



# 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

1. Call 911
2. Turn on AED
3. Follow voice prompts or instruction inside unit cover
4. Place pads on chest as designated by diagram on pads
5. Follow voice prompts and press shock button when instructed
6. Continue until EMS arrives



## CPR-Adult

1. Shake and Shout/Call 911/Get AED and turn on
2. Start CPR immediately:

### C – Compressions

- Place heel of hand between the nipples - lower half of sternum
- Place second hand on top of first
- Compress FAST AND HARD.
- Compress AT LEAST 100 times per minute
- Depth of compressions: AT LEAST 2" or 1/3 depth of chest

### A – Airway:

Open airway with head tilt/chin lift method

### B – Breathing:

Use 30:2 ratio of compressions to breaths

3. Use AED as soon as it's available
4. Continue CPR as directed by AED until EMS arrives

## CPR-Child

Perform C-A-B.

**C – Compressions:** push one hand at least 2 inches down into the chest or 1/3rd depth of the chest

**A – Airway:** open airway using head tilt/chin lift method

**B – Breathing:** give 2 rescue breaths; continue 30 compressions/2 breaths for 5 cycles

## CPR-Infant

- Repeat Child CPR steps
- Use 2-3 fingers below the width of the nipple line and compress chest 1-1/2 inches deep or 1/3rd depth of chest



## 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

- For adults and children, use abdominal thrusts
- For choking infants, use 5 back blows and 5 two-finger chest compressions

