



CHAPTER 1

Preparing to Act

NSC—In It for Life®



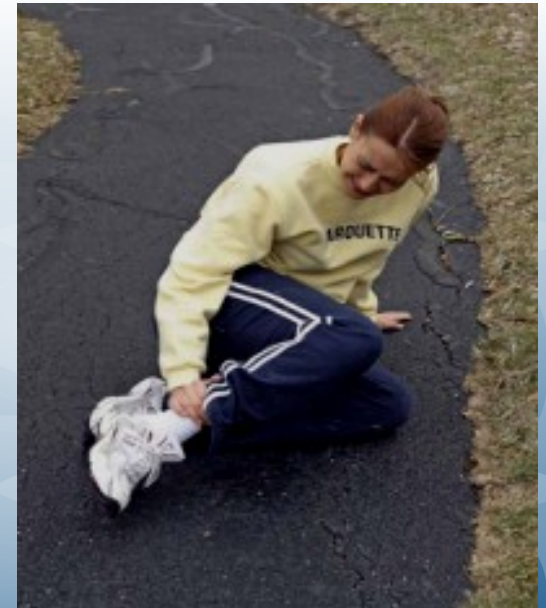
Lesson Objectives

1. List the 4 primary goals of first aid.
2. Explain why there is a need for first aid training.
3. Decide to help in an emergency.
4. Describe how to stay prepared for emergencies.
5. Describe the EMS system and different types of EMS professionals.
6. Explain when to call 9-1-1 and what information to give the dispatcher.
7. Explain what first aiders need to understand about legal issues related to first aid.



First Aid Training is Important

- Injury and sudden illness occur frequently
- Can happen to anyone, any time
- Injury and sudden illness require immediate attention
- Life or well being often depends on first aid





What is First Aid?

- Immediate help given to victim of injury or sudden illness
- Help given before victim sees health care provider
- Help typically given by friend, family member, co-worker or bystander
- Help given using minimal or no medical equipment



Primary Goals of First Aid

- Keep victim alive
- Prevent victim's condition from getting worse
- Help promote early recovery
- Ensure victim receives appropriate medical care





The Need for First Aid

- More than 735,000 heart attacks occur, resulting in 120,000 deaths.
- More than 326,000 people experience out-of-hospital cardiac arrests.
- Strokes result in about 129,000 deaths
- About 130,800 die from unintentional injuries.
- About 29 million visits are made to emergency departments because of injuries.



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Learning Checkpoint 1

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Deciding to Help

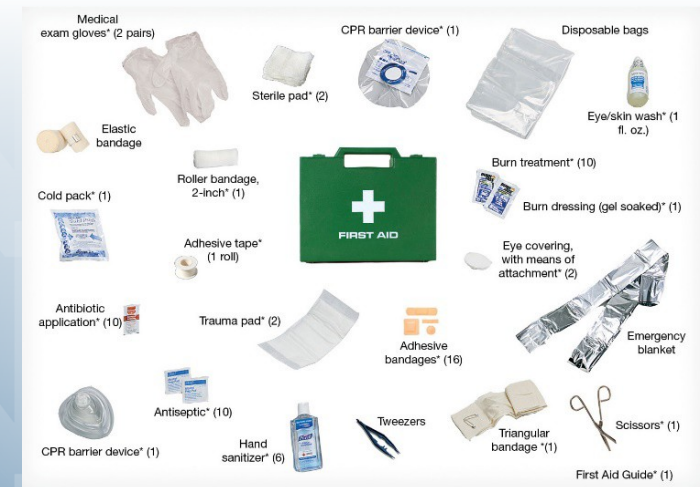
Common Concerns

- Worried about not doing right thing
- Think someone else will provide better care
- Not sure it is an emergency
- Upset by sight of blood or injury
- Worried about catching a disease



Stay Prepared to Help

- Know appropriate first aid
- Be confident
- Have a first aid kit
- Know 9-1-1 and other emergency numbers
- Teach children to call 9-1-1 not 9-eleven
- Make others aware of medical conditions





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Emergency Medical Service System

- Dispatcher
 - Receives call, gathers information, sends help
- Emergency medical responders
 - First to arrive and take over care
- EMTs/paramedics
 - Give more advanced care and transport victim





EMS Professionals

- **Emergency Medical Technicians (EMT) and Paramedics = EMT's and paramedics usually arrive in an ambulance.** EMT's with different levels of training perform different medical treatments. Paramedics have the highest level of training.



When to Call 9-1-1

- Victim may have life-threatening condition
- Victim is unresponsive
- Victim's condition may become life-threatening
- Moving victim could make condition worse
- Do not transport the victim yourself



When to Call 9-1-1

- **Unresponsive or AMS**
- Not breathing/difficulty breathing
- **Chest pain/discomfort**
- Severe bleeding
- Head or spine injury
- Poisoning/drug overdose
- Vomiting blood
- Seizures
- Severe burn
- Drowning
- **Threatened suicide**
- Imminent childbirth



Other Reasons to Call 9-1-1

- Fire, explosion
- Vehicle crash
- Downed electrical wire
- Chemical spill, gas leak, unknown substances present
- Swiftly moving or rapidly rising water



When You Call 9-1-1

Have this information ready:

- Your name and phone number you are using
- The location and number of victims
- What happened/special circumstances
- Victim's condition
- Victim's sex and approximate age
- What is being done for victim(s)



Telephone Issues

- During a power outage
 - VoIP (voice over Internet) may not work
 - Cordless phone may not work
- In remote areas
 - Cell phone may not work



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Legal Concepts in First Aid

Cannot be sued if you:

- Act *only* as you are trained to act.
- Get a victim's consent *before* giving first aid.
- Do not move a victim unnecessarily.
- Call for professional help.
- Keep giving care until help arrives.



Good Samaritan Laws

Protect you:

- When acting in an emergency, voluntarily and without compensation
- When acting as a reasonable, prudent person with the same training would act
- When performing first aid only as trained
- If you do not abandon the victim after starting to give care



Must You Give First Aid?

- Usually not as a bystander
- May feel an ethical or moral obligation
- **Legal obligations:**
 - If you start first aid, you must continue
 - If first aid is included in your job
 - If you are responsible for a child

The worst thing you can do in an emergency is **DO NOTHING!**

1-20



Consent

- Responsive victim must give consent
 - Tell person your training and what you will do to help





Implied Consent

- Unresponsive victim assumed to give consent
- Consent assumed for child needing first aid *if* parent/guardian not present



Refusing Consent

- *Competent* adult has right to refuse care
- May not be competent because of:
 - Intoxication
 - Influence of drug
 - Altered mental status from injury or diabetic emergency



Refusing Consent *continued*

- If victim refuses:
 - Call 9-1-1
 - Keep talking but do not argue
 - Ensure there is a witness to the refusal



Scope of Care

- Perform only the techniques in which you are trained
 - Trying anything else may make you legally liable



Standard of Care

- How others with your same training would perform first aid in a similar situation
- Do only as you are trained





Negligence

- May be negligent only if three conditions exist:
 - You have a duty to act
 - You breach that duty
 - Your actions (or inactions) cause injury or damage



Examples of Negligence

Examples:

- Moving a victim unnecessarily
- Doing something you have not been trained to do
- Failing to give first aid as you have been trained



Abandonment

- **Once you start, don't stop!**
 - Another person with the same or higher level of training may take over
- Stay with victim until help arrives
 - If you leave and injury/illness becomes worse this is abandonment



Stopping Care

Justified instances of stopping care:

- Exhausted and unable to continue
- Being in imminent danger





Confidentiality

- Never give out private information about victim
 - Unless it is to health care professionals who are caring for victim



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Learning Checkpoint 4

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Chapter - Opening Scenario

You are staying late at work to catch up on a project, when a coworker returns to the office to pick up something she forgot. While she is in her office, her young son, whom she left in the reception area, is running around.

He falls and hurts his arm, and you hear him crying and come out to see if you can help. His mother calms him while you get a first aid kit.

What characteristics of first aid are illustrated?

What actions has the first aider already taken?



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Critical Thinking Challenge Questions

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Scenario 1

Driving along a quiet residential street, you come upon a car that has apparently just collided with a tree. You stop behind the car and realize the driver is still in the car, seemingly alone. You have a cell phone with you and your first impulse is to call 9-1-1.

What should you do before you call 9-1-1?

What information should you have ready to give the emergency dispatcher who answers?



Scenario 2

As you are leaving work, you encounter a man in the parking lot who has cut himself badly on a piece of broken glass. You are not sure if you are still considered to be at work, and you are concerned that if you give him first aid, he may later sue you if he has any complications from the injury.

What 5 things can you do to protect yourself and prevent future legal problems?



Scenario 3

On a very hot day, you see a woman who has been working outdoors suddenly fall to her knees. You rush to her, determine that she is responsive and ask what's wrong. Before she answers, she collapses and seems to have passed out. You did not have a chance to ask for her consent to help.

What should you do?



Scenario 4 (optional)

On your lunch break, you give first aid to a coworker who has diabetes. At first she was weak and seemed at risk of fainting, but after she eats the sugar you give her, she seems better. You look at your watch and realize you need to get back to work. You ask if she's better now and she nods but she seems shaky when she tries to stand up.

What should you do?



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Discussion and Questions

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