

EMERGENCY RESPONSE CARD



Call 911 for ALL Medical Emergencies that include the following:

- Chest Pains
- Difficulty Breathing
- Unresponsive / Altered Mental State
- Severe Bleeding
- Head Injuries / Suspected Concussion

Bloody Nose – apply firm pressure to bridge of nose while patient is bent slightly forward. Never allow the patient to tilt head backwards.



Heat Exhaustion – pale, clammy skin, profuse sweating accompanied by cramps.

- Remove from play or practice immediately.
- Begin cooling process by applying cool damp towels and allow the patient to drink water on their own.
- Do not allow water if the patient has vomited or has seizures.

Heart Attack / Chest Pains – Call 911 Immediately, radiating chest pain, nausea, shortness of breath, sweating, establish responsiveness, check for breathing, place patient in position of comfort. Perform ABCD's.

Scene Safety – Make sure your surroundings are safe for you and the patient. Remove patient only if hazards exist or endangers others.

AED Use – Locate/Activate AED and follow instructions inside unit cover.



CPR-Adult – Shake and Shout. Call 911 Immediately and get AED.

- Place heel of one hand between the nipples on the lower half of the sternum.
- Place your second hand on top of the first.
- Compress FAST AND HARD
- Compress AT LEAST 100 times per minute.
- Depth of compressions: AT LEAST 2" or 1/3 the depth of the chest.
- Minimize interruptions continuing non-stop until the AED arrives or EMS takes over.

CPR-Child – Repeat adult steps. Compressions should be given with one hand or apply sufficient pressure to compress the chest approximate 1/3 the depth of the chest. Apply AED pediatric pads if provided.

CPR-Infant – Repeat adult steps. Use 2 or 3 fingers to perform compressions and small puffs of air for ventilations.

Sprains, Strains, and Fractures – Signs are pain, swelling, deformity, bruising. Immobilize and follow R.I.C.E. procedures: Rest, Ice, Compressions, Elevation.



Concussion – Signs are loss of consciousness, head trauma, headache, dizziness, slurred speech, memory loss, ringing in ears. Call 911 immediately. ABCD's apply. Place in position of comfort. Report all children's head injuries to parent or guardian.

Choking – Use stomach thrusts and back blows.

