

## ***CPR/CCR, AED, Workplace Emergencies***

**CPR/CCR is the foundation for saving lives following cardiac arrest.**

Less than 1/3 of out-of-hospital sudden cardiac arrest victims receive bystander care. Fast, hard chest compressions provided immediately after sudden cardiac arrest, can significantly improve survival.

**Fundamental aspects include:**

- **Recognition** of sudden cardiac arrest
- **Activation** of EMS (call 911)
- **Fast, Hard Chest Compressions**
- **Rapid defibrillation-** When the Automated External Defibrillator (AED) arrives, simply turn it on and follow the verbal cues.

### **WORKPLACE EMERGENCIES**

#### **HEART ATTACK**

A heart attack occurs when the heart has inadequate oxygen supply, causing chest discomfort, shortness of breath or arm pain or other symptoms.

*What to do: **Call 911** and you may give the victim aspirin (if no allergy)*

#### **STROKE = Brain Attack**

A stroke occurs when there is reduced blood flow or oxygen to the brain, sometimes caused by a blood clot or bleeding in the brain. The signs of stroke may be subtle and may include:

- One sided weakness, numbness, tingling
- Difficulty speaking
- Sudden severe headache
- Facial droop/drooling
- Trouble seeing in one or both eyes

*What to do: **Call 911** and continue to assess*

#### **CHOKING**

- **If choking victim can make noise-** Stand by and assess, if there's no improvement, call 911.

- **If choking victim cannot make noise-** Ask for permission and perform abdominal thrusts just above the belly button.
- **If choking victim becomes unresponsive-** Call 911 and begin the steps of CPR.

## **DIABETES**

- **Low blood sugar-** Symptoms may include a change in behavior, weakness, sweating, seizure activity or unresponsiveness.
- **If the victim is alert and can swallow, provide treatment-** Give food or drink that contains sugar such as fruit juice, honey, or regular soda.
- **If the victim cannot swallow or sit-up call 911.**

## **SEIZURE**

- **During an active seizure provide protection and call 911-** Move dangerous objects away from the victim and protect their head with your hands or by providing padding.
- **After a seizure, assess the victim's circulation and breathing-** If no signs of circulation, begin the steps of CPR. If the victim has vomited or has fluids in the mouth, roll them to their side to help clear the airway.

## **BLEEDING**

- **Place a dressing on the wound and provide direct pressure-** If bleeding continues, add more dressings on top of the first.
- **If an arm or leg has severe bleeding you can't control, you can use a tourniquet-** Place the tourniquet approximately 2 inches above the injury, tighten and note what time you placed it. Call 911.
- **If cut or scrape is minor-** Wash area well and then apply dressing. Antibiotic cream, ice packs, and other treatments can be used when appropriate. Continue to assess for further bleeding or infection.

## **BROKEN BONES AND SPRAINS:**

- **Control bleeding, place ice packs if tolerated, keep the victim in a position of comfort and call 911.**
- **In general, only healthcare providers apply splints-** If you have to apply a splint because you are too far from care:
  - Use stiff objects such as rolled-up magazines, pieces of wood or even towel rolls to immobilize the area.
  - Provide as much padding as possible under the splint and secure it with tape, gauze, or cloth.
  - Get the victim to a healthcare provider as soon as possible.