consciousness
or awareness

Seizure First Aid

How to help someone having a seizure

1

STAY with the person until they are awake and alert after the seizure.

- ✓ **Time** the seizure
- ✓ Remain **calm**
- ✓ Check for **medical ID**



2

Keep the person **SAFE**.

- ✓ Move or guide away from **harm**



3

Turn the person onto their **SIDE** if they are not awake and aware.

- ✓ Keep **airway clear**
- ✓ **Loosen tight clothes** around neck
- ✓ Put **something small and soft** under the head



Call
911
if...

- ▶ Seizure lasts longer than 5 minutes
- ▶ Person does not return to their usual state
- ▶ Person is injured, pregnant, or sick
- ▶ Repeated seizures
- ▶ First time seizure
- ▶ Difficulty breathing
- ▶ Seizure occurs in water

Do
NOT

- ✗ Do **NOT** restrain.
- ✗ Do **NOT** put any objects in their mouth.
- ✓ **Rescue medicines can be given** if prescribed by a health care professional

Learn more: [epilepsy.com/firstaid](https://www.epilepsy.com/firstaid)



[epilepsy.com](https://www.epilepsy.com)

24/7 Helpline: 1-800-332-1000




SEIZURE FIRST AID

HYPOTHERMIA




- ▶ Occurs when bodies lose more heat than they produce
- ▶ Temperature of body falls below 95F
- ▶ Risk factors: cold, alcohol, fatigue, open wounds
- ▶ UNTREATED HYPOTHERMIA BECOMES A MEDICAL EMERGENCY

HYPOTHERMIA SYMPTOMS

EARLY SYMPTOMS

			
shivering	fatigue	loss of coordination	confusion or disorientation

LATE SYMPTOMS

			
no shivering	blue skin	slowed pulse/ breathing	loss of consciousness

HYPOTHERMIA FIRST AID

- ▶ Move person to a warm place
- ▶ Remove wet clothing
- ▶ Warm center of the body first - chest, head, neck and groin
- ▶ Give warm beverages if conscious
- ▶ Wrap body and head in a warm blanket
- ▶ Administer CPR if unconscious and trained. Always call 911, ESPECIALLY if no improvement notes or individual collapses!

HYPERTHERMIA

- ▶ Hyperthermia can be due to outside forces, such as heat exhaustion during hot weather or being in hot tub for too long
- ▶ Other factors contributing to hyperthermia are during periods of infection when core temperature exceeds normal range of 98F, or in individuals who are unable to regulate their core temperature due to chronic and/or acute conditions
- ▶ There are two forms of hyperthermia
 - ▶ Heat exhaustion
 - ▶ Heat stroke

NOTE: HEAT STROKE IS A MEDICAL EMERGENCY AND REQUIRES IMMEDIATE AND AGGRESSIVE TREATMENT - CALL 911!!

Hyperthermia

Symptoms of heat exhaustion include:



Blurred vision.



Dizziness.



Fatigue or weakness.



Low blood pressure.



Fast breathing or heart rate.



Headache.



Muscle aches or cramps.



Light-headedness or fainting.

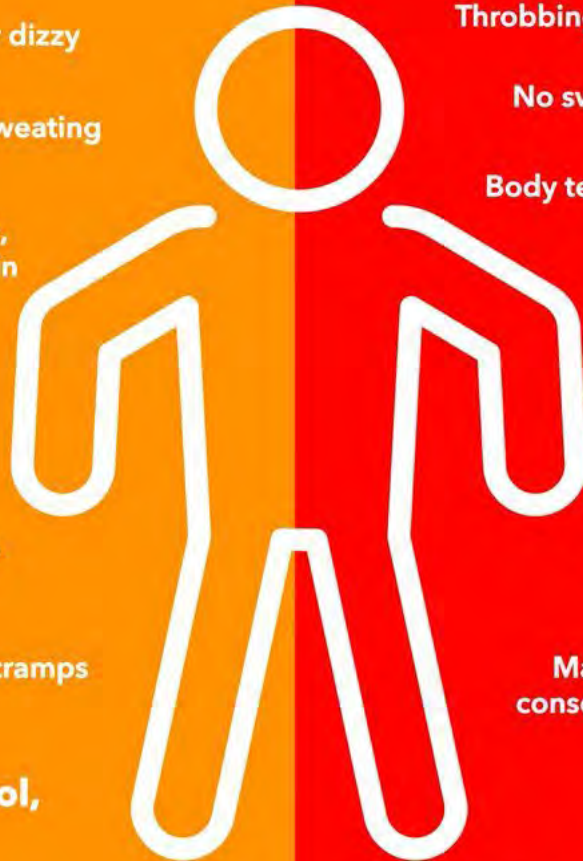


Nausea and vomiting.

SPOT THE SIGNS OF

HEAT EXHAUSTION

HEAT STROKE



Faint or dizzy

Throbbing headache

Excessive sweating

No sweating

Cold, pale,
clammy skin

Body temp above 103°

Nausea or
vomiting

Red, hot
dry skin

Weak,
rapid pulse

Nausea or
vomiting

Muscle cramps

Rapid,
strong pulse

Get to a cool,
dry place

May lose
consciousness

Drink water if conscious

CALL 911

Take a cool shower or use
cold compresses

HEAT EXHAUSTION VS HEAT STROKE

HYPERTHERMIA TREATMENT

- ▶ Move to cooler environment
- ▶ Place in shock position - lying on back with feet elevated
- ▶ Remove excess clothing
- ▶ Cool by fanning or apply cool water/ice to central body (chest, behind neck, groin, armpits, head)
- ▶ Hydration; offer water to drink every 15 minutes
- ▶ Call 911 if no improvement, person collapsed, or Heat Stroke suspected

HEAT STROKE

- ▶ During heat stroke, body heat regulating mechanism fails. The rise in temperature causes brain damage and death.
- ▶ It requires IMMEDIATE INTERVENTION AND COOLING OF BODY
- ▶ The body temperature can rise up to 105F!
- ▶ **CALL 911 IMMEDIATELY**
- ▶ Cool environment
- ▶ *Try to cool as quickly as possible in any manner possible*
 - ▶ E.g. - cool water bath, wrap in wet sheets, place in air conditioned room
- ▶ **DO NOT GIVE ANYTHING BY MOUTH**
- ▶ Place in shock position

SEVERE BURNS

- ▶ Call 911!
- ▶ Cool the burn area with water for 10-20 minutes
- ▶ Protect burn area from ground contact. May cover the injured area loosely with sterile unmedicated dressing or similar non-fluffy material and bandage
- ▶ **Don't** remove anything that is sticking to the burn
- ▶ **Don't** apply lotions, ointments, butter or fat to the injury
- ▶ **Don't** break blisters or otherwise interfere with the injured area
- ▶ **Don't** over-cool the patient and cause shivering
- ▶ If breathing and heartbeat stop, call 911 and begin resuscitation immediately
- ▶ If client is unconscious but breathing normally, place in the recovery position.
- ▶ Treat for shock
- ▶ Send for medical attention and prep for transport.

MINOR BURNS

- ▶ Place the injured part under slowly running water, or soak in cold water for 10 minutes or as long as pain persists
- ▶ Gently remove any rings, watches, belts, and shoes from the injured area before it starts to swell
- ▶ Dress with clean, sterile, non fluffy material
- ▶ **Don't** use adhesive dressings
- ▶ **Don't** apply lotions, ointments or fat to burn/ scald
- ▶ **Don't** break blisters or otherwise interfere
- ▶ If in doubt, seek medical aid and call 911

FIRST AID FOR BURNS AND CUTS

FIRST AID TIPS FOR BURNS



RINSE WITH
COLD WATER



PUT ON A STERILE
BANDAGE



PLENTIFUL DRINK



TAKE PAINKILLERS



DOCTOR'S CALL

FIRST AID FOR CUTS



WASH THE WOUND



SQUEEZE THE EDGES
OF THE WOUND



DISINFECT THE EDGES
OF THE WOUND



APPLY A CLEAN
BANDAGE

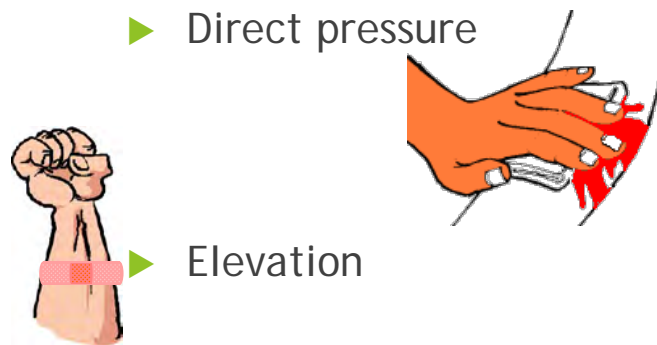


IF MUSCLES OR TENDONS ARE
INJURED, CALL A DOCTOR

FRACTURES AND BLEEDING

- ▶ If open fracture noted (bone sticking out of body) NEVER PUSH THE BONE BACK INTO PLACE
- ▶ DO NOT straighten breaks or broken bones
- ▶ DO NOT attempt to fix a dislocation of bones - call 911, only doctors can do this!
- ▶ ALWAYS TREAT FOR BLEEDING FIRST - APPLY PRESSURE TO STOP THE BLEED!
- ▶ CALL 911 IMMEDIATELY!

CONTROL OF BLEEDING

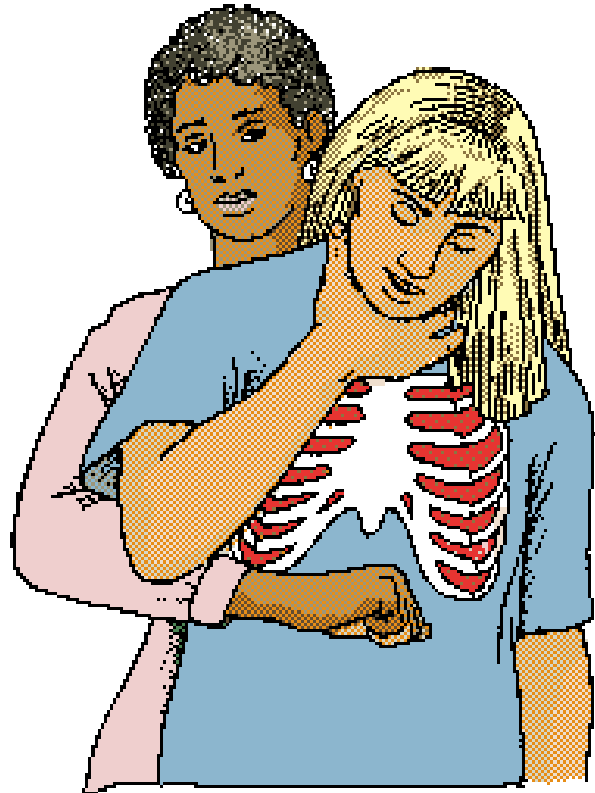


▶ Cold application

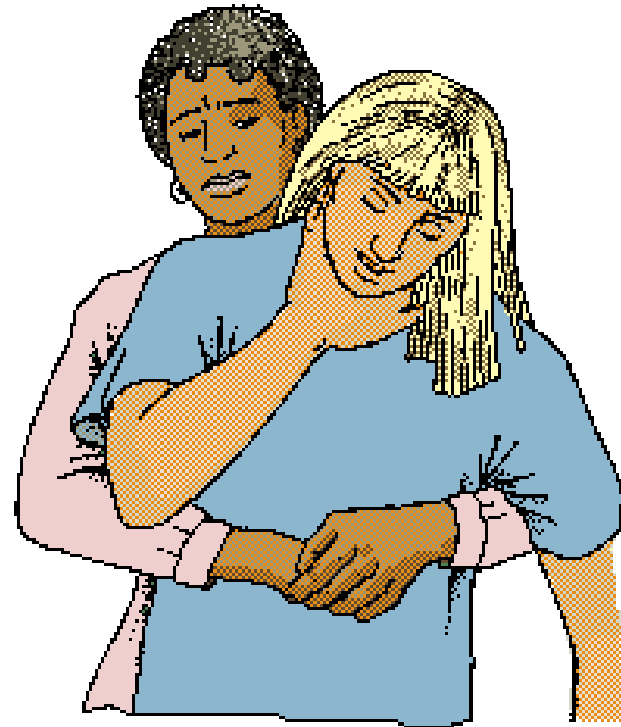
▶ Pressure bandage



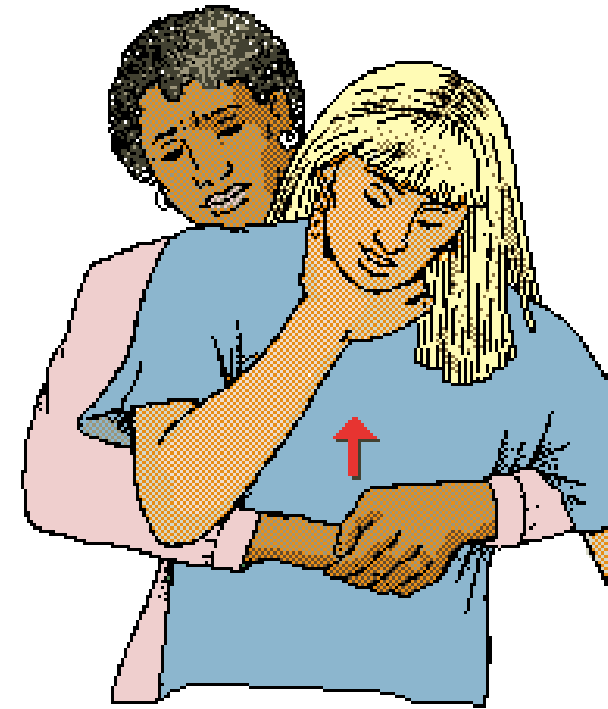
HEIMLICH MANEUVER DURING CHOCKING



Stand or kneel behind the person choking. Place one arm around her waist with the fist positioned between the navel and ribcage. The thumb should be inward



Place the other hand over the first.



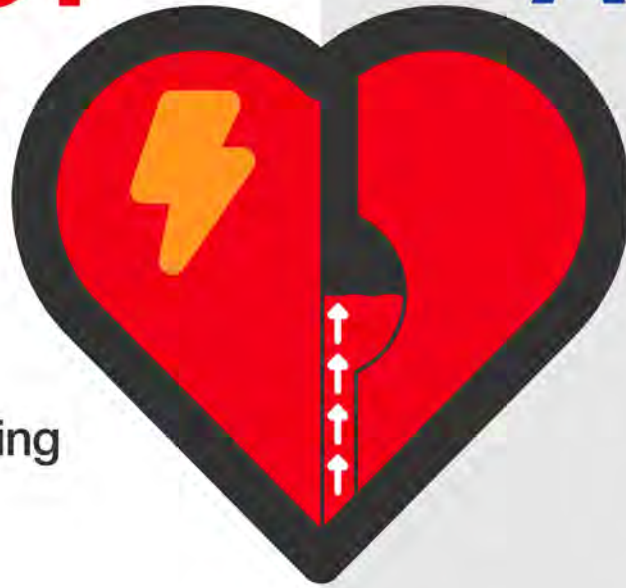
Use the outer hand to increase the force as you press inward and upward, quickly forcing air out of the victim's lungs. If this fails to eject the obstruction, repeat the maneuver as many as 4 times.

CARDIAC ARREST

VS

HEART ATTACK

- Unconscious
- Unresponsive
- Absent or abnormal breathing



- Chest pain
- Difficulty breathing
- Nauseous
- Light-headed

CARDIAC ARREST

CALL 911 IMMEDIATELY!!!

MAY BE DIRECTED TO PERFORM CPR BY 911 DISPATCHER

CPR CERTIFICATE CAN BE OBTAINED AND RENEWED EVERY 2 YEARS INDEPENDENTLY - ENSURE A COPY IS IN YOUR FILE BY HR DEPARTMENT.

CARDIO PULMONARY RESSUSCITATION

CALL 911 - MEDICAL EMERGENCY!

- ▶ Should be trained to perform this procedure and have a valid CPR or BLS license
- ▶ If done improperly, could harm the individual

ALWAYS CALL 911 IF CLIENT IS NOT BREATHING OR HAS NO PULSE

- ▶ State: "THIS IS AN EMERGENCY!"
- ▶ Describe what has happened; give facts and describe what you observed
- ▶ Provide number you're calling from, your name, location
- ▶ Remain calm
- ▶ Follow the 911 dispatcher's direction
- ▶ Advise dispatched immediately if you are not trained in CPR
- ▶ Do NOT hang up before the dispatcher hangs up
- ▶ Reassure the client and/or family
- ▶ Always notify the supervisor of what has transpired and 911 after assisting the client or EMT arrival

A → B → C

AIRWAY → BREATHING → CIRCULATION

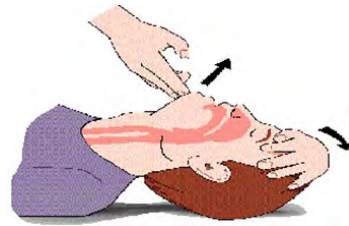
- ▶ 1. Establish responsiveness - "are you okay?"



- ▶ 2. Look and listen/feel for breathing - rise in chest



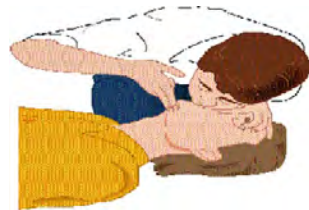
- ▶ 3. Use chin lift or tilt head upwards



- ▶ 4. Check pulse



- ▶ 5. Attempt to Ventilate if no breathing observed



- ▶ 6. Recovery position



Fig 1.

CALL 911
IMMEDIATELY AND
FOLLOW THEIR
DIRECTIONS, WHICH
MAY INCLUDE

Step-by-Step CPR Guide

1. Shake and shout



2. Call 911



3. Check for breathing



4. Place your hands at the center of their chest



5. Push hard and fast—about twice per second



6. If you've had training, repeat cycles of 30 chest pushes and 2 rescue breaths



POST TEST

TEST YOUR UNDERSTANDING



QUESTION 1

Everyone, including family members, clients and caregivers, should be familiar with emergency plan since they each play an important role.

- ▶ TRUE
- ▶ FALSE



QUESTION 2

You are carrying for your client at their home and received a notification on your smartphone from local authorities to evacuate to a safe area due to tornado warning in your area. *You should:*

- ▶ A) Refuse to leave. Most “emergencies” don’t turn out to be a big deal.
- ▶ B) Wait to see if the situation worsened, then decide.
- ▶ C) Follow the advice of local authorities to ensure you and your client is safe.
- ▶ D) Call your neighbor and see what she thinks you should do.



QUESTION 3

You are assisting your client during transfer from a chair to standing position. Suddenly, the client screams "My legs are giving out!". You tried to hold the client and assist them back to the chair but they still fell to the ground and hit their head, where you noted an open wound and bleeding.

What should you do next?

- A) Apply pressure to the wound to stop the bleeding and move the client to the chair.
- B) Call 911 immediately, assess the client to ensure they are safe in the position they are in and follow 911 dispatcher instructions. Notify supervisor once EMT arrives for the client.
- C) Assist the client to the chair but to not touch the wound and do not call 911, per client request.
- D) Lie the client on the ground to ensure they do not fall and call your supervisor.



QUESTION 4

- ▶ It is a hot summer day and you are enjoying the weather outside with your client. Suddenly, your client complains of feeling thirsty and having a throbbing headache. You do not note any shivering but their skin feels hot to touch and appears very red and dry. Client starts vomiting and collapses. *What should you do?*
- ▶ A) Call 911 as this is a medical emergency. Attempt to cool the client with cool wraps from cold water and follow 911 dispatcher instructions.
- ▶ B) Apply ice compress to client head and skin to help cool them down.
- ▶ C) Call your supervisor on direction of what to do now.



QUESTION 5

- ▶ You were assisting your client in preparing a meal. You noted the water in the pot started to boil excessively and the client reached out to turn down the heat, but a small amount of the boiling water splashed on the client hand causing a minor burn. *What should you do?*
- ▶ A) Evaluate the area to ensure no skin break occurred. Rinse the hand under cool water for 10-20 minutes to reduce discomfort. Apply loose sterile/clean dressing around the hand. Notify supervisor of the incident to complete an Incident Report.
- ▶ B) Put the hand into an ice bath for 20 minutes and apply antibacterial ointment on the area once it is dry.
- ▶ C) Call 911 stating "THIS IS AN EMERGENCY!"
- ▶ D) Yell at the client for being so clumsy and not careful. Report to your supervisor on what transpired.

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the slide, framing the central white area.

QUESTIONS?

THANK YOU FOR PARTICIPATING!