


UNTIL HELP ARRIVES

FEMA ASPR NCDMPH

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WELCOME




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GRAPHIC IMAGE WARNING

This course contains graphic images and audio clips from real life events that some may find disturbing.



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GOAL OF THE COURSE

To teach you the basic skills to keep people with potentially life-threatening injuries alive until professional help arrives.




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COURSE OVERVIEW

- Introduction: **You Make a Difference**
- Step 1: **Call 9-1-1**
- Step 2: **Stay Safe**
- Step 4: **Position the Injured**
- Step 5: **Provide Comfort**
- Step 3: **Stop the Bleeding**



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Introduction
YOU MAKE A DIFFERENCE

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CAR CRASH
.....

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LAS VEGAS SHOOTING
.....

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BOSTON MARATHON BOMBING
.....

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INTRODUCTION: YOU MAKE A DIFFERENCE

TYPES OF INCIDENTS
.....

Serious injuries can result from different types of incidents.

Common

Type:
Vehicle crashes
and injuries at home

Examples: Car,
motorcycle, bicycle,
pedestrian, home
repair injuries

Rare

Type:
Man-made and
local weather
incidents

Examples: Tornado,
multi-vehicle crashes,
active shooter

Very Rare

Type:
Large-scale
disasters

Examples: Acts of
terrorism, bombings,
large-scale
transportation incidents

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INTRODUCTION: YOU MAKE A DIFFERENCE

RESPONSE IMPACT
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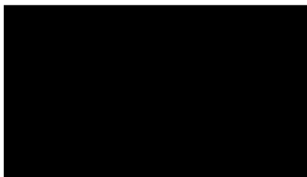
EMS Response Time: 6-9 minutes*

- ✔ Life-threatening injuries can kill within minutes – before medical responders arrive.
- ✔ Simple actions save lives: you can take relatively easy steps that may have a great impact on survival.

*The Department of New York (2005). Critical Incident Response Unit & Run, Citywide Performance Improvement Agency (2015)



Please select the picture within the slide to play the video



Video can be found at:
<https://www.youtube.com/watch?v=i8Wc5YwksPU>

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STEP 1
CALL 9-1-1

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STEP 3: CALL 9-1-1

CALL 9-1-1

9-1-1 operators are highly trained and will help you:

- Assess what is going on.
- Take appropriate action.
- Be as safe as possible.

It always helps to call – don't assume someone else has already done so.



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LANDLINE

vs



CELLPHONE

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STEP 3: CALL 9-1-1

YOU AND THE 9-1-1 OPERATOR

Keep calm and follow directions:

- Take a deep breath.
- Let the 9-1-1 operator guide you.

The questions they ask help send the right resources to the right place. Depending on the situation, they will give you specific instructions – **follow their lead and let them coach you through the situation.**

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STEP 3: CALL 9-1-1

COMMON QUESTIONS

- Q** Where: Exact address of your emergency, including specific locations such as floor, room number, landmarks
 - So responders can find you easily and quickly.
- Q** Type and severity of life-threatening situation.
 - So the right responders and equipment are sent.
- Q** Safety concerns (obvious dangers or ongoing threats).

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STEP 3: CALL 9-1-1

Text 9-1-1

Available in MA

- Calling is the fastest way to reach 9-1-1
- If you can't call, text 911 and provide:
 - Your Location
 - The phone number you are texting from
 - What is happening

Keep it short!








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The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press

#1 If you need police 	#4 For YES 
#2 If you need fire 	#5 For NO 
#3 If you need an ambulance 	

If the 9-1-1 dispatcher asks questions, press

Source: MA State 911 Department and the Executive Office of Public Safety and Security www.mass.gov/e911

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STEP 1: CALL 9-1-1

Other Important Numbers

- 3-1-1: General Information**
www.newtonma.gov/311
 - Report potholes
 - Request snow removal on city property
 - Inquire about trash pick-up
- 2-1-1: Critical Services**
 - Connect to utility representatives during service failures
 - Connect to social services
 - Reach MEMA for information during emergencies
- 1-800-222-1222: Poison Control**
www.poison.org
 - National hotline
 - Can tell you what to do if you swallow, splash, or get stung by something that might be harmful

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STEP 2
STAY SAFE

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STEP 2: STAY SAFE

ASSESS THE SITUATION

Briefly pause. Use all your available senses:

What do you see?

- Downed power lines
- Smoke
- Debris
- Moving vehicles
- People running

What do you hear?

- Voices
- Creaking
- Hissing
- Booms
- Gunshots

What do you smell?

- Gasoline
- Smoke
- Chemicals

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STEP 2: STAY SAFE

BEFORE TAKING ACTION

Use your best judgment...

```

    graph TD
      A((Do you feel safe here?)) -- No --> B((Can you move the injured person?))
      A -- Yes --> C[STAY  
Start providing care]
      B -- No --> D[LEAVE  
Move to a safe location]
      B -- Yes --> E[LEAVE  
Take the injured person out of harm's way]
    
```

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STEP 2: STAY SAFE

HOW TO MOVE THE INJURED

Move Smartly

- Get help from others around you
- Use things around you, such as blankets, chairs, and carts.

Moving an injured person who is in grave danger **will not** cause more harm than leaving them to die.

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STEP 2: STAY SAFE

HOW TO MOVE THE INJURED

- Drags and one-person carries for moving injured short distances
- Two-person carries for longer distances

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STEP 3
Stop the Bleeding

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STEP 4
Position the Injured

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STEP 4: POSITION THE INJURED

ALLOW SELF-MANAGEMENT

When a person is conscious and breathing, **allow them to position themselves**; if they are struggling to do so, assist them.

Do not force them to lie down or sit up!



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STEP 4: POSITION THE INJURED

TRIPOD POSITION

Allows the lungs and ribcage to expand as fully as possible.




When sitting on a chair or bench: Legs shoulder width apart, elbows or hands on knees, leaning slightly forward.

When standing: Legs shoulder width apart, hands on knees arms straight, leaning forward with flat back.

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STEP 4: POSITION THE INJURED

ASSESS THE UNCONSCIOUS

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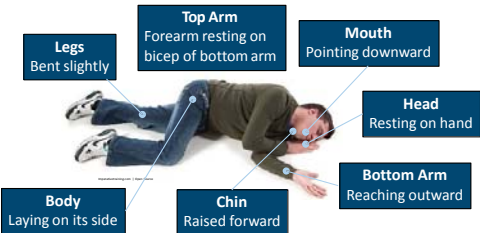
    graph TD
      Q1((Is the injured person breathing?)) -- Yes --> A1[Move the injured person into the recovery position]
      Q1 -- No --> Q2((Do you know CPR?))
      Q2 -- Yes --> A2[Open the airway and begin CPR]
  
```

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STEP 4: POSITION THE INJURED

RECOVERY POSITION SETUP



- Legs**: Bent slightly
- Top Arm**: Forearm resting on bicep of bottom arm
- Mouth**: Pointing downward
- Head**: Resting on hand
- Bottom Arm**: Reaching outward
- Chin**: Raised forward
- Body**: Laying on its side

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STEP 4: POSITION THE INJURED


MOVE WITH PURPOSE

Although the risk is very small, it is possible that moving someone into the recovery position could cause harm to their spine.

- Try to support the head and neck when rolling them onto their side.
- Continue supporting their head if possible.
- Don't move the individual more than necessary.

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Step 5
PROVIDE COMFORT

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STEP 5: PROVIDE COMFORT

SIMPLE WORDS

What can you say?

Share names and ask basic questions:

- How can I help?
- What do you need?
- What happened?

Tell them:

- What happened, but don't speculate.
- What is being done to assist them.
- What is going to happen next.

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STEP 5: PROVIDE COMFORT

SIMPLE ACTIONS

What can you do?

- **Keep them warm.**
- Offer a hand to hold.
- Maintain eye contact.
- Be patient and understanding.
- If you have to move on to provide aid to another person, let them know.

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STEP 5: PROVIDE COMFORT

KEEPING THE INJURED WARM

Keeping the injured person warm will:

- Improve blood clotting.
- Reduce stress on the body.
- Provide a level of comfort.




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STEP 5: PROVIDE COMFORT

WORKING WITH CHILDREN

- Sit or crouch at eye level.
- Shield them as much as possible from the scene; create a barrier between them and the injured.
- Use simple words.
- Listen carefully and ask questions to make sure they understand.
- Be aware that children may start acting younger than their age.



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STEP 5: PROVIDE COMFORT


WORKING WITH THOSE WITH DISABILITIES AND ACCESS AND FUNCTIONAL NEEDS

• Ask what you can do to help, don't assume.

• If the person has a caregiver or family member with them, keep them together.

• If the person has medical equipment or a service animal with them, keep them together.

• Confusion, difficulty hearing, loss of memory, and other similar issues may be the result of injuries.



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STOP THE BLEED

SAVE A LIFE

STOP THE BLEED® Course
American College of Surgeons

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Stop the Bleed® is a collaborative effort by:



The Hartford Consensus Group

The American College of Surgeons Committee on Trauma

The Committee on Tactical Combat Casualty Care

The National Association of Emergency Medical Technicians

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WARNING! Some of the images shown during this presentation are graphic and may be disturbing to some people.

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Why Do I Need This Training?

The #1 cause of preventable death after injury is **bleeding**.

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Where Can I Use This Training?



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Goals

1. Identify

2. Stop the Bleed

Recognize life-threatening **bleeding**

Take steps to **STOP THE BLEEDING**

- ✓ Pressure
- ✓ Packing
- ✓ Tourniquets

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Personal Safety

YOUR safety is **YOUR** first priority

- If you are injured, you cannot help others
- Help others only when it's **safe** to do so
- If the situation changes or becomes **unsafe**:
 - ✓ Stop
 - ✓ Move to safety
 - ✓ If you can, take the victim with you

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Personal Safety

YOUR safety is **YOUR** first priority

- Wear gloves if you can
- If you get **blood** on you, be sure to clean any part of your body that the blood has touched
- Tell a health care provider that you got **blood** on you, and follow his or her direction

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ABCs of Bleeding Control

A Alert 911

B Bleeding

C Compress



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ABCs of Bleeding Control

A Alert 911

- Call 911 (or tell someone to call 911)
- Know your location
- Follow instructions provided by 911 operator

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ABCs of Bleeding Control

A Alert 911

B Bleeding

C Compress



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ABCs of Bleeding Control

B Bleeding

- Find source of **bleeding**
- Look for:
 - ✓ Continuous **bleeding**
 - ✓ Large-volume **bleeding**
 - ✓ Pooling of **blood**

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ABCs of Bleeding Control

B Bleeding

- There may be multiple places the victim is **bleeding**
- Clothing may hide life-threatening **bleeding**

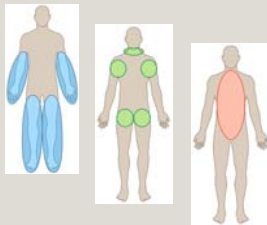
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ABCs of Bleeding Control

B Bleeding

- Arms and legs
- Neck, armpits, and groin
- Torso



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ABCs of Bleeding Control

A Alert 911

B Bleeding

C Compress

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ABCs of Bleeding Control

C Compress - Pressure

- Apply direct pressure to wound
- Focus on the location of the **bleeding**
- Use just enough gauze or cloth to cover injury
- If pressure stops the **bleeding**, keep pressure on wound until help arrives



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ABCs of Bleeding Control



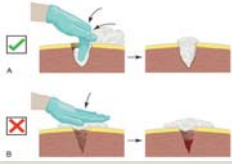
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ABCs of Bleeding Control

C Compress - Packing


- For large wounds, superficial pressure is not effective
- If **bleeding** is from a deep wound, pack gauze tightly into the wound until it stops the **bleeding**; hold pressure until help arrives



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ABCs of Bleeding Control



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ABCs of Bleeding Control

C Compress - Tourniquet

- Apply 2 to 3 inches above wound
- Do not place over the elbow or knee
- Tighten tourniquet until **bleeding** stops
- Do NOT remove the tourniquet

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ABCs of Bleeding Control


C Compress - Tourniquet

- Can apply to others or on yourself
- Can be applied over clothes
- Tourniquets **HURT**
- A second tourniquet may be required to stop the **bleeding**

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ABCs of Bleeding Control



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ABCs of Bleeding Control



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Bleeding control in children

- In all but the extremely young child, the same tourniquet used for adults can be used in children.
- For the infant or very small child (tourniquet too big), direct pressure on the wound as described previously will work in virtually all cases.
- For large, deep wounds, wound packing can be performed in children just as in adults using the same technique as described previously.

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FAQs

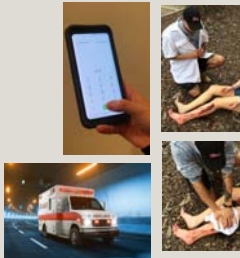
- Impaled objects?
- Improvised tourniquets?
- Loss of arm or leg?
- Pain?
- Other questions?

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Summary

- ✓ Personal safety
- A** Alert 911
- B** Find **bleeding**
- C** Compress with pressure and/or packing
- C** Compress with a tourniquet
- ✓ Wait for help to arrive



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For more information:

BLEEDINGCONTROL.ORG

STOPTHEBLEED.ORG

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The only thing more tragic than a death...
is a death that **could have been prevented.**

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THANK YOU
.....



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