

# What to do until the ambulance arrives at the job site

**Geisinger**

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# Objectives

Indicate when to call 911 for additional assistance or resources

Identify address challenges in rural areas

Recognize common medical emergencies

Discuss interventions for common medical emergencies

# Calling 911

Calling 911 can be stressful: STAY CALM!

Know your location

Give landmarks or road names or GPS coordinates  
(especially in rural areas.)

Any identifying items at your location

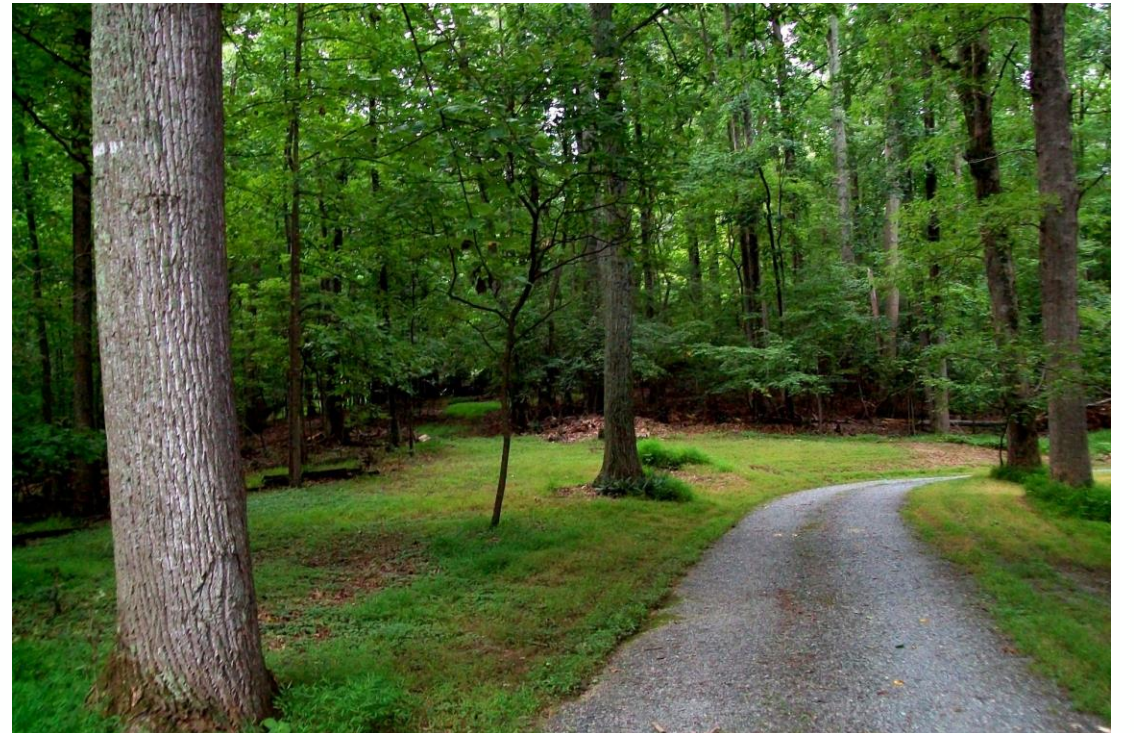
Make sure you have the right county (Cell Phones)

Stay on the phone until the 911 Operator tells you to hang up

They will give you directions on how to help in life threatening situations (CPR/Bleeding control etc.)

# Job or Work Site

Make there is access to your job site (gates open)



# Common Medical Emergencies

Slips, Trips and Falls

Lacerations

Falls from a height

Allergic Reactions

Chest Pains/Heart Attacks

Hit by machinery

Seizures

Burns

# Slips, Trips and Falls

Uneven surfaces

Slippery surfaces (mud, rain, snow, ice etc.)

Cords and hoses from tools

Holes or trenches

Temporary walkways, steps or ladders



# Slips, Trips and Falls

Use caution tape or other hi visible markings around the hazard

Establish dedicated walkways

Wear proper footwear for the environment

Don't multitask

Ask for assistance with heavy or awkward sized machinery or tools



# Slips, Trips and Falls

After a slip, trip or fall:

Is the person awake, can they talk, any obvious signs of an injury? (altered mental status, broken bones or bleeding)

Can they walk?

Do you need to render 1<sup>st</sup> aid?





# Lacerations or bleeding

Protect your self from the blood: Gloves, heavy cloth or plastic bag

Place a clean cloth over the wound

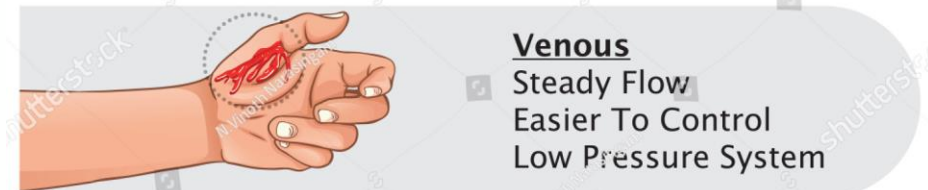
Apply direct pressure with your hands

Hold pressure until bleeding stops

May take longer to stop if on any

blood thinners

## Types Of External Bleeding



# Lacerations or bleeding

Amputations:

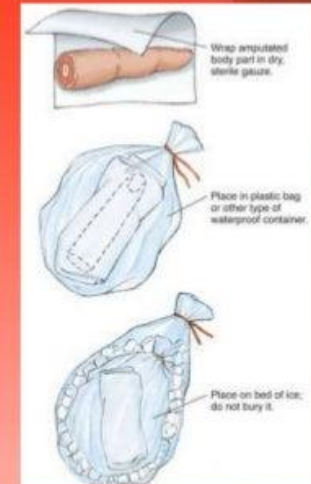
Cover both stumps with a clean cloth or gauze to stop the bleeding

Send amputated part with patient if possible

Do not place directly on ice or in water

## Care for Amputations

- Control bleeding.
- Treat for shock.
- Recover amputated part and take to hospital.
- Wrap part in gauze, place in waterproof bag, and keep cool.



# Allergic Reactions

Common reasons:

Minor reactions

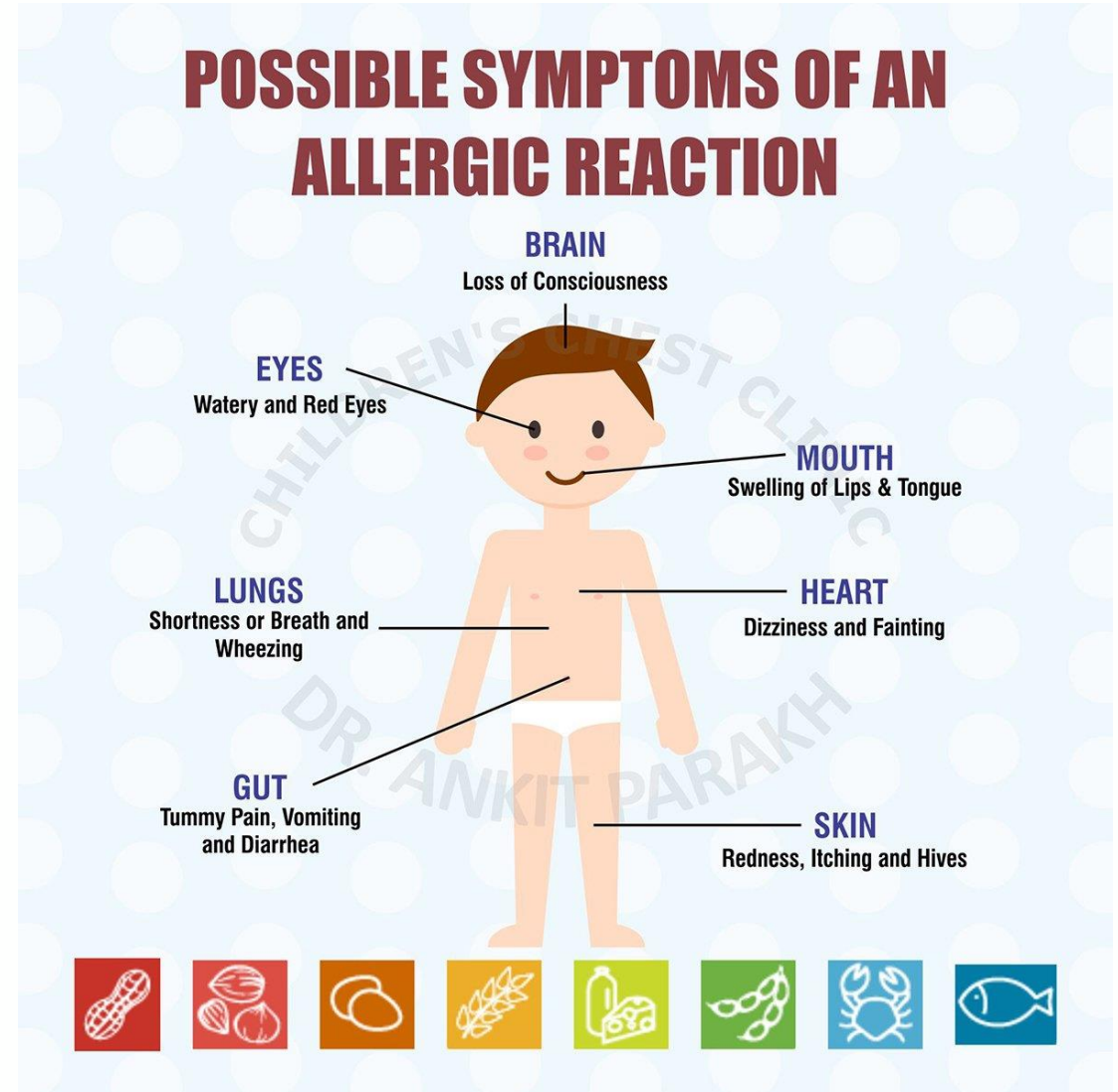
Seasonal

Ragweed, tree pollen

Severe reactions

Bee stings

Tree nuts (peanut butter)



# Allergic Reactions

Common signs and symptoms:

Anxiety

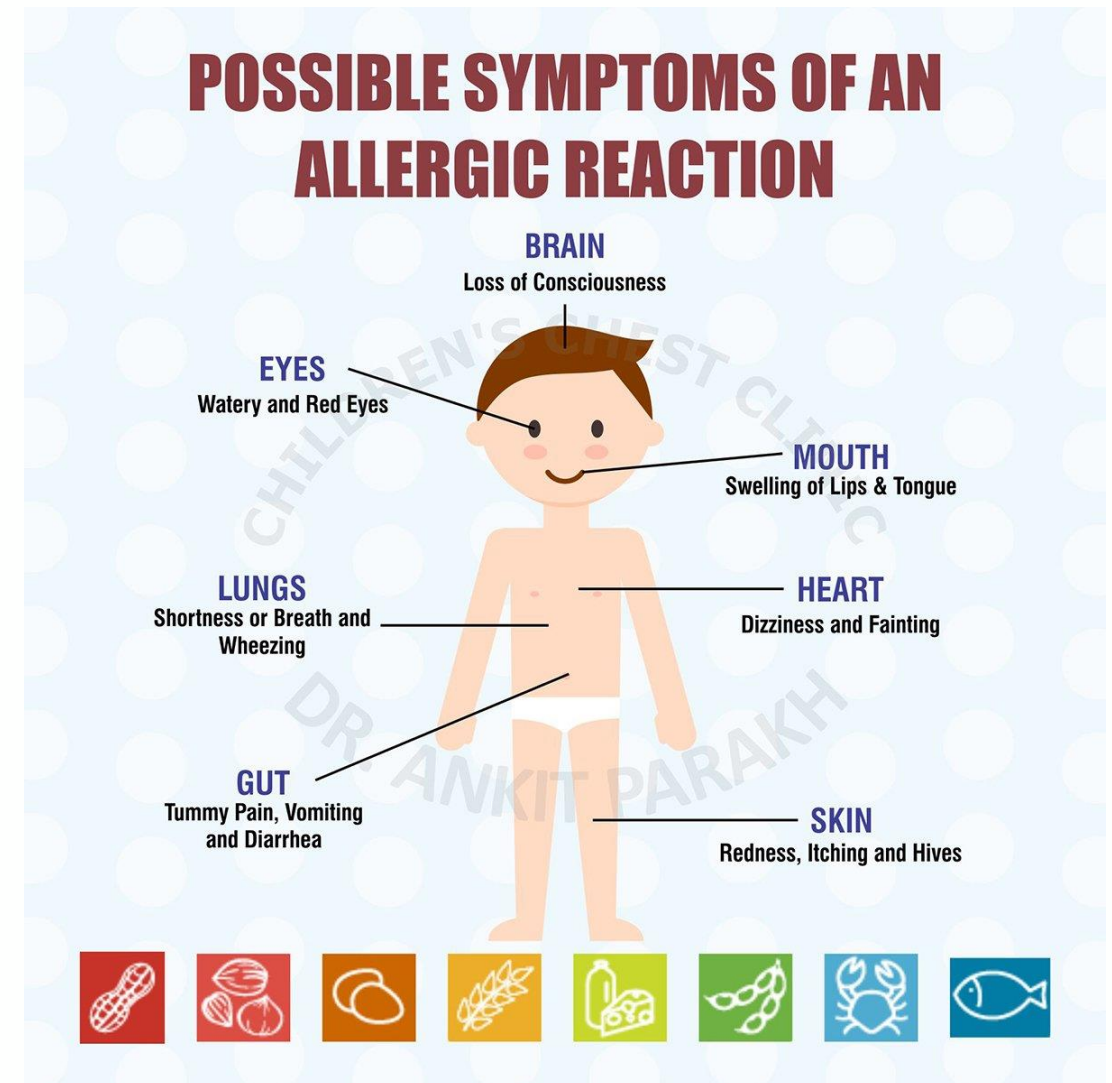
Hives or itching

Watery eyes

Rapid heart rate

Difficulty breathing/wheezing

Swollen lips or tongue



# Allergic Reactions

Epi pens (severe symptoms)

Remove from case.

Blue to the sky

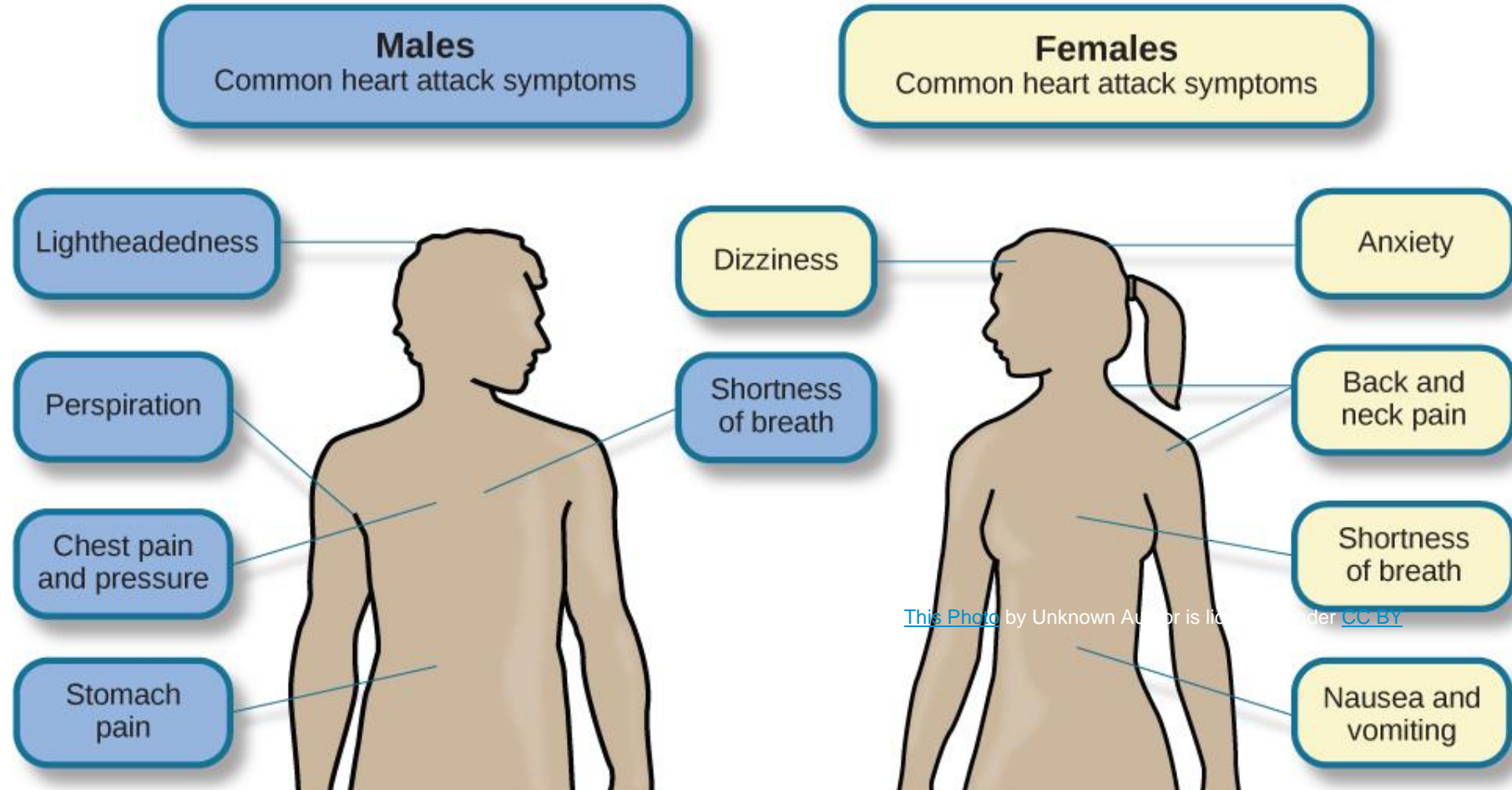
Orange to the thigh

Remove blue cap, inject  
FIRMLY into thigh and hold for  
10 seconds

DO NOT put fingers over either  
end!



# Chest Pains or Heart Attack



# Chest Pains

Over 640,000 people a year have a heart attack

Stop working and rest to see if the pains goes away

If no relief in a FEW minutes (less than 5) CALL 911!

Can CHEW 2 – 4 baby aspirins (if not allergic)

Can take 1 nitroglycerin tablet under the tongue if prescribed

If unconscious and no pulse start CPR and get an AED

AED's will have pictures of what to do and it will prompt you for the next steps once turned on

# Seizures

Epilepsy is the 4<sup>th</sup> most common neurologic disease

Signs and symptoms:

Period of unresponsiveness with jerking or shaking of the arms and legs

May lose bladder and bowel function

Note the duration of the seizure



# Seizures

Call 911 if the seizure lasts more than 5 minutes

The person has multiple seizures without waking up between them

If there is changes in breathing

If there was an injury from the seizure activity

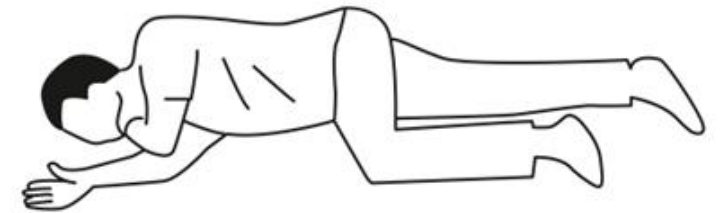
Place the person on their left side to prevent choking

# Seizures

## Recovery Position

Extend the arm nearest you at a right angle to their body with their palm facing up.

Take their other arm and fold it so the back of their hand rests on the cheek closest to you and hold it in place.



# Burns

Stop the burning process

Cool the burn for a least 5 minutes with cool water not cold

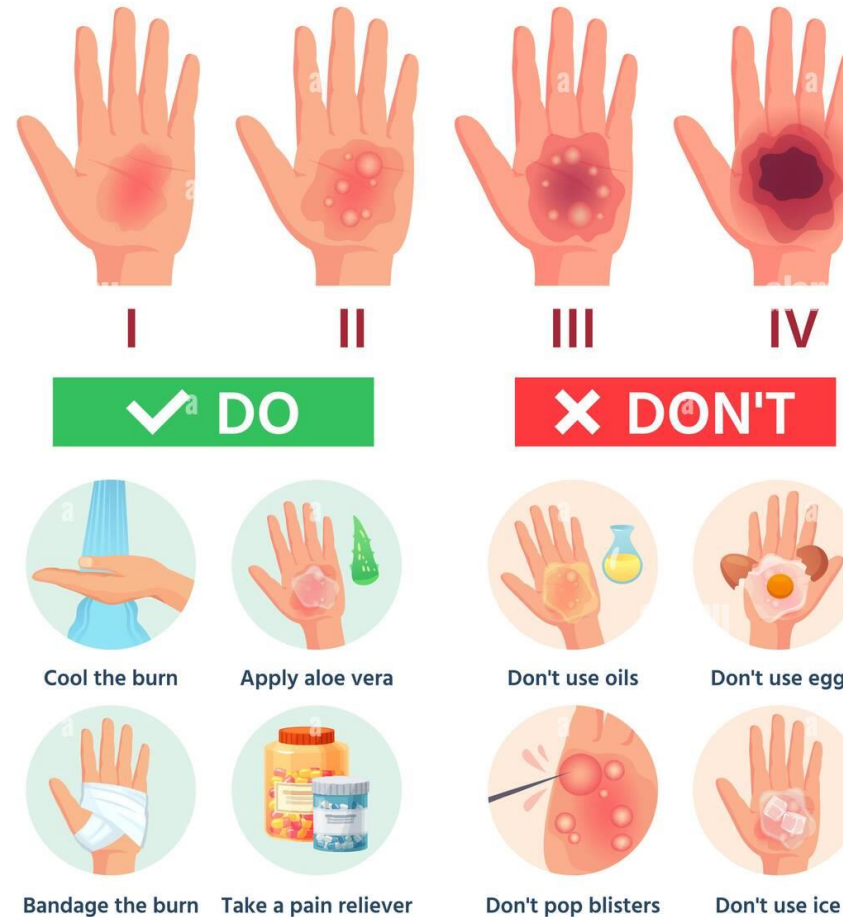
Do not apply ice

Cover with a clean dry cloth or gauze

Do not pop any blisters

Burns to hands, face, eyes, ears, groin or joints need to be evaluated in the ER

## DEGREE OF SKIN BURNS



# Look for Medic Alert Bracelets



# USB Emergency Bracelets

The **USB Emergency ID Bracelet** keeps all of your personal information on your wrist in case of emergency.

Just plug it into your computer to add your personal information, medical history and insurance documents to the built-in flash drive.

In an emergency, the EMTs, firefighters and hospital staff can connect your bracelet to any computer to access your data.

# Emergency Contact: What is needed

## Personal Information

Full legal name

Birthday

Full address

Phone number

Social Security Number (if possible)

Emergency Contact 1 and 2

Relation (does not have to be family)

Phone number

Insurance Carrier

## Example

Mary Jane Smith

March 15, 1932

123 Main Street, Little Town PA 18000

570-555-2222

123-45-6789

Peggy Sue Smith

Tommy Jones

Daughter

Neighbor

570-555-7899

570-555-1234

Geisinger Health Plan

Policy number: ABC123456 Group: DEF5678

# What is needed

## Medical History

Important Medical Conditions

Important recent surgeries

Preferred hospital

Primary medical Doctor

Any specialists

Advanced Directives on file at hospital

Living Will (updated 3/22)

Medical Power of Attorney (updated 3/22)

## Example

Congestive Heart failure, COPD, Arthritis, GERD,  
Hysterectomy 2019

Aortic Valve replacement 2015

Geisinger CMC

Primary Doctor: Dr. Robert Jones 570-555-3214

Heart Doctor: Dr. James Pump 570-555-8888

# What is needed

## Medications

List all medication that you are prescribed and not prescribed.

Over the counter medications, including any supplements, vitamins, pain creams, and herbals

Spelling counts!!!!

You can list the generic and *brand name* for clarity

List the name of the medication, dosage and how often it is taken, even the “as needed” ones

## Example

*Prilosec* (Omeprazole) 20 mg every morning

*Neurontin* (Gabapentin) 300 mg twice a day

*Lasix* (Furosemide) 40 mg daily

Oxygen 2 liters at night as needed

Tylenol Arthritis 2 tablets every 4 hours as needed for pain



# What is needed

## Allergies

List all allergies

Food

Medications

Products like adhesive tape, latex etc.

Animals like bees, pet dander etc.

Seasonal like ragweed or pollen

List what the reaction is: hives, throat swelling, swelling, rash etc.

## Example

Bee stings: hives and throat swelling

Adhesive tape: skin tears and rash

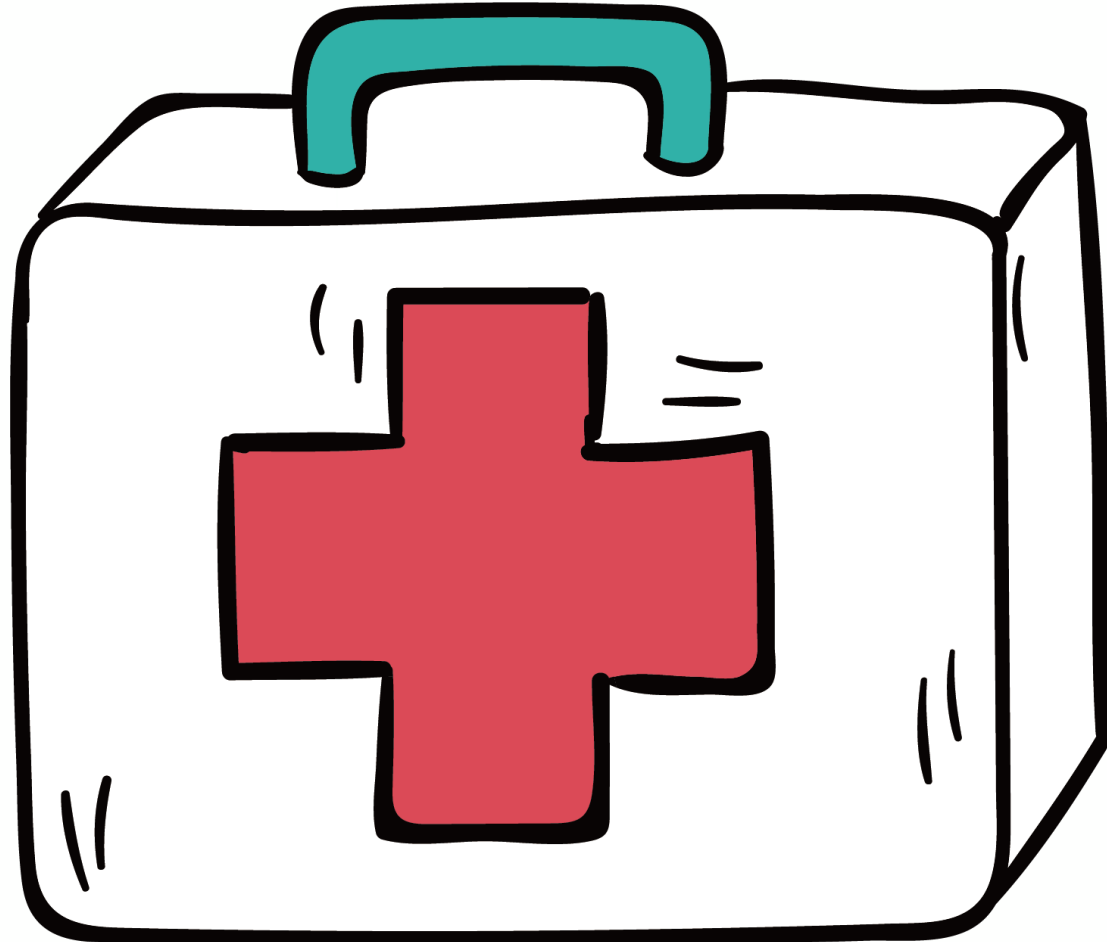
Pollen: watery eyes and trouble breathing

## Basic Supplies

Gauze pads (various sizes)  
Gloves  
Elastic or Ace Wraps  
Band-Aids (various sizes)  
Medical tape  
Antibiotic ointment packets  
Alcohol wipes  
Rolled gauze  
Triangular bandages

Emergency First Aid  
Guidebook

# Make A First Aid Kit



## What to know

AED use

CPR: Adult, Child and Infant

Bleeding Control

Basic Burn Care

Epi Pen Use

Narcan Use

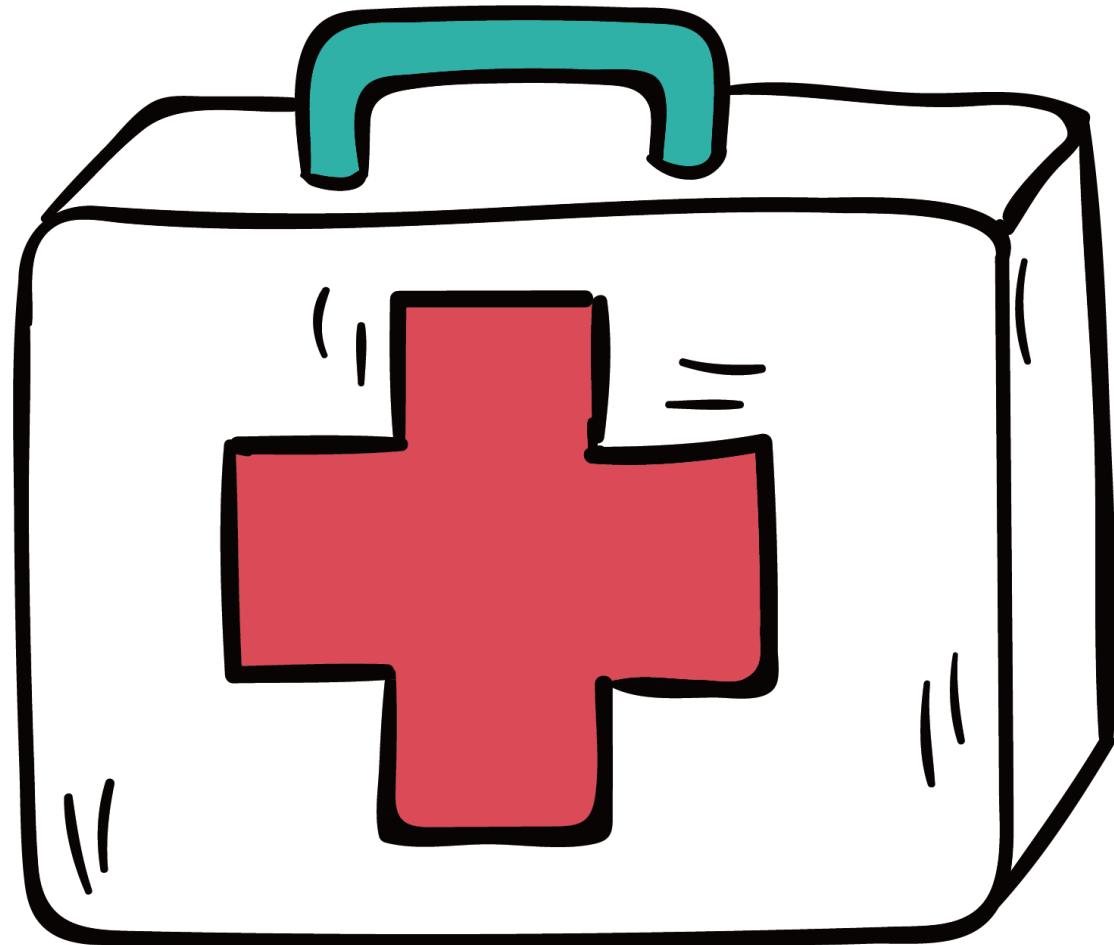
Seizure

Signs of a Heart Attack

Signs of a Stroke

Spinal Injuries

# Other First Aid courses





# Summary

## You can do this

Makes sure the ambulance can find you.

The 1<sup>st</sup> 3 to 5 minutes can make a difference by you, the immediate responder.

Have a stocked 1<sup>st</sup> aid kit on all job sites.

EMS can take over 30 minutes to arrive.

Make an information card for all workers and update often.



# Summary

Stay Calm!

Learn CPR

Attend a Stop The Bleed program

Take a basic First Aid course or a First On The Scene course

You can help save valuable minutes by learning these life saving skills.

You can “buy” some time if you ever need an ambulance or emergency medical care by providing care.

# References

American Red Cross  
[www.redcross.org](http://www.redcross.org)

American Trauma Society PA  
Division  
[www.atspa.org](http://www.atspa.org)

Google Images



**Questions?  
Thank you  
Stay safe and well prepared.**

**Geisinger**