**FIRST AID III**

Care of the unconscious or unresponsive patient

**CPR**

- **Objectives**
  - Learners will articulate the ABCDE approach for the initial assessment of an accident victim.
  - Learners will demonstrate knowledge of proper techniques for CPR.
  - Learners will successfully complete/pass a written test on Certified First Aid Provider first Aid.
First Aid III – Unconscious

First Thing to Do when you arrive at an injury situation

Survey the scene to ensure there are no hazards that may harm you

First Aid III – Unconscious

If the person is unconscious Good Samaritan Laws state:

If they are unconscious, consent is implied.

You do **NOT** need the victim’s permission to help them if they are unconscious.

If it is a child who is under age, they are in a life threatening situation and the parent/guardian is nowhere to be found, consent is also implied.
**FIRST AID III - UNCONSCIOUS**

**St John Ambulance**

**UNCONSCIOUS VICTIM**

**Not Breathing & Has no Circulation**

BEGIN CPR
FIRST AID III - UNCONSCIOUS

Call 9-1-1

- It takes 5 minutes for Paramedics to arrive

NEXT 5 MINUTES

HANDS-ONLY CPR
FIRST AID III - UNCONSCIOUS

Hands-only CPR

The latest research shows that chest compressions alone are the most effective way for an untrained bystander to save a life after an adult collapse from cardiac arrest. The technique shown here should not be performed on infants, children, drowning victims, or in cases involving a drug overdose. Otherwise, here’s what to do.

1. CALL 911 or ask someone else to.
2. Kneel beside victim’s chest. Loosen clothing if necessary.
3. Place the heel of one hand in the middle of the victim’s chest.
4. Cover first hand with your other hand, locking fingers.
5. Push down hard and fast. Try to maintain at least 200 pushdowns per minute.

Don’t worry about plugging the victim – you’re trying to save a life.

Continue until medical help arrives.

SOURCES: American Heart Association www.heart.org www.warningsigns.com

FIRST AID III - UNCONSCIOUS

CPR SAVES LIVES... ...IF YOU ACT QUICKLY

About 400,000 cardiac arrests happen outside of hospitals each year in the U.S.

CALL

CALL 911

PUMP

PUSH DOWN HARD & FAST, 200 TIMES PER MINUTE.

88% of out-of-hospital cardiac arrest patients die because no one on the scene gave CPR.

AT 4 MINUTES

Without oxygen, permanent brain damage sets in.

AT 8 - 10 MINUTES

Without oxygen, death can occur.

AT 4 MINUTES
THE REASON THAT CPR IS IMPORTANT – THE HEART MAY STILL BE FAINTLY BEATING
To restart the heart would usually require an electric shock. ... If someone without a pulse appears to recover and regain a pulse through CPR then the chances are that their heart was still beating faintly.

The only effective treatment for SCA is to deliver an electrical shock using a device called a defibrillator to restart beating with a normal rhythm.

I will take that
Some 350,000 cases occur each year outside of a hospital, and the survival rate is less than 12 percent. CPR can double or triple the chances of survival.
CPR

4 NUMBERS

- Call 9-1-1
- 100 Compression/Min
- 30 Compressions
- 2 Rescue Breathes (children only)

Red Cross Recommends

2 or more responders

1st responder – Call 9-1-1
2nd responder – Begin CPR

One responder

Perform 4 sets of CPR
Then call 9-1-1
Cal-OSHA Rep arrives

What should an employee say if asked about First Aid/CPR certification.

*I am a designated first aid responder trained to render first aid per §3400. Medical Services and First Aid.*

*Here is my certification card.*
If the Cal-OSHA Rep wants to know anything else refer them to the Safety Engineer

213-798-5153
Randall Macfarlane

Summary

• If a victim is unconscious and not breathing have someone call 9 – 1 – 1 and begin CPR.
• If you are alone perform four sets of CPR then call 9 – 1 – 1.
• CPR only provides blood circulation; it does not restart a heart. The victim’s chance for recovery is greatly improved if CPR is performed and an AED is used within 5 minutes of sudden cardiac arrest.
• Only an AED checks the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm.