

Critical Life Safety Skills



Today's Topics

- First steps
- Sudden illness
- Stroke
- Seizure
- Cardiac emergency
- Choking
- Soft tissue injuries
- Wrap up



First Steps

- Scene size up
 - Is the scene **safe**?
 - What **PPE** do I need?
 - Do I have **consent**?
- Assessment
 - What are the victims signs and symptoms?
 - Are there any medical professionals in the house?



First Steps, continued

- When do I need to call 911?
 - If there is a change in the **level of consciousness**.
 - If there is uncontrolled, excessive **bleeding**.
 - If there are symptoms of a **cardiac** emergency.
 - If there are symptoms of a **stroke**.
 - If the victim is complaining of **severe internal pain**.
 - If the victim's condition is **unknown**.



Sudden Illness

- What are the symptoms?
- What are your actions?
 - Comfort the victim.
 - Keep the victim safe and secure.
 - DO NOT give water, or administer fluids or medication.

Stroke

- What are the symptoms?
 - Think FAST
 - Face
 - Arms
 - Speech
 - Time
 - What are your actions?
 - The same as for sudden illness.

Seizure

- What are the symptoms?
 - Violent twitching, jerking or convulsions.
- What are your actions?
 - Clear the area around the victim.
 - DO NOT place anything in the victim's mouth.
 - DO NOT restrain the victim.

Cardiac Emergency

- What are the symptoms?
- What are your actions?
 - **Check** for responsiveness.
 - **Open the airway**, then look, listen and feel for breathing.
 - If the victim is not breathing, **start chest compressions**.
 - Give rescue breaths (optional).
 - Use an AED (if one is available).



Choking

- What are the symptoms?
- What are your actions?
 - For conscious choking
 - Give a combination of back blows and abdominal thrusts.
 - For unconscious choking
 - Use the modified CPR technique.

Soft Tissue Injuries

- What are the symptoms?
- What are your actions?
 - Put on gloves if you have them.
 - Apply **direct pressure**.
 - Add more bandages as necessary.
 - Elevate wound if possible.
 - DO NOT rely on pressure points or tourniquets.