

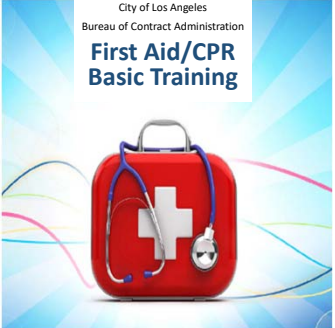
City of Los Angeles
Bureau of Contract Administration


**First Aid/CPR
Basic Training**

FIRST AID III

Care of the
unconscious or
unresponsive
patient

CPR





BCA
BUREAU OF CONTRACT ADMINISTRATION

- 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 underage, 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 

 **FIRST AID III - UNCONSCIOUS**

UNCONSCIOUS VICTIM

Not Breathing & Has no Circulation

BEGIN CPR

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Call 9-1-1

- It takes 5 minutes for Paramedics to arrive

NEXT 5 MINUTES

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Press Esc to exit full screen mode.

HANDS-ONLY CPR



00:02 Hands-Only CPR 01:42

American Red Cross


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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 collapses 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 practical.
- 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 300 pushes per minute. Lock your elbows and push with all your weight, depressing the chest 2 inches each pump. Don't worry about hurting the victim — you're trying to save a life. Continue until medical help arrives.



SOURCE: American Heart Association, www.heart.org DAVID HUTTENLOE/ISTOCK

FIRST AID III UNCONSCIOUS

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

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

CALL
CALL 911

PUMP
PUSH HARD & FAST IN THE MIDDLE OF THE CHEST

AT 4 MINUTES
without oxygen, permanent brain damage sets in.

AT 8 - 10 MINUTES
without oxygen, death can occur.

89% of out-of-hospital cardiac arrest patients die because no one on the scene gave CPR.

FIRST AID III UNCONSCIOUS

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.

FIRST AID III UNCONSCIOUS

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 saves lives. Know what to do.

Cardiac Arrest

Minutes . . . 4 . . . 8 . . . 12

0% survive without treatment

30-40% survive with immediate treatment

Call 999 Start CPR Start defibrillation Emergency services take over

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SUMMARY

CPR 4 NUMBERS <ul style="list-style-type: none">✓ Call 9-1-1✓ 100 Compression/Min✓ 30 Compressions✓ 2 Rescue Breaths (children only)	Red Cross Recommends 2 or more responders <ul style="list-style-type: none">1st responder – Call 9-1-12nd responder – Begin CPR One responder <ul style="list-style-type: none">Perform 4 sets of CPRThen call 9-1-1
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HOW TO SAVE A LIFE BY USING AN AED

SUDDEN CARDIAC ARREST is a condition in which the heart suddenly and unexpectedly stops beating. It causes blood to stop flowing to the brain and other organs. Sudden cardiac arrest is the leading cause of death in North America, and it can affect people of all ages—anytime and anywhere. Follow the instructions below to learn how to operate an automated external defibrillator (AED). It could save a life.


- 1 TURN ON**

- 2 FOLLOW PROMPTS**

- 3 PRESS SHOCK BUTTON IF INSTRUCTED**


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**FIRST AID III ~
UNCONSCIOUS**

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.




**FIRST AID III ~
UNCONSCIOUS**

If the Cal-OSHA Rep wants to know anything else refer them to the Safety Engineer

213-798-5153

Randall Macfarlane



**FIRST AID III ~
UNCONSCIOUS**

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.
