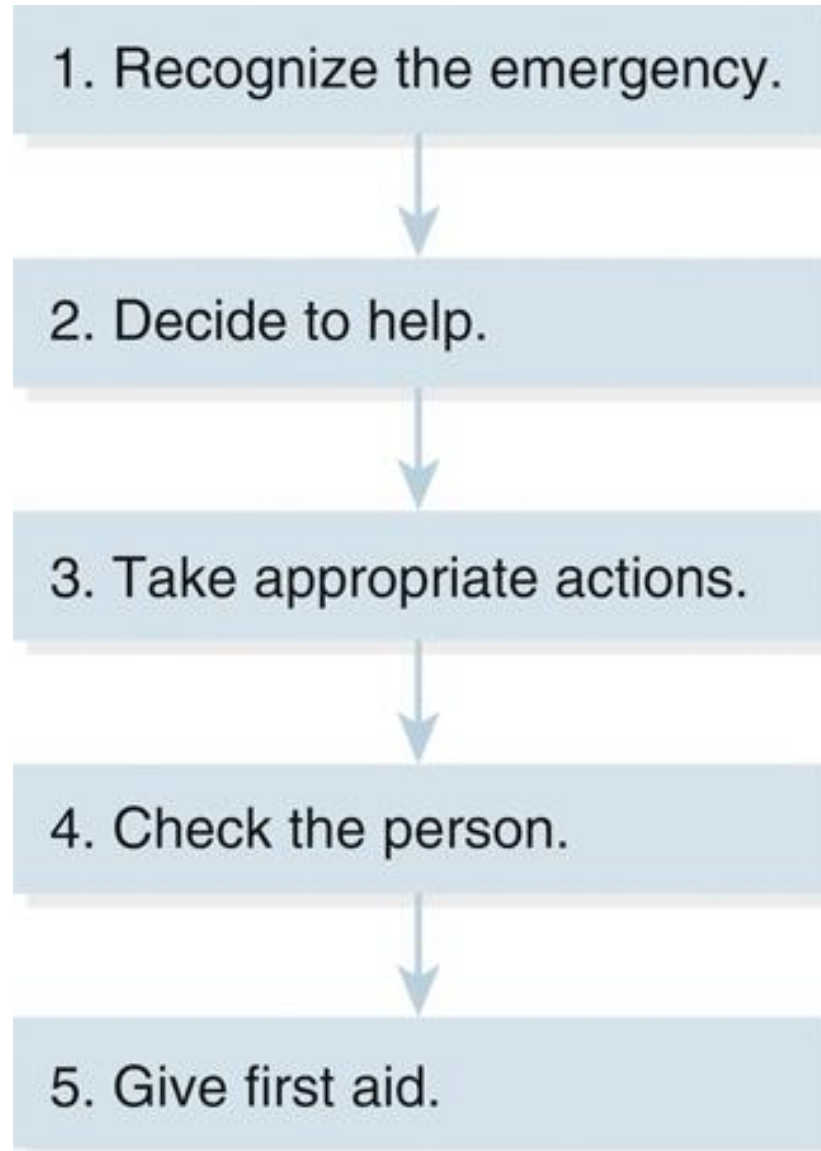




Role of the First Aid Provider

- Recognize the emergency

- Factors:

- **Severity** – Catastrophic emergencies attract attention.
 - **Distance** – The closer you are, the easier to notice.
 - **Relationship** – Knowing the person, makes an emergency more recognizable.
 - **Time** – The longer you are exposed, the more likely to recognize an emergency.
 - **Scene conditions** – Sights, smells & sounds can indicate something is wrong.
 - **Appearance** – Person behaving in an unusual way.

Role of the First Aid Provider

- Decide to help
 - Most important time to decide to help is before an emergency occurs



Figure 2-1

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Role of the First Aid Provider

TABLE 2-1 Common Excuses to Not Help During an Emergency

Excuse	Counterargument
"If I help, I could die or get injured."	We do not trade lives for lives. Attempting any rescue must be made as safe as possible to limit dangers to the rescuers. Sometimes, the smartest decision is to call for more qualified help and keep bystanders from also getting injured.
"If I help, I could get sued."	Lawsuits against first aid providers are rare and if they happen are rarely successful. Good Samaritan laws offer protection against claims of misconduct.
"If I help, I could contract a disease."	Using personal protective equipment (eg, wearing latex-free medical exam gloves and a face covering) can reduce the risk of disease transmission.
"I can't help because the sight of blood and vomit makes me uneasy."	Saying to yourself: "If I don't help, no one else can or will" provides the fortitude for helping a person. Also, closing your eyes and taking a few deep breaths may help you to continue giving care.
"If I help, I could cause more harm to the injured or ill person."	Because you have been properly trained, doing something is better than doing nothing.
"I am not skilled enough to help."	Many bystanders do not know how to help (eg, performing cardiopulmonary resuscitation [CPR], applying a tourniquet). If a person lacks knowledge and skills, they still can help by calling 9-1-1 and following the dispatcher's instructions.
"No one else is helping so the situation is not serious."	Never assume that a situation is not serious. Receive confirmation that everything is okay before deciding not to help. If you recognize the need for first aid, then help.
"Someone else is helping so I don't need to do anything."	If someone is already providing first aid, at least confirm that, if needed, 9-1-1 or another emergency number has been called. Ask how you can help.

Role of the First Aid Provider

- Deciding to help requires a proactive attitude
 - Importance of helping
 - Confidence in abilities
 - Willingness to help
 - Putting potential risks in perspective
 - Comfort with taking charge
 - Comfort with blood, body fluids, appearance of death

Role of the First Aid Provider

- Take appropriate actions
 - Check the scene (scene size-up)
 - Determine if scene is safe for you and the victim(s) – How many victims
 - If the scene is not safe, stay away and call 911
 - Gauge severity of injury/illness, is professional medical care needed?
 - MOI (mechanism of injury) – How did they get hurt?
and/or
 - NOI (nature of illness) – What does the illness look like?
 - Are bystanders available to help?
 - Take about 10 seconds to observe the scene and surroundings

Role of the First Aid Provider

- Contact emergency medical services
 - Call 9-1-1 immediately if:
 - Scene is dangerous
 - You cannot access the person
 - Person is unresponsive
 - Condition is life threatening
 - Difficulty Breathing / Chest Pain / Uncontrolled Bleeding /
Changes in Levels of Consciousness

Role of the First Aid Provider

- Additionally contact emergency medical services if:
 - Condition presents threat to life, limb, or sight
 - Moving person could cause additional injury
 - Person needs care beyond first aid
 - Whenever you are unsure

Role of the First Aid Provider

- When you Contact emergency medical services:
- Provide dispatcher with following information:
 - Your name and the phone number you are calling from
 - Location of emergency
 - Description of what happened
 - Description of person's condition
- DO NOT hang up unless dispatcher instructs you to
- If possible, put phone on speaker mode to free hands to follow instructions

Role of the First Aid Provider

- Check the person
 - Obtain consent and determine what is wrong
- Give first aid
 - Begin to provide care
 - Must be started immediately for best outcome

Standard Precautions to Prevent Disease Transmission

- Body fluids (blood, saliva, stool) can carry organisms that may produce disease in an exposed person.

Standard precautions are designed to prevent transmission:

- Assume all people may have an infectious disease
- Always wear PPE (personal protective equipment)
- Wash hands with soap and water after every contact with ill/injured person. Use alcohol-based sanitizer if soap/water not available
- Use a towel to turn off the water
- Wash/rinse any exposed areas
- Contact primary care provider or supervisor if exposed.

Standard Precautions: PPE Overview

- Personal protective equipment (PPE)
 - Disposable medical exam gloves (non-latex)
 - Keep at least two pairs in your first aid kit
 - Eye protection
 - Mouth-to-mouth barrier device (for CPR)
 - Face covering (face mask or face shield)
- Skill - Proper glove removal technique



Standard Precautions: Mouth-to-Barrier Devices

- Creates physical barrier, preventing disease transmission, between rescuer and person receiving rescue breaths



CPR “Pocket Mask”



CPR “Keychain Mask”

Standard Precautions: Cleaning Up

- Wear heavier gloves such as dish washer gloves.
- If trained, use barriers to soak up blood or body fluids.
- Clean spill area with soap and water, followed by disinfection with bleach and water solution (1:10) or isopropyl alcohol.
- Discard contaminated materials in appropriate container.