

What Should You Do?

Adult & Pediatric First Aid, CPR and AED Review

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1. Squeezing or heavy chest pain, left or right arm pain, and Jaw pain are consistent with cardiac-related chest pain.
2. Exercise is a controllable risk factor of cardiovascular disease or heart attacks.
3. When removing gloves it is important that you only touch glove to glove and skin to skin.
4. "Agonal respirations" is ineffective gasping, gulping type of attempt to breathe that does not look normal.
5. If someone at a table is gagging but not making any sounds, check to make sure the scene is safe then ask if the person is choking to see if he or she can respond verbally.
6. A rescuer may recognize that a victim is experiencing arterial bleeding from bright red, pulsating or spurting blood, coming from an uncovered wound.
7. Place the thumb side of the fist just above the navel (belly button) but below the ribs to perform abdominal thrusts on a conscious choking child or adult.
8. To give CPR, 1) Check the person, 2) call 911, 3) begin compressions.
9. Symptoms of shock may include increased heart rate with skin that is pale, cool, and slightly moist.
10. Use of personal protective equipment is the best way to eliminate the fear of bloodborne disease transmission when helping a victim.
11. If an infant suspected of choking is not making any noise, but is conscious and gagging, give 5 back slaps followed by 5 chest thrusts.
12. CPR compressions on a child should be $\frac{1}{3}$ the depth of the child's chest.
13. After giving 30 chest compressions on an unconscious choking adult, open the airway and check for an object.
14. After performing a finger sweep for an unconscious, choking child, and pulling an object out of her mouth, give a breath. If it goes in, give a second breath.
15. You can use the AED as normal for a pregnant patient.
16. If pediatric pads are not available when performing CPR on a child, use the adult size pads and place one on the center of the back and one on the center of the chest.
17. Hands-only CPR was designed for those who are not trained or feel uncomfortable delivering mouth-to-mouth breaths. It doesn't replace traditional CPR.
18. The correct depth and rate for CPR compressions on an adult 2-2.4 inches

deep at a rate of 100-120 compressions per minute.

19. Signs and symptoms of heat stroke are hot and dry skin and the person may be unconscious.
20. Call Poison Control if you suspect a person has swallowed a poison.
21. The purpose of doing a secondary survey on a victim is to discover potentially life-threatening injuries that may not be immediately apparent.
22. The first signs of hypothermia are cold limbs, shivering, loss of feeling in extremities, and confusion.
23. To start an assessment for a head, neck, or back injury, start at the head, looking for signs of injury.
24. A person has just collapsed to the ground and had a seizure, you should call 911 and protect the person from injuring him or herself.
25. A child playing soccer was kicked in the knee and fell to the ground in pain. If the knee looks deformed you should suspect this injury is more serious and may need emergency treatment.
26. The order of steps that best fits the proper use of an EpiPen is 1) Check expiration date, 2) remove cap without placing thumb over end, 3) push and hold EpiPen against outer thigh for 10 seconds.
27. If a victim has a sharp object stuck in one eye, place a cup over the affected eye, a pad over the non-affected eye, and wrap gauze around both eyes and head to hold them in place.
28. An abrasion that is about 3 inches long and 2 inches wide that bled a little at first but has stopped is most likely capillary bleeding.
29. Apply cool water to a burn for 5-10 minutes if you see blisters, redness, and some dark areas that look deeply burned.
30. Pale skin, swollen and/or itchy tongue, difficulty breathing, and rapid heart rate are signs and symptoms of an anaphylactic reaction.
31. If bitten by a venomous snake 1) ensure the scene is safe, 2) keep victim calm, 3) lower the affected limb below their heart, 4) call 911, 5) apply a pressure dressing over snake bite, 6) and treat for any other complications.
32. One should automatic call 911 when a head injury causes a victim to unconscious at any point after the injury