

**CPR Review**

<b>ITEM</b>	<b>INFANT&lt;1 years old</b>	<b>CHILD 1-8 years old</b>	<b>Adult&gt;8 years old</b>
How to open airway?	Neutral Position.	Head-tilt/chin lift.	Head-tilt/chin lift.
How to check breathing?	Look at chest for rise and fall, listen and feel for air (5-10 seconds).	Look at chest for rise and fall, listen and feel for air (5-10 seconds).	Look at chest for rise and fall, listen and feel for air (5-10 seconds).
How should I breathe?	Slow, make chest rise and fall.	Slow, make chest rise and fall.	Slow, make chest rise and fall.
Amount of air.	Enough to make the chest rise.	Enough to make the chest rise.	Enough to make the chest rise.
Where to check pulse.	Brachial Artery	Carotid Artery	Carotid Artery
Hand position for chest compressions.	3 fingers below nipple line raise top finger.	One hand between the two nipples at center of chest.	One hand on top of the other hand between the two nipples at center of chest.
Compress with.	Two fingers.	Heel of 1 hand.	Heel of bottom hand.
Compression depth.	1/3 depth	1/3 depth	1/3 depth
Compression rate.	100 per minute.	100 per minute.	100 per minute.
Compression: Breath ratio.	30:2	30:2	30:2
How to count for compression rate.	1,2,3,4,5, breathe	1 and 2 and 3 and 4 and etc. breathe.	1 and 2 and 3 and 4 and etc. breathe.
How often to reassess.	Every few minutes.	Every few minutes.	Every few minutes.
How often to give breaths during rescue breathing.	Every three seconds.	Every three seconds.	Every five seconds.

Metro Professional Firefighters Association  
**Class Information Sheet**

“Every minute that someone is not doing CPR for you, your chances of survival drop 10%”. Every second counts!

Statistics prove you will most likely perform CPR on an adult and you will most likely know the person!

**Instructor:** Firefighter Levet G. Brown, contact (301) 758-4439 or levetbrown2@aol.com

**Company:** Metro Professional Firefighters Association

**Responsiveness**-Are you okay/Sternum rub/Tap bottom of feet.

**A**-Open airway

**B**-Check for breathing (look, listen and feel for rise and fall of the chest)

**C**-Circulation (scan the body for movement and check for breathing or coughing)

**D**-Get the AED (machine that initiates the shock)

**2015 Changes**

1. Aspirin-1 adult or 4 children by oral, must chew.
2. No blind finger sweeps.
3. Compressions only for adult-Rate 100 per minute.
4. Children greater than 1, you can use 2 hand compressions.

(V-Fib) you will most likely only be in this rhythm for 4-8minutes, depending on physical condition.

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Flat line (very little chance of survival)

### Heart Stroke & Chart

Heart	And	Stroke
<p>(a.k.a. myocardial infarction) Death of heart muscle due to lack of oxygen.</p> <p>Chest Pain-uncomfortable pressure, Squeezing, tightness. May spread to shoulder, neck, arms, jaw and back, sweating,nausea/vomiting. Shortness of breath, weakness and denial</p>	<p><b>Definition</b></p> <p><b>Signs &amp; Symptoms</b></p>	<p>(a.k.a. cerebral vascular accident). Blockage of blood flow to the brain.</p> <p>Slurred speech, dizziness, unsteadiness, double vision, intense sudden headache. Numbness to one of body affecting arm and/or leg. Decreased level of consciousness. Facial Droop</p>
<p>Lack of exercise High blood pressure Cigarette smoking Obesity Diabetes Gender Heredity Age High cholesterol levels Stress</p>	<p><b>Risk Factors</b></p>	<p>Lack of exercise High blood pressure Cigarette smoking Obesity Diabetes Gender Heredity Age High cholesterol levels Stress</p>
<p>Have victim sit or lie down in a position of comfort. !Call 911 immediately!!!! Reassure victim and prevent victim from exertion. Perform rescue breathing or CPR if necessary.</p>	<p><b>Action of Survival</b></p>	<p>Have victim sit or lie down in a position of comfort. !Call 911 immediately!!!! Reassure victim and prevent victim from exertion. Perform rescue breathing or CPR if necessary.</p>

Metro Professional Firefighters Assoc, First Aid/CPR training.  
Call to renew, retrain, or refresh First Aid/CPR skills.  
**(301) 758-4439**

# Emergency First Aid

## **When should you call EMS?**

Call EMS if victim:

- Is or becomes unconscious
- Has chest pain or pressure
- Has difficulty breathing
- Is bleeding severely
- Has pain or pressure in the abdomen
- Is passing or vomiting blood
- Has slurred speech, severe headache or seizures
- Has a head, neck or back injury
- Has possible broken bones
- Has been poisoned

## **Moving a Victim**

A victim should never be moved from the emergency scene unless remaining at that location is life threatening.

## **Positioning the Victim**

If you must position victim face-up, you should roll victim as a single unit protecting the head and neck from any twisting motion.

**Head –to-toe assessment.** Look for obvious injuries to head, neck, chest abdomen and extremities.

## **Bleeding Emergencies**

### **First Aid for Minor Wound with Minimal Bleeding:**

1. Clean wound with warm water and soap.
2. Dress wound with bandage to prevent infection, (You can leave wound uncovered if it is in a location that is not troublesome).

**Bleeding Control Sequence:** Direct pressure, Elevate and Pressure point.

**Pressure Bandage Skill Guide,** Place sterile dressing, Wrap roller gauze around wound site. Tie knot directly over wound. Check for circulation below bandage.

## **Penetrating Object**

Do not remove a penetrating object. Bandage around object and stabilize it from movement. Keep victim from thrashing. Call EMS.

## **Severed Body Part**

Follow Bleeding Control Sequence. Do not scrub body part. Do not place part directly on ice. Wrap part in a sterile or clean cloth. Place part and cloth in a sealed plastic bag. Place bag containing part on a bed of ice. Do not bury in ice.

## **Bites (Animal/Human)**

Control bleeding. Clean area with soap and water for at least 5 minutes. Cover the wound with a sterile dressing. Seek medical attention for any bites that break the skin. Human bites and animal bites may cause infection. (a tetanus immunization may be recommend).

## **Care for Shock**

- Keep the victim lying down, if possible
- Try to make the victim comfortable.
- Elevate legs 10-12 inches, unless you suspect spinal damage or broken bones.

- Cover victim.
- Do not give victim anything to eat or drink.
- If victim is nauseous or begins to vomit, place the victim on his/her left side.

### **Burn Care**

**1<sup>st</sup> degree/Superficial care:** skin is usually red and dry, cool surface with regular tap water, no ointments.

**2<sup>nd</sup> degree/Partial Thickness:** skin will be red and have blisters, do not break blisters, do not remove clothing that is stuck on burn. Cool skin down, apply dry cloth.

**3<sup>rd</sup> degree:** All layers of skin are destroyed, call 911 immediately, do not put anything on the burned area.

**Chemical Burn:** Flush skin with water for 15-20 minutes.

**Electrical Burn:** Turn power source off, seek medical attention.

**Dislocations and Fractures:** Seek medical help. Do not position injury.

**Head, Neck or Spinal Injury:** Stabilize head and neck. Stop movement.

**Faints:** Position victim on back and then elevate legs 8-10 inches.

**Vomits:** Place victim on left side with head resting on arm.

**Asthma Attack:** Calm victim, assist victim with any prescribed medication, Contact 911.

**Diabetic Emergency:** Give victim sugar if conscious, if unconscious-Contact 911.

**Seizures:** Clear area, do not restrain victim or place anything in victim's mouth, cushion the victim's head with pillow, blanket, etc. Contact 911.

**Severe Allergic Reaction:** Contact 911 immediately

**Stroke:** Contact 911, place victim on side, monitor breathing.

**Poisoning:** Contact poison control center.

**Bites and Stings:** Wash site, apply cold pack, monitor victim.

**Heat-Related Emergencies:** remove victim from heat, wet body all over, provide sport drink or water, stay away from soda if possible.

**Cold-Related Emergencies:** remove from cold, wrap with blankets.

**Eye Injury:** Flush eye, make sure you cover both eyes.

### **Nose Bleed Care:**

- Position victim in a sitting position.
- Keep head tilted slightly forward.
- Pinch both nostrils for approximately 5 minutes.
- If bleeding does not stop, continue to pinch nostrils and seek medical attention.

### **Toothache:**

Rinse mouth with warm water. Floss any debris that may be causing irritation to surrounding gum tissue. Do not place aspirin on tooth.

**Knocked out tooth:** Place in container of milk and bring to dentist, if you can't get to the dentist in 30 minutes, rinse tooth in cool water, place in socket, do not place the socket for infant/child as they may swallow tooth.