

Chapter Two

Principles of rescuing and Moving Injured persons.

Taking Action & Emergency action steps

In any emergency situation, follow the emergency action steps:

- ✓ CHECK the scene and the person.
- ✓ CALL 1-2-3 or the local emergency number.
- ✓ CARE for the person.

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- **CHECK**

Before you can help an injured or ill person, make sure that the scene is safe for you and any bystanders. Look the scene over and try to answer these questions:

- ✓ Is it safe?
- ✓ Is immediate danger involved?
- ✓ What happened?
- ✓ How many people are involved?
- ✓ Is anyone else available to help?
- ✓ What is wrong?

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- **CALL**

Calling 1-2-3 or the local emergency number for help often is the most important action you can take to help an injured or ill person. It will send emergency medical help on its way as fast as possible. Make the call quickly and return to the person. If possible, ask someone else to make the call. Generally, call 1-2-3 or the local emergency number if the person has any of the following conditions:

- ✓ Unconsciousness or an altered level of consciousness (LOC), such as drowsiness or confusion

- ✓ Breathing problems (trouble breathing or no breathing)
- ✓ Chest pain, discomfort or pressure lasting more than a few minutes that goes away and comes back or that radiates to the shoulder, arm, neck, jaw, stomach or back.
- ✓ Persistent abdominal pain or pressure
- ✓ Severe external bleeding (bleeding that spurts or gushes steadily from a wound)
- ✓ Vomiting blood or passing blood.
- ✓ Severe (critical) burns
- ✓ Suspected poisoning
- ✓ Seizures
- ✓ Stroke (sudden weakness on one side of the face/ facial droop, sudden weakness on one side of the body, sudden slurred speech or trouble getting words out or a sudden, severe headache)
- ✓ Suspected or obvious injuries to the head, neck, or spine
- ✓ Painful, swollen, deformed areas (suspected broken bone) or an open fracture.
- ✓ Fire or explosion
- ✓ Downed electrical wires.
- ✓ Swiftly moving or rapidly rising water.
- ✓ Presence of poisonous gas
- ✓ Serious motor-vehicle collisions
- ✓ Injured or ill persons who cannot be moved easily.

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- **CARE**

Once you have checked the scene and the person and have made a decision about calling the local emergency number, you may need to give care until EMS personnel take over. After making the 1-2-3 call, immediately go back to the injured or ill person. Check the person for life-threatening conditions and give the necessary care (To do so, follow these general guidelines:

- ✓ Do no further harm.
- ✓ Monitor the person's breathing and consciousness.
- ✓ Help the person rest in the most comfortable position.
- ✓ Keep the person from getting chilled or overheated.
- ✓ Reassure the person.

- ✓ Give any specific care as needed.

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- **Checking a Conscious Person**

If you determine that an injured or ill person is conscious and has no immediate lifethreatening conditions, you can begin to check for other conditions that may need care. Checking a conscious person with no immediate life-threatening conditions involves two basic steps:

- ✓ Interview the person and bystanders.
- ✓ Check the person from head to toe.

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- **Conducting Interviews**

Ask the person and bystanders simple questions to learn more about what happened. Keep these interviews brief. Remember to first identify yourself and to get the person's consent to give care. Begin by asking the person's name. This will make him or her feel more comfortable. Gather additional information by asking the person the following questions:

- ✓ What happened?
- ✓ Do you feel pain or discomfort anywhere?
- ✓ Do you have any allergies?
- ✓ Do you have any medical conditions or are you taking any medication?

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- **Checking from Head to Toe**

Next you will need to thoroughly check the injured or ill person so that you do not overlook any problems. Visually check from head to toe. When checking a conscious person:

- ✓ Do not move any areas where there is pain or discomfort, or if you suspect a
- ✓ head, neck or spinal injury.
- ✓ Check the person's head by examining the scalp, face, ears, mouth and nose.
- ✓ Look for cuts, bruises, bumps or depressions. Think of how the body usually looks. If you are unsure if a body part or limb looks injured, check it against the opposite limb or the other side of the body.

- ✓ Watch for changes in consciousness. Notice if the person is drowsy, confused or
- ✓ is not alert.
- ✓ Look for changes in the person's breathing. A healthy person breathes easily, quietly, regularly and without discomfort or pain.
- ✓ Notice how the skin looks and feels. Skin can provide clues that a person is injured or ill. Feel the person's forehead with the back of your hand to determine if the skin feels unusually damp, dry, cool or hot. Note if it is red, pale or ashen.
- ✓ Look over the body. Ask again about any areas that hurt. Ask the person to move each part of the body that does not hurt.
- ✓ Look for a medical identification (ID) tag, bracelet or necklace on the person's wrist, neck or ankle. A tag will provide medical information about the person; explain how to care for certain conditions.

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1. Moving an Injured or ill Person

One of the most dangerous threats to a seriously injured or ill person is unnecessary movement. Moving an injured person can cause additional injury and pain and may complicate his or her recovery. Generally, you should not move an injured or ill person while giving care. However, it would be appropriate in the following three situations:

- When you are faced with immediate danger, such as fire, lack of oxygen, risk of explosion or a collapsing structure.
- ✓ When you have to get to another person who may have a more serious problem. In this case, you may have to move a person with minor injuries to reach someone needing immediate care.
- ✓ When it is necessary to give proper care. For example, if someone needed CPR, he or she might have to be moved from a bed because CPR needs to be performed on a firm, flat surface. If the surface or space is not adequate to give care, the person should be moved.

• Techniques for Moving an Injured or Ill Person

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• Walking Assist

The most basic emergency move is the walking assist. Either one or two responders can use this method with a conscious person. To perform a walking assist, place the injured or ill person's

arm across your shoulders and hold it in place with one hand. Support the person with your other hand around the person's waist.

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- **Two-Person Seat Carry**

The two-person seat carry requires a second responder. This carry can be used for any person who is conscious and not seriously injured. Put one arm behind the person's thighs and the other across the person's back. Interlock your arms with those of a second responder behind the person's legs and across his or her back. Lift the person in the "seat" formed by the responders' arms.

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- **Pack-Strap Carry**

The pack-strap carry can be used with conscious and unconscious persons. Using it with an unconscious person requires a second responder to help position the injured or ill person on your back. To perform the pack-strap carry, have the person stand or have a second responder support the person. Position yourself with your back to the person, back straight, knees bent, so that your shoulders fit into the person's armpits.

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- **Clothes Drag**

The clothes drag can be used to move a conscious or unconscious person with a suspected head, neck or spinal injury. This move helps keep the person's head, neck and back stabilized. Grasp the person's clothing behind the neck, gathering enough to secure a firm grip. Using the clothing and pull the person (headfirst) to safety.

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- **Blanket Drag**

The blanket drag can be used to move a person in an emergency situation when equipment is limited. Keep the person between you and the blanket. Gather half of the blanket and place it against the person's side. Roll the person as a unit toward you. Reach over and place the blanket so that it is positioned under the person, then roll the person onto the blanket. Gather the blanket at the head and move the person.

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- **Ankle Drag**

Use the ankle drag (also known as the foot drag) to move a person who is too large to carry or move in any other way. Firmly grasp the person's ankles and move backward. The person's arms should be crossed on his or her chest. Pull the person in a straight line, being careful not to bump the person's head.

