



WHAT TO DO UNTIL THE AMBULANCE ARRIVES

REMEMBER THE ABC's:
Airway - Breathing - Circulation
IN ALL CASES IMMEDIATELY CALL 911

I. IN CASE SOMEONE STOPS BREATHING BECAUSE OF:

- * Drowning
- * Strangulation
- * Heart Attack
- * Electrocutation
- * Gas Poisoning

BEGIN MOUTH TO MOUTH BREATHING:

1) Call 911

2) Open Airway - Tilt Head back, lift Chin

** If trauma suspected, do not tilt head or lift chin.*



3) Pinch nose and blow through mouth until the chest rises.



4) In the case of adult, ventilate 1 breath every 5 seconds until the victim begins to breath on his own.

5) In the case of infant or small child, inflate 1 breath every 3 seconds until chest rises.

AVOID FORCEFUL PRESSURE.

II. SAVE A LIFE BY THE PREVENTION OF SHOCK.

- 1) Call 911
- 2) Correct the cause of shock if possible.
(control bleeding - see section 4.)
- 3) Keep victim lying down.
- 4) Keep his airway open. (IF TRAUMA IS SUSPECTED DO NOT USE THE HEAD TILT CHIN LIFT METHOD)
- 5) Do not give victim anything by mouth.
- 6) Keep victim warm by covering with blankets, clothes, etc.
- 7) Reassure victim that help is on the way

III. CHOKING: FOREIGN BODIES IN THE AIR PASSAGE.

* A choking victim can die in 4 minutes. ACT FAST: use the Heimlich maneuver method.

* In case of infant choking, perform 5 back blows and 5 chest thrusts. If infant unresponsive, call 911 and continue with back blows and chest thrusts. Attempt ventilation.

- 1) Stand behind the victim with your arms around his waist.
- 2) Place thumb side of your fist against the victim's abdomen. Then grab your fist with your other hand.
Note - Your fist should be approximately 2 fingers above the navel and below the rib cage.
- 3) Press your fist forcefully into the victim's abdomen with a quick, upward thrust.

4) Repeat several times. **BE PERSISTENT!**

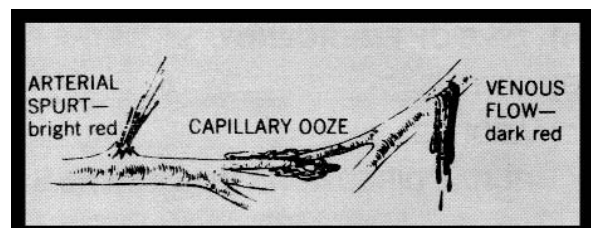
Note - If patient goes unresponsive, call 911, then try to ventilate. If unresponsiveness occurs lay patient on his back. Perform abdominal thrusts at a ratio of 5 abdominal thrusts to 2 attempted ventilations until the ambulance arrives.



4. CONTROL OF BLEEDING.

Types of bleeding:

1. Arterial: Bright red in color (spurting)
2. Venous: Dark red in color (flowing)



(over)

TECHNIQUES TO STOP BLEEDING:

1. DIRECT PRESSURE

Note - When available, always wear gloves when treating patients.

Direct Pressure by hand, with a dressing is preferred, but in the absence of dressing, the bare hand or fingers may be used. Apply pressure by placing the palm of the hand over the entire area of an open wound on any body surface or part.

(see diagram 1) Do not disturb blood clots after they have formed.

2. ELEVATION

Unless there is evidence of a fracture, a bleeding open wound of the hand, neck, arm, or leg should be elevated above the level of the heart.

(see diagram 2)

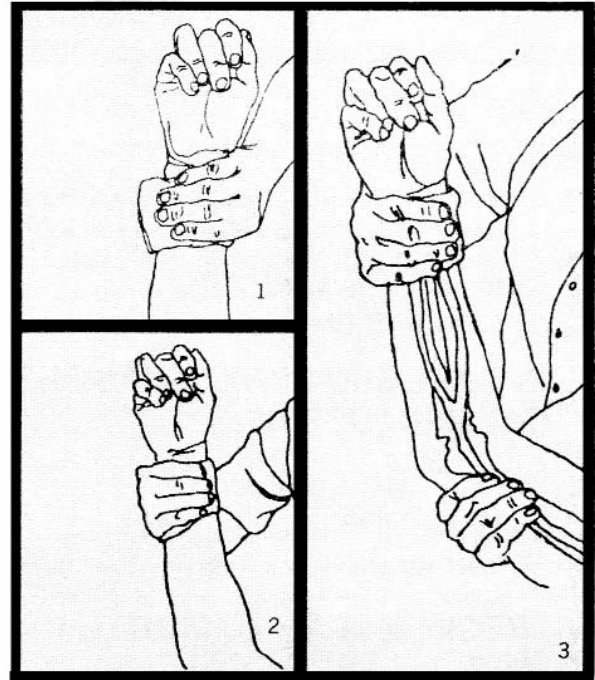
3. PRESSURE POINTS

Temporarily compress a main artery against an underlying bone. Don't apply pressure longer than necessary. (see diagram 3)

Once bleeding has been controlled, wrap the wound with a pressure dressing. Do not cause a tourniquet effect.

NOTE - DO NOT USE A TOURNIQUET

Statistics have shown that the use of a tourniquet is dangerous and therefore is no longer recommended.



This information was provided by Acadian Ambulance Service as a public service. Information is subject to updating without notice. In all emergency cases, call 911 immediately to ensure that your local Emergency Medical Service provider may be notified, and professional medical care can be dispatched as soon as possible.

January 2004

Please fill in the blanks with the appropriate information and place this sheet near your phone for reference in case of emergency.



HOW TO CALL ACADIAN AMBULANCE SERVICE

It can be expected that when you are faced with an emergency you will be very nervous and upset when calling for an ambulance. This is important information that an emergency dispatcher will ask for. By completing the this form and posting it near a phone, you could save precious minutes and help us get professional medical care to your loved ones quickly. When calling, remember to remain calm - excitement during an emergency means delay.



1. Dial 911 Emergency or 511 for Ambulance Dispatch

2. Give the Dispatcher:

a) Type of Emergency _____

b) City _____

c) Physical Address _____

d) Rural Directions (Use Hwy Numbers & Permanent Landmarks) _____

e) Name & Return Phone Number _____