

FIRST AID PRIMER

First address life threats

DR CAB



Danger

- Assess scene safety
- Call for help

Response

- Yes
- No, to voice, touch pain *priority*

Circulation

- Catastrophic bleed from artery *priority*
 - Put on tourniquet
- Check pulse
- Perform CPR *priority*

Airway

- If possible head/neck injury
protect C-spine and
open airway with a jaw thrust
- If not, do a head tilt

Breathing

- Listen and feel for breaths
- Address chest wounds
- Use a chest seal
- Check for exit wound
- Give breaths if PPE available

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Secondary Assessment

- **S**igns and symptoms
- **A**llergies
- **M**edications
- **P**ast medical history
- **L**ast oral intake
- **E**vents leading to situation

Wounds

- Address less life threatening wounds
 - pressure dressings
 - splints