

El Centro College Health Center

Tips for a healthy and safe student life

Emergency Care Steps

Incidental Injuries and Conditions

During the course of day to day living with home life, school and work, we often encounter various incidental or accidental circumstances, many of which can be life threatening and deserving of prompt attention. Here are a few guidelines for handling some emergent situations.

Bleeding (or hemorrhaging).

Step 1 for severe wounds draining or oozing dark red blood. Get someone to call for EMS. Then,

Step 2 Cover the wound with the cleanest absorbent material available or use your bare hands and press down on the drainage site firmly. Then,

Step 3 Elevate or raise the bleeding body part as able unless you suspect a bone fracture. Then,

Step 4 Add other padding on top of the first padding as needed. Do not take off original padding. Then continue with

Step 5 Maintaining direct pressure and elevation until help arrives.

Burns from heat/flames.

Step 1 Smother any flames after rescuing from source of fire. Then,

Step 2 Ask someone to call for EMS if burn is severe. Then,

Step 3 Assess for smoke inhalation and if needed begin rescue breathing. Then

Step 4 Avoid removing any clothing or materials attached to the body. Then,

Step 5 Immerse burn areas on limbs in cold water only if there is no blistering or broken skin as in first degree burns. Then,

Step 6 Cover the burn with the cleanest cloth available. Then, while waiting on help,

Step 7 Keep the victim lying flat and lightly covered.

Chest Pain (or angina).

Step 1 Get someone to call for EMS. Then,

Step 2 Begin mouth-to-mouth breathing if unconscious and not breathing. Then,

Step 3 Check the pulse. If no pulse, then start CPR (if knowledgeable). Then,

Step 4 Assist victim into a comfortable sitting or recumbent position if conscious, Then,

Step 5 Loosen tight clothing. Then,

Step 6 Help victim take prescribed medication if available.

Choking

Step 1 Ask “Are you choking?” If they can speak, then just be with them. If they can’t speak to you, then yell for help and assistance. Then,

Step 2 Begin the Heimlich Maneuver by standing behind the victim and wrapping your arms around their waist. Next you place your fist (thumb-side) against their abdomen (below the lower rib cage, but above the belly button) and grasp your fist with your other hand. Then you press against the abdomen with a quick upward thrust. This should be repeated until the choking stops or the person passes out.

Drowning

Step 1 Get the victim’s head above the water or completely out of the water. Then,

Step 2 If not breathing, begin mouth-to-mouth breathing as soon as the victim is supported with your arm underneath the back or on a hard surface. Then,

Step 3 Get someone to call for help from EMS, then

Step 4 If no pulse begin CPR (if trained). Then,

Step 5 Elevate the feet unless you suspect a fracture. Then,

Step 6 Cover with a blanket to prevent shock and don’t give anything by mouth.

Drug Overdose

Step 1 Remove the victim from any dangerous situation. Then,

Step 2 Get someone to call for EMS. Then,

Step 3 If not breathing, begin rescue breathing, Then,

Step 4 If there is no pulse, begin CPR (if knowledgeable). Then,

Step 5 Try to discover what drug was taken and collect any pill bottles, urine and vomit for submission to the hospital.

(P. 2)

Electric Shock

Step 1 Get someone to call for help. Then,

Step 2 Remove the victim from the electric source quickly and safely by turning off source of power and/or using something dry and non-conducting (wooden or other non-metallic object) to remove any electrical wires that are touching the victim. **Exercise great caution to protect yourself!** Then,

Step 3 If not breathing, begin mouth-to-mouth resuscitation and CPR as needed.

Eye Injury

Step 1 Encourage the victim to produce tears, but not to rub the eye. If the object is loose it may dislodge itself. Then,

Step 2 If the object is embedded in the eye, cover both eyes with a gauze pad. Do not attempt to dislodge or extract the object. Then,

Step 3 Get immediate assistance from EMS.

Step 4 With Chemical burns, quickly flush the eye(s) with large amounts of water for approximately 10 minutes. Then,

Step 5 Cover both eyes with a clean dressing. Then,

Step 6 Get immediate help from EMS.

Fall

Step 1 Send someone to get help. Then,

Step 2 Stop any bleeding. Then,

Step 3 If broken bones are suspected, make a splint by placing rolled up newspaper or other firm objects on each side of the fracture and secure with 2" wide cloth strips. Then,

Step 4 If not breathing, begin rescue breathing. Then,

Step 5 If possible, do not move victim. Keep the victim's spine in alignment

Motor Vehicle Accident (or MVA)

Step 1 If in a car, pull off the road and turn on your emergency flashers. Then,

Step 2 Attend first to victims who are not breathing or who are bleeding profusely. Then,

Step 3 Tell someone or call for EMS. Then,

Step 4 Turn off the ignition of the wrecked car and warn bystanders of fire danger. Then,

Step 5 Don't move victim(s) unless in danger from traffic or the wrecked car.

(P. 3)

Poisoning

Step 1 Have the telephone number of the local Regional Poison Control Center handy.

Step 2 If the victim is conscious, try to find out what was swallowed. Then,

Step 3 Call the Regional Poison Control Center (RPCC) and report: what, how much, when, victims current status and your nearest hospital. Then,

Step 4 Follow the directions of the RPCC. Then,

Step 5 Collect containers, victims vomit and urine.

Seizure (or convulsion)

Step 1 If observed, and it is possible, catch the victim if falling and lower to the ground.

Step 2 Clear a space and place a pillow under the victim's head. Then,

Step 3 Don't put anything into their mouth or try to stop their jerking movements. Then,

Step 4 Loosen any tight fitting clothing. Then,

Step 5 Stay with the victim, while you send someone else to call for EMS.

Shock

Step 1 Lay the victim on their back with the feet higher than the head (unless you suspect head or spine injuries). Then,

Step 2 Check for breathing difficulties, while someone else goes for help. Then,

Step 3 Apply direct pressure and elevation to stop any persistent bleeding. Then,

Step 4 Loosen any tight fitting clothing and cover the victim.

Step 5 Offer reassurance and stay calm

Unconscious (or passed out)

Step 1 If faint, lay the victim down with feet elevated or bend the victim over with the head at knee level. Then,

Step 2 If found lying unconscious, leave them laying down, elevate the feet and loosen any tight clothing. Then,

Step 3 Observe their breathing efforts and give rescue breathing as needed. Then,

Step 4 Call for EMS.