

## TIPS FOR A HEALTHY AND SAFE STUDENT LIFE SAFETY MEASURES

### Emergency Action Guidelines

*Accidents are a part of life. Some are preventable. Many are not. All may affect the health and well being of a person or persons. Your actions during the crucial first minutes following serious circumstances can reduce injury and save lives.*

Priorities:

**#1 Know our emergency system contact number: 911** for – EMS means emergency medical system. This includes EMT (emergency medical technicians, fire rescue and police or law enforcement officers).

On our campus you can also call the Health Center at 214.860.2113. Call for help with life threatening situations.

**#2 Stay with the victim** while someone else calls for help. And keep yourself as well as the victim safe from further injury or danger.

**#3 Breathing is essential for life.** If necessary, begin rescue breathing by doing mouth to mouth resuscitation.

**#4 Circulation of oxygen rich blood must continue.** Check for the presence of a heart rate or pulse. If there is no pulse, begin CPR (if knowledgeable or otherwise call for emergency help).

**#5 Bleeding must not continue indefinitely.** Prolonged bleeding will create “Shock” and lead to death. Apply direct pressure and elevation to stop persistent bleeding.

**#6 Neck and spinal injuries can mean paralysis.** Don’t move fall victims unless absolute needed to save them from more harm or danger.

**#7 Health History is important.** Check the victim for emergency medical tags or bracelets. If they are conscious, inquire about medications.

**#8 Don’t give food or liquids.** An unconscious or semi-conscious victim cannot swallow and can suffocate.

**#9 Stay calm.** REASSURE THE VICTIM AND REMAIN PATIENT AND FOCUSED!

**El Centro College Health Center**