# Injury Checklist

This Injury Checklist is a comprehensive assessment guide designed to help you evaluate injuries and determine the appropriate response. It can be used in various emergency situations to ensure no critical steps are overlooked before professional medical help arrives.

## 1. Initial Scene Assessment

1. Ensure the scene is safe for you and the injured person.

2. Identify potential hazards (traffic, fire, unstable structures, etc.).

3. Wear protective equipment if available (gloves, mask).

4. Check the number of injured persons.

## 2. Primary Survey – ABCs

A. Airway – Ensure the airway is open and clear of obstructions.

B. Breathing – Check if the person is breathing normally.

C. Circulation – Check for a pulse and signs of severe bleeding.

D. Disability – Quickly assess consciousness level using AVPU (Alert, Voice, Pain, Unresponsive).

E. Exposure – Look for hidden injuries by gently exposing affected areas.

## 3. Secondary Survey – Head-to-Toe Examination

1. Head – Check for bleeding, swelling, deformities, or fluid from ears/nose.

2. Neck – Look for tenderness, deformity, or restricted movement.

3. Chest – Observe breathing pattern, check for pain, deformity, or open wounds.

4. Abdomen – Check for tenderness, swelling, or unusual firmness.

5. Pelvis – Gently press hips for pain or instability.

6. Arms & Hands – Look for fractures, cuts, swelling, and check pulse.

7. Legs & Feet – Check for bleeding, deformity, or inability to move.

8. Back – If safe, check for injury along the spine.

## 4. Vital Signs to Monitor

1. Level of consciousness (AVPU scale).

2. Breathing rate and effort.

3. Pulse rate and strength.

4. Skin color, temperature, and moisture.

5. Pupil reaction to light.

## 5. Documentation and Communication

1. Record all observations, vital signs, and times noted.

2. Document actions taken (first aid given, position of casualty, etc.).

3. Relay all information to emergency medical responders upon arrival.

## 6. Immediate Response Actions

• Stop severe bleeding with direct pressure or tourniquet (last resort).

• Begin CPR if no pulse and not breathing (if trained).

• Treat for shock – keep the injured person warm and comfortable.

• Immobilize suspected fractures or spinal injuries.

## Conclusion

A systematic injury checklist ensures a thorough evaluation in emergencies. Following this structured approach improves the chances of providing effective first aid and stabilizing the casualty until professional help arrives.

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