M.A.R.C.H.

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| **M**assive Hemorrhage | Objective: STOP THE BLEED | Interventions:   * Direct pressure * Pressure dressings * Tourniquets * Wound packing |
| **A**irway | Objective: ensure airway is clear and open | Interventions:   * Listen for breaths. * Look for chest rise and fall. * Recovery position-lying on their side * Chin lift or jaw thrust. * Check for obstructions. * Use airway adjunct NPA/OPA |
| **R**espirations | Objective: Functional breathing | Interventions:   * One way valve mask rescue breaths * Check front and back torso for punctures. * Treat with chest seal dressings * Monitor for tension pneumothorax if happening burp/remove chest seals |
| **C**irculation | Objective: continue assessment | Interventions:   * Reevaluate bleeding interventions are they still working. * Full body sweep checking for pulses in limbs without tourniquets. * Weak pulses lift legs up 12 inches. * No pulse, start CPR |
| **H**ead injury/ Hypothermia | Objective:  Assess for head injury, prevent heat loss | Interventions:   * Assess for neurological deficit. * Cold body temp means blood doesn’t clot properly |