FIRST AID/CPR

- ! "ed #ross first aid\$%&r %o'rses availa(le thro')h the LSU *OES+ O%%'&ational and Environmental Safety, e&artment- no %har)e for st'dents and fa%'lty
- ! 578-5- 0

. II Emer) en%ies

- 1. CHECK
- 2. CALL
- 3. CARE

#**HE**# / 0

- 12 3he s%ene for safety
- 42 3he vi%tim for %ons%io 'sness

- , O 5O3 6O7E 3HE 78#386 'nless0
 - 1) The scene ec!mes "nsa#e
 - 2) \$!" ha\u00e9e t! reach an!ther \u00e9ictim

#.LL

- CALL (!r ha%e s!me!ne ca))) *11 F!r
 Li#e Threatening Emergencies
- 2. +i%e ,!" name-)!cati!n- nat"re !# emergenc,.
 - ..D! / 0T hang "&. Let the emergenc, 1is&atcher as 2 a)) ' "esti!ns-)et them hang "& #irst.



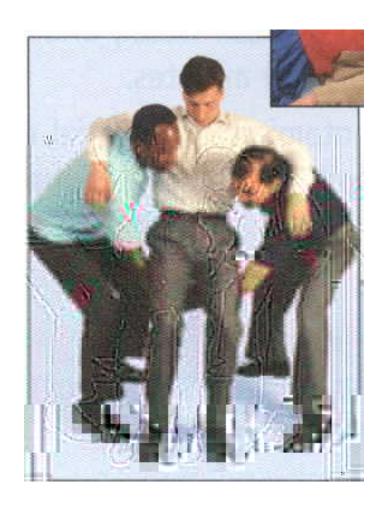
F!!t 1rag3 least desira(le9 no head s'&&ort9 arms %at%h on doorways

6 ove vi%tim O5L: 8f0

!S%ene (e%omes 'nsafe

!: o' m'st rea%h other vi%tims

!30 &ro&erly &osition for treatment



T 4 0 PERS 0 / SEAT CARR\$

6 ove vi%tim O5L: 8f0

!S%ene (e%omes 'nsafe

!: o' m'st rea%h other vi%tims

!30 &ro&erly &osition for treatment



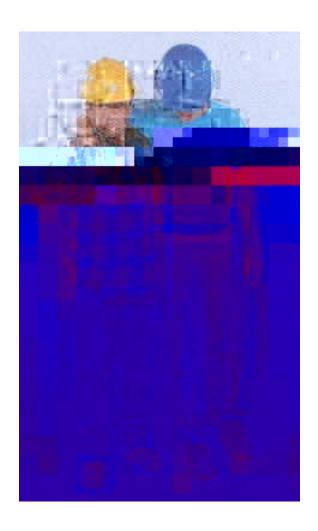
5)an2et 1rag

6 ove vi%tim O5L: 8f0

!S%ene (e%omes 'nsafe

!: o' m'st rea%h other vi%tims

!30 &ro&erly &osition for treatment



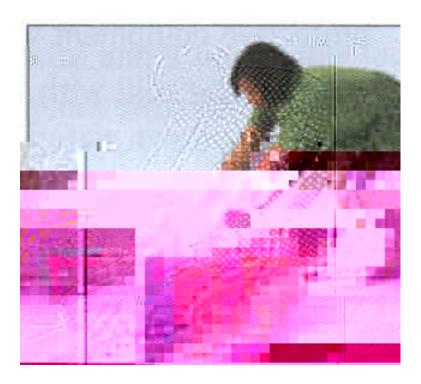
4 a)2ing assist

6 ove vi%tim O5L: 8f0

!S%ene (e%omes 'nsafe

!: o' m'st rea%h other vi%tims

!



. "E

```
42 8f 'n%ons%io's9 %he%; from head to toe
32 #he%; .9 <9 #=s

Air 7a, 3 is it !&en6

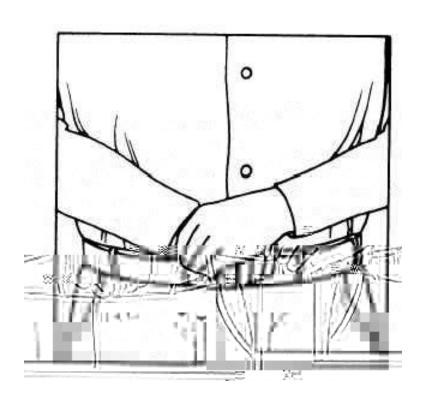
5 reathing3 is %ictim reathing6
Circ")ati!n3 chec2 #!r a &")se
```

U587E"S.LP"E#.U38O5S

- ! Use &rote%tive e>'i&ment s'%h a)loves9)o))les and (reathin) (arriers to &revent the transmission of diseases2
- ! , iseases are transferred thro')h dire%t %onta%t with (lood and (ody fl'ids2
- ! to %lean '& a s&ill9 a&&ly ? %'& (lea%h to a)allon of water sol'tion9 let sit for 40 min'tes9 soa; '& with &a&er towels9 dis&ose of &ro&erly2

#ons%io's #ho;in)0

- ! 8f %o')hin)9 en%o'ra)e them to ;ee&
 %o')hin)
- ! 8f they %annot s&ea; 9 %o') h9 or (reath9 they may have a (lo%; ed airway2 6 a; e s're @11 is %alled
- ! .s; if they are %ho; in) and if yo' %an hel&
- ! Provide 5 (a%;-(lows then 5 Aa(dominal thr'stsB formerly; nown as the AHeimli%hB



- Stand (ehind and &la%e one of yo' feet (etween the vi%tim=s2
- 12 With one hand9 find the (elly('tton9
- 42 Pla%e other hand *th'm(side on the vi%tim=s (elly+ 0'st a(ove two fin)er widths a(ove the (elly ('tton)
- 32 P'II '&wards with (oth hands 'ntil o(ce%t is released or vi%tim (e%omes 'n%ons%io's



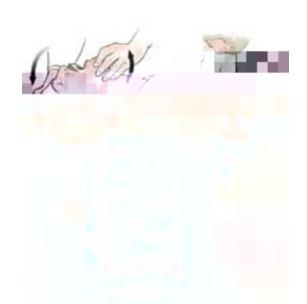
- Stand (ehind and &la%e one of yo' feet (etween the vi%tim=s2
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 side on the vi%tim=s
 (elly+ 0'st a(ove two
 fin)er widths a(ove the
 (elly ('tton)
- 32 P'II '&wards with (oth hands 'ntil o(ce%t is released or vi%tim (e%omes 'n%ons%io's



8f vi%tim is &re)nant9 or too lar)e to rea%h aro'nd a(domen9) ive %hest thr'sts (y &la%in) hands C'st in the %enter of the (reast(one and)ive >'i%; thr'sts into the %hest2

#ons%io's #ho;in)

- jail @119 altho')h yo' %annot tal;9 the enhan%ed @11 system lets the dis&at%her; now where yo' are
- Lean over the (a%; of a %hair or firm o(ce%t and , ro& yo'rself so for%e is eDerted on the dia&hra)m2



- #P"- Provides method for oDy)en to (e %ir%' lated to vital or)ans of the (ody2
 - 3 ilt head (a%;9) ive two res%'e (reaths9)
 - 42 #he%; for & 'lse9 *ta; e no lon) er than 10 se%onds+9
 - 32 8f 5O & 'Ise9 30 %hest %om&ressions followed (y two (reaths9 re&eat 30 %hest %om&ressions and 4 res% 'e (reaths22 this is a A%y%leB2
 - #ontin'e #P" 'ntil0 E 6 S arrives and
 ta; es over9 an . E , arrives9 the vi%tim
 (e) ins to (reath on their own9 or yo'
 (e%ome too tired to %ontin'e)

WOU5,S

Strains and S&rains

- ! S&lint a vi%tim only if they m'st (e moved and s&lintin) does not %a'se f'rther &ain
- ! S&lintin) &rovides s'&&ort for the inC'red &art9 s&lint a(ove and (elow the inC'ry
- ! 8f an inC'ry o%%'rs to the foot9 leave the shoe on to &rovide s'&&ort2

Heat re)ate1 emergencies

F!"r en%ir!nmenta) #act!rs a##ect the am!"nt !# stress a 7!r2er #aces in a h!t 7!r2 area

- 1. tem&erat"re-
- 2. h"mi1it,-
- 3. ra1iant heat (s"ch as #r!m the s"n !r a #"rnace) an1
- 9. air %e)!cit, *wind or (reeFe+

Heat re)ate1 emergencies

```
Pers!na) characteristics that e##ects an
in1i%i1"a):s a i)it, t! t!)erate heat;
!age-
!7eight-
!#itness-
!me1ica) c!n1iti!n(s) an1
!acc)imati<ati!n t! the heat.
```

```
5!1,:s reacti!n t! heat t! c!ntr!) tem&erat"re;
```

```
Increases s2in tem&erat"re an1 a))! 7s
!1, t! gi%e !## e=cess heat
```

>S2in acts as a ra1iat!r?

5!1,:s reacti!n t! heat t! c!ntr!) tem&erat"re;

4 ith &h, sica))a !r- <u>)ess)!!1</u> is a%ai)a)e t! #)!7 t! the s2in an1 re)ease the heat

5!1,:s reacti!n t! heat t! c!ntr!) tem&erat"re;

Increases s2in tem&erat"re

```
S7eating e##ecti%e), c!!)s the s2in s"r#ace- th"s c!!)ing the )!!1 (>c!!)ant?)
```

```
E##ecti%eness !# s7eating 1e&en1s "&!n;
!H"mi1it,
!S7eat %!)"me
```

L!7 h"mi1it, a))!7ss7eatt!e%a&!rate an1 c!!)-

The higher the h"mi1it,- the)ess c!!)ing e##ect !# s7eating

!"# \$%!&

7

4 e can:t c!ntr!) the h"mi1it, !r the tem&erat"re "t 7e a)) m"st &a, attenti!n t! the am!"nt an1 t,&e !# >#)"i1s? 7e s"&&), !"r !1ies t! "se as s7eat@

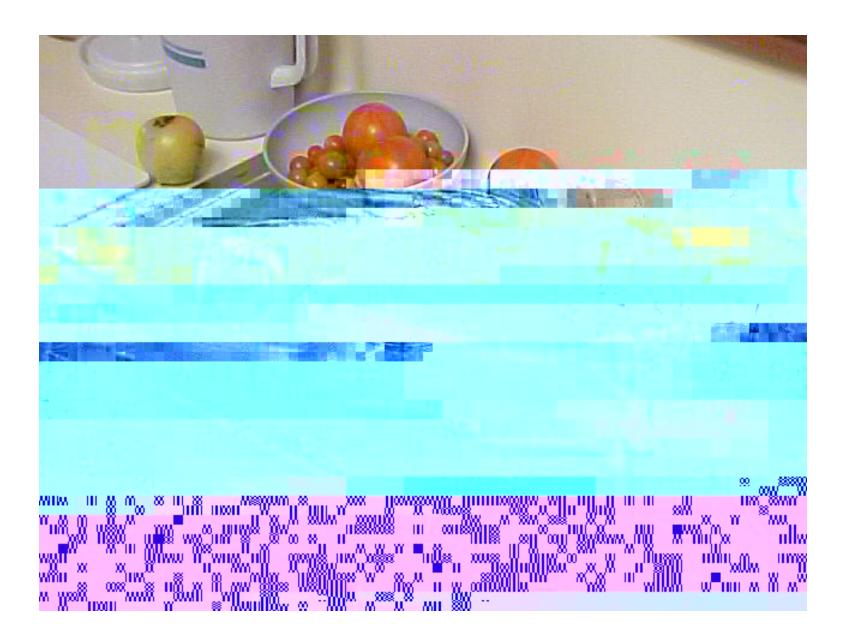
4 hat is "nacce&ta)e- 7hat is g!!16 (7hen it c!mes t! &r!&er #)"i1s #!r heat)











HEAT DISORDERS

Each)e%e)- i# n!t treate1- gets &r!gressi%e), 7!rse

- 1. Heat cram&s
- 2. Heat e=ha"sti!n
- 3. Heat str!2e .+ #

TREATBE/T OF HEAT DISORDERS

- 1. C00LI/DIAID8AL
- 2. SPRI/KLE 4 ATER 0 / PERS0 / T0 C0 0 L
- 3. SIPS 0F 4 ATER IF C0 / CI08S
- 9. L 0 0 SE / CL 0 THI / +
- C. CALL *11 IF PERS 0 / IS / 0 / 3
 RESP 0 / SIAE 0R SEEBS C 0 / F8SED



A/\$D8ESTI0/S666