

Lebanese Red Cross - Emergency Medical Services

First Aid Training course

Skills Summary

Adult Airways Obstruction



	Skill	Steps
1	<b>Adult Airway Obstruction Heimlich</b>	Choking is recognized
		Rescuer asks if victim can speak, cough or breathe
		Rescuer encourages victim to cough in case of a <b>partial obstruction</b>
		<b>Total obstruction</b> Give 1 to 5 strong claps on the back: <b>between both shoulder blades, with the heel of the hand and vigorously: cough movement</b> If the back claps were inefficient: <b>perform 1 to 5 abdominal compressions: In the middle of the stomach, without stressing on the ribs, to the rear and upward: Piston effect</b>
		Repeat the cycles (5 claps on the back, 5 abdominal compressions) as long as <b>the victim is conscious</b> or the airways are not opened.
		Rescuer checks if the object is removed
		Alert and follow the emergency medical services instructions
		Talk regularly with the victim awaiting the arrival of the emergency services





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**Skills Summary**  
**Adult Airway Obstruction Obese or Pregnant**

	Skill	Steps
2	<b>Adult Airway Obstruction Obese or Pregnant</b>	Choking is recognized
		Rescuer asks if victim can speak, cough or breathe
		Rescuer encourages victim to cough <b>in case of a partial obstruction</b>
		<b>Total obstruction</b> Give 1 to 5 strong claps on the back : <b>between both shoulder blades, with the heel of the hand and vigorously: Cough movement</b> If the back claps were inefficient, <b>perform 1 to 5 chest compressions: In the middle of the sternum, without pressing on the ribs, to the rear:</b> <b>Piston effect</b>
		Repeat the cycles (5 claps on the back, 5 chest compressions) as long as the <b>victim is conscious</b> or the airways are not opened.
		Rescuer checks if object is removed
		Alert and follow the emergency medical services instructions
		Talk regularly with the victim awaiting the arrival of the emergency services



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Skills Summary

Infant Airways Obstruction



	Skill	Steps
3	Infant Airway obstruction	Determine that baby is not able to cry or cough effectively
		Place baby on forearm on the knee of the rescuer with head supported, head lowered
		Give 5 back slaps: <b>between both shoulder blades, with the heel of the hand and vigorously:cough movement: Cough movement</b>
		check if object went out
		Turn baby on back with head supported and head lowered
		Place the pulps of two fingers of one hand in the middle of the newborn baby chest, on the inferior half of the sternum.
		Perform 1 to 5 <b>successive and deep compressions, by loosening hands between compressions: piston effect</b>
		Check if the object went out. Repeat until the object goes out or the baby becomes unresponsive



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Skills Summary

External Bleeding



	Skill	Steps
4	External bleeding	<b>Protect:</b> Remove or avoid the danger if possible and when necessary
		<b>Examine:</b> Observe the abundant bleeding, talk to the patient and ask questions
		<b>Rescue:</b> <b>Compress directly</b> without any delay the bleeding with the hand by using a tissue and / or a compressive bandage
		<b>The compression should :</b> <b>Cover the entire wound, be sufficient to stop the bleeding, be permanent and continuous</b>
		Lie the victim down in a horizontal position
		<b>Alert</b>
		Talk regularly with the victim
		Protect the victim from cold or heat
		Abide by the emergency instructions
		If the rescuer must release (alert or material research), replace the manual compression with a thick fabric (pad) maintained with a tight large enough bandage



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Skills Summary

Unconsciousness



	Skill	Steps
5	Recovery position	<b>Protect:</b> Remove or avoid the danger if possible and when necessary
		Do not expose yourself and do not expose other people to danger
		<b>Examine :</b> Observe the victim: he/she is awake
		Ask the victim a simple question
		Call for help if you are alone
		<b>Rescue :</b> Lie the victim down on his/her back (if she/he is not already lying down)
		Immediately ensure the opening of airways
		Assess the respiration for 10 seconds maximum while keeping the chin high
		If the victim is breathing Put him in a stable position on his/her side: Putting the victim in <b>the recovery position: Should limit to the maximum the spine movements, Should not cause any pressure on the chest, Should lead to a stable position, the most lateral possible one, Should allow the flow of liquids to the outside (open mouth), Should allow watching the respiration and access the victim's airways</b>
		<b>Ask someone to alert</b> the emergency services or alert them yourself
		Protect the victim from cold or heat
		Watch the victim awaiting the arrival of the emergency services



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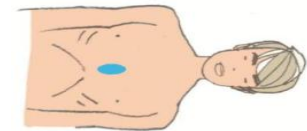
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Skills Summary

Cardiac Arrest



	Skill	Steps
6	Cardiac Arrest Chest Compression and rescue breaths	<b>Protect:</b> Remove or avoid the danger if possible and when necessary
		Do not expose yourself and do not expose other people to danger
		<b>Examine :</b> Observe the victim: he/she is awake
		Ask the victim a simple question
		Shake the victim's shoulder or hold his hand
		Ask him/her to open his/her eyes or shake hands
		Call for help if you are alone
		Immediately ensure the opening of airways, (head tilt chin lift position and maintain this position)
		Verify the absence of respiration for 10 seconds maximum (look, listen, feel)
		<b>Ask someone to alert</b> the emergency services or alert them yourself
		Perform 30 compressions in the middle of the chest with 2 hands: <b>The compression is strong, Depth: 5 to 6 cm, the frequency between 100 and 120/min, release is complete between compressions: Allow the oxygenation of the tissues</b>
		Give 2 insufflations after the 30 compressions: <b>They are slow and progressive, should be stopped once the chest begins to rise, performed in 5 seconds maximum: Allow providing the lungs with oxygene</b>
		Continue alternating 30 compressions with 2 insufflations (rhythm of 30/2) until the arrival of emergency or the restoration of the victim's normal respiration, use appropriate gestures if needed.





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**Child and Infant Cardiac Arrest**

	Skill	Steps
<b>7</b>	<b>Cardiac Arrest Chest Compression and rescue breaths</b>	<b>Protect:</b> Remove or avoid the danger if possible and when necessary
		Do not expose yourself and do not expose other people to danger
		<b>Examine :</b> Observe the victim: he/she is awake
		Ask the victim a simple question
		Shake th victim's shoulder or hold his hand
		Ask him/her to open his/her eyes or shake hands
		Call for help if you are alone
		Immediately ensure the opening of airways, (head tilt chin lift position and maintain this position)
		Verify the absence of respiration for 10 seconds maximum (look, listen, feel)
		<b>Ask someone to alert</b> the emergency services or alert them yourself
		Perform <b>30 compressions</b> in the middle of the chest with 1 hand for the child and 2 fingers for the infant, <b>the compression is strong, the frequency between 100 and 120/min, release is complete between compressions: Allow the oxygenation of the tissues</b>
		Give <b>2 insufflations</b> after the 30 compressions: <b>They are slow and progressive, should be stopped once the chest begins to rise, performed in 5 seconds maximum: Allow providing the lungs with oxygene (Infant: Mouth to mouth and noise)</b>
		Continue alternating 30 compressions with 2 insufflations (rhythm of 30/2) until the arrival of emergency or the restoration of the victim's normal respiration, use appropriate gestures if needed.





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#### Skills Summary

#### Sickness

	Skill	Steps
8	Sickness Any medical case	<b>Protect:</b> Remove or avoid the danger if possible and when necessary
		Do not expose yourself to danger
		<b>Examine:</b> Observe the sickness signs
		Talk and listen to the victim
		Ask question: What do you feel? Where do you feel pain? For how long do you feel pain? Is this the first time? Do you take any treatment? Have you any known disease or have you undergone any surgery?
		<b>Alert:</b> Seek medical advice
		Transmit all collected information
		<b>Rescue :</b> Put the victim immediately at rest (stop any activity) and lye his/her down if possible; if not, in the position in which she feels the best
		Loosen the clothes in case of discomfort
		Respect the emergency instructions
		Talk regularly to the victim awaiting the arrival of emergency services



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Skills Summary

Serious Wound



	Skill	Steps
9	Serious Wound	<b>PROTECT</b> : Remove or avoid the danger if possible and when necessary
		Extract the victim quickly if the danger persists
		Do not expose yourself to danger
		<b>Examine:</b> Observe the seriousness signs of the wound
		Talk and listen to the victim, ask questions
		<b>Alert:</b> Alert or ask someone to alert the emergency services
		Give all necessary information
		Make sure alert was performed
		<b>Rescue :</b> Put the victim without delay in a waiting position adapted to the wound localization <b>1- Seated, in case of a wound in the thorax; the seated position facilitates the respiration.</b> <b>2- Sleeping on his back, the legs bent in case of a wound in the abdomen; the flexion of the legs will allow decrease in abdominal pain by relaxation of the abdominal muscles.</b> <b>3- Closed eyes and head immobilized in case of a wound in the eye; closing the eyes and immobilizing the head allow limiting the risks of the lesion deterioration.</b>
		Protect victim from cold, heat and bad weather
		Apply instructions given by the emergency services
		Talk regularly to the victim and explain what is happening to reassure him/her

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Skills Summary

Severe Burns



	Skill	Steps
10	Severe Burns	<b>PROTECT</b> : Remove or avoid the danger if possible and when necessary
		Extract the victim quickly if the danger persists
		Avoid any accidental intrusion in the danger area
		Do not expose yourself to danger
		<b>Examine:</b> Observe the seriousness signs of the wound
		Talk and listen to the victim, ask questions
		<b>Alert:</b> Alert or ask someone to alert the emergency services
		Give all necessary information
		Make sure alert was performed
		<b>Rescue :</b>
		<b>Cool without delay the burned area no later than the 30 minutes after the burn by watering it until you get a medical advice (water temperature: between 15 and 25°C)</b>
		Remove clothes covering the burn except for the last layer
		Lie the victim down after the cooling
		Apply the emergency services instructions
		Protect the victim with a clean blanket <b>without covering the burned part</b>
Talk regularly with the victim and explain to him/her what is happening to reassure her/him		



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Severe Burns

	Skill	Steps
11	Trauma	<b>Protect:</b> Remove or avoid the danger if possible and when necessary
		Extract the victim quickly if the danger persists
		Avoid any accidental intrusion in the danger area
		Do not expose yourself to danger
		<b>Examine:</b> Observe the seriousness signs of the wound
		Talk and listen to the victim, ask questions
		<b>Alert:</b> Ask a medical advice while alerting the emergency services
		Give all necessary information
		Make sure alert was performed
		<b>Rescue :</b>
		Ask the victim not to move and to avoid any mobilization
		Protect the victim from cold, heat and bad weather
		Respect the emergency services instructions
		Talk regularly to the victim and explain to him/her what is happening to reassure him/her