

be a **FIRST RESPONDER**

A few simple steps
can save lives










**For Ambulance
Call (24 x 7)
0124
6-11-11-00**
(Gurgaon only)

CARDIO PULMONARY RESUSCITATION (CPR)

Unresponsive and Not Breathing (Cardiac Arrest)

↓
Start CPR

CPR is as easy as “DR Call CAB-D”

D		DANGER Assess and ensure the scene is safe for you to approach.
R		RESPONSE Tap shoulders and shout “Are you okay?” If unresponsive...
CALL		CALL Alert Emergency Medical Services (EMS). Gurgaon ambulance no. : +91-124-6-11-11-00.
C		COMPRESSIONS Start CPR if the person is not breathing. Push hard and fast at the center of chest. Give 30 chest compressions. Depth: At least 2 inches, Rate: 100 compressions / minute.
A		AIRWAY Open Airway by Head Tilt – Chin Lift technique (Tilt the person’s head back and lift his chin to open airway).
B		BREATHING Give 2 rescue breaths by mouth to mouth technique. Each breath should be given for one second. Look for visible chest rise. It is advisable to use a barrier device such as a CPR face shield. Repeat cycles of 30 compressions; 2 breaths. Give 5 such cycles of CPR in 2 minutes.
D		DEFIBRILLATION Use an Automated External Defibrillator (AED) as soon as it is available and follow the prompts.
		Don’t stop! Continue CPR until another provider or medical personnel takes over, the person revives or you are too tired to continue further.

HEART ATTACK

How to recognize?

- Chest pain
- Pain may radiate to left/right arm, jaw, neck or upper back
- The person may describe the pain as pressure / tightness / discomfort / heaviness in the chest
- Difficulty in breathing, dizziness, nausea and / or vomiting
- Anxiety, heavy sweating, pale and cool skin
- Heartburn or discomfort in upper abdomen



✓ DO's

1. Reassure the person, to reduce anxiety.
2. Let the person sit in a position comfortable to him.
3. Alert Emergency Medical Services (EMS) immediately.
4. Loosen any tight clothing, ensure adequate ventilation.
5. Help him take any prescribed medicines. (e.g. - Aspirin or Sorbitrate).
6. If the person is responsive administer oxygen (if available).

⊘ DON'Ts

1. DO NOT increase mental or physical stress.
2. DO NOT make the person walk.
3. DO NOT give anything to eat or drink.
4. DO NOT give any medicines unless prescribed or advised by doctor/EMS.

STROKE/BRAIN ATTACK

How to recognize?

Any one or more of the following symptoms:

- Numbness or weakness on one side of the body (face, arm or leg)
- Difficulty in speaking and/or walking
- May also experience by severe headache, disorientation

confusion or dizziness

Remember to act **FAST**:

Check for

F - Facial droop

A - Arm drift

S - Slurred speech

T - Time is critical (seek medical help immediately)



✓ DO's

1. Reassure the person.
2. Activate EMS.
3. Transport person to a Neuro-specialty Hospital (with CT/MRI facility & Neurology department).
4. If the person is responsive administer oxygen (if available).

⊘ DON'Ts

1. DO NOT give anything to eat or drink.
2. DO NOT give any medicines unless prescribed or advised by doctor/EMS.

CHOKING

How to recognize?

Partial choking:

- The person is able to cough and breath

Complete choking:

- The person is unable to cough or talk and is struggling to breathe
- Person may grasp his throat with his hands (Universal sign of choking)



DO's

Partial choking:

1. Encourage the person to cough

Complete choking:

1. Ask, "Are you choking?" The person may nod a "yes" but is unable to speak.
2. Immediately perform abdominal thrusts:

Position yourself behind the person. Wrap your arms around the abdomen. Make a fist with one hand and place it two fingers above the navel. Grasp the fist with the other hand and give forceful inward and upward abdominal thrusts till the object is expelled.

Note:

1. In case of a child, get to the level of the child by kneeling behind him and perform abdominal thrusts.
2. In case of an infant, perform sets of 5 back slaps and 5 chest thrusts till the object is expelled.
3. In case of a pregnant woman (or an obese patient) perform chest thrusts.

If the person loses consciousness, activate EMS and start CPR.

DON'Ts

1. DO NOT give anything to drink.

BLEEDING CONTROL

How to recognize?

External Bleeding is obvious.

Internal Bleeding should be suspected in case of an injury.

Person may show symptoms of shock such as drowsiness, shivering, cold pale skin and thirst.

DO's

1. Apply continuous direct pressure to the wound, with a gloved hand / clean absorbent pad for at least 5 - 10 minutes. *Avoid direct contact with blood.*
2. If the pad is soaked with blood, apply a second pad over the first one.
3. Tie a bandage over the absorbent pad. You should be able to pass one finger through the bandage.
4. If you suspect internal bleeding, cover the person with a blanket & transport immediately to a medical facility.



DON'Ts

1. DO NOT remove the pad to check if bleeding has stopped.
2. DO NOT tie the bandage so tight that blood circulation is hampered to the region below the bandage.
3. DO NOT give anything to eat or drink.

BURNS

How to recognize?

1st degree burn – Redness of skin, pain.

2nd degree burn – Formation of blisters.

3rd degree burn – Charred black or white skin.

✓ DO's

1st/2nd degree burns:

1. Cool the affected body part(s) as quickly as possible with running water for 10-15 minutes.
2. Afterwards, cover the affected part(s) loosely with a dry, sterile pad.

3rd degree burns:

1. Activate EMS.
2. Remove any jewelry from the affected body part.
3. Cover the burnt area with a dry sterile cloth / burn sheet.

⊗ DON'Ts

1. DO NOT apply ice or home remedies.
2. DO NOT break blisters.
3. DO NOT remove any clothing, that is stuck to the skin.



FRACTURES

How to recognize?

Intense pain, swelling and deformity of the affected part

✓ DO's

1. Immobilize the affected area (apply splints, sling and swathe as needed).

⊗ DON'Ts

1. DO NOT move / manipulate affected area.
2. DO NOT apply pressure over affected / swollen area.

Note: *In case of Road Traffic Accidents or for a severely injured person:*

- Stabilize the head, neck and back before moving the victim. Movement without proper stabilization may injure / aggravate injury to the spinal cord which may result in paralysis or even death!
- DO NOT move the victim unless stabilized
- DO NOT give anything to eat or drink



HYPOGLYCAEMIA

How to recognize?

- History of diabetes
- Change in behavior such as irritability, disorientation, confusion
- Weakness, dizziness, hunger, slight trembling
- Sweaty, cold, clammy skin



DO's

1. If the person is conscious, give him a sugary drink/ food item.
2. If there is no improvement, activate EMS.

DON'Ts

1. DO NOT give anything to eat or drink if the person is unconscious or drowsy.
2. DO NOT administer Insulin / anti-diabetic medicine.

SEIZURES/FITS

How to recognize?

Sudden jerky movements of the body. The body may become stiff. This may be accompanied by rapid eye movements / rolled up eyeballs, clenched teeth, frothing, and loss of bowel / bladder control.



DO's

1. If you see the person falling, try to break the fall.
2. Remain calm and reassure other people who may be nearby.
3. Remove heavy / sharp items from person's immediate surroundings. These may cause injury.
4. Protect the person's head by placing soft padding underneath it.
5. Loosen any tight clothing, ensure adequate ventilation.
6. When the seizure ends, put the person in *recovery position*.

DON'Ts

1. DO NOT restrain the person.
2. DO NOT force open mouth / place anything in mouth.
3. DO NOT give anything to eat or drink while the person is unconscious.
4. DO NOT make the person smell shoes, socks, onion or any other object.
5. DO NOT rely on quacks to cure the seizures, instead seek medical treatment.

Note: High grade fever can cause seizures in children (febrile seizures) — Lower body temperature by cold sponging and seek medical help.

FAINTING

How to recognize?

Sudden loss of consciousness.

DO's

1. Check for normal breathing.
2. Loosen tight clothing.
3. Raise the person's legs by about 8 – 12 inches.
4. Avoid crowding around the person, ensure adequate ventilation.
5. Once the person regains consciousness, give him something to eat or drink.
6. Seek medical opinion.



DON'Ts

1. DO NOT give anything to eat or drink while the person is unconscious.

RECOVERY POSITION

To prevent blockage of airway, place the person who is unresponsive but is breathing in *recovery position*.
(Avoid if the person is injured)

- Sit parallel and close to the person
- Extend the arm (on your side) of the person above his head
- Place the back of the other hand against the person's cheek. Provide support by holding the shoulder
- Bend the farther leg at the knee
- Roll the person towards your side
- Ensure that his nose is not blocked

Note:

Give recovery position to a pregnant lady by rolling her on her left side





GROUP ACTIVITY: Case was provided to three teams and our team's performance was adjudged the best.

