

FIRST AID

HYPOGLYCEMIA (LOW BLOOD SUGAR)

Signs and Symptoms

- Pale, cold and clammy
- Headaches
- Dizziness
- Irritability/Aggression
- Reduced Level of Consciousness
- Trouble breathing

1. Use SAMPLE to identify possible symptoms
2. If person is conscious, give them 15-20 grams of sugar
3. **SUMMON EMS IF-**
 - Person becomes unresponsive, if so place in recovery position and open airway
 - Person is responsive but not fully awake and is unable to swallow
 - Person does not feel better within 10-15 mins of taking sugar

FIRST AID

FAINTING

Signs and Symptoms

- Loss of consciousness
- Dizziness/light-headedness
- Changes in skin color (pale, ashen or flushed skin)
- Nausea

1. Position person on back to open airway, have person cross legs or contract leg muscles to increase blood flow
2. If person is responsive and breathing, conduct a secondary assessment. If there are no injuries, place in recovery position and loosen any tight clothing
3. **SUMMON EMS IF-**
 - Person is unable to sit or stand up without signs or symptoms
 - Person is not responsive and not breathing, and not have a pulse
 - Person is not responsive and breathing, if so place in recovery position

FIRST AID

SEIZURES

Signs and Symptoms

- Loss of consciousness
- Experiencing uncontrollable muscular convulsions
- Irregular breathing
- Vocalizations
- Staring

1. Move away nearby objects and turn person onto side into recovery position
2. Place thin cushion or towel under persons head and shoulders
3. After seizure is over (usually 2-3 minutes) check person for injuries and preform a rapid and secondary assessment. If person is breathing but unresponsive, leave person in recovery position.

***If you are unsure whether seizure is life-threatening always call EMS**

1. **SUMMON EMS IF-**

- The seizure occurs in water, if so hold head above water
- This is the persons first seizure
- The person has a seizure lasting more than 5 minutes and or has repeated seizures with no lucid period
- The person appears to be injured
- The cause of seizure is unknown
- The person is pregnant, is known to have diabetes, or appears elderly
- The person fails to regain consciousness
- The person is unresponsive and not breathing or only gasping after the seizure

FIRST AID

STROKE

Signs and Symptoms

- Sudden weakness or numbness in face, arms, or legs (usually occurs on one side of the body)
- Difficulty with speech
- Blurred or dimmed vision
- Sudden, severe headache, dizziness, ringing in the ears, or confusion
- Loss of balance or consciousness
- Drooling or difficulty swallowing

1. SUMMON EMS IMMEDIATELY

*Note when signs and symptoms started

2. Place person in a comfortable position and monitor closely. If person is not fully awake, place them in recovery position

3. TO IDENTIFY THINK-FAST

- **F**= FACE, weakness on one side of the face. Ask person to smile to identify drooping or weakness in muscles
- **A**= ARMS, weakness or numbness in one arm. Ask person to raise both arms for 10 seconds to identify weakness in the limbs
- **S**= SPEECH, slurred speech or trouble speaking. Ask person to speak a simple sentence and listen for distorted speech
- **T**= TIMELY MATTER, if any signs or symptoms are shown then call EMS immediately.

*Note the time of any symptoms

FIRST AID

SCRAPES

Signs and Symptoms

- Break in the skin
- Blood surrounding the break in the skin

1. Apply direct pressure on wound until bleeding stops
2. Clean wound with antiseptic wipes
3. Apply adhesive bandage and waterproof tape if wanted

FIRST AID

HEAT EXHAUSTION

Signs and Symptoms

- Cool, moist, pale, ashen or flushed skin
- Headache, nausea and dizziness
- Weakness and fatigue
- Heavy sweating
- Loss of appetite
- Dehydration
- Heat cramps
- Elevated heart and breathing rates

1. Move person to a cool place
 2. Loosen or remove any tight clothing
 3. Cool person by spraying water, using ice, or applying cool, wet towels to the skin
 4. Encourage person to drink small amounts of liquid if person is conscious and able to swallow
 5. Have person rest in a comfortable position and watch for changes in condition
- *Apply rapid cooling methods for 20 minutes until condition improves or EMS personnel arrives**
1. **SUMMON EMS IF-**
 - Person refuses water or vomits(place in recovery position), or has a mental status change, vision disturbance or a seizure

FIRST AID

HEAT STROKE

Signs and Symptoms

- Skin that is hot to the touch
- Skin that may be pale or flushed and feel slightly moist
- Headache
- Seizures
- Vomiting
- Rapid and or shallow breathing
- Rapid and weak pulse
- Lack of sweating

1. **SUMMON EMS IMMEDIATELY**
 2. Rapidly cool person by immersing them up to their neck in water, using ice packs, or applying cool, wet towels to the skin
 3. Encourage person to drink small amounts of liquid if person is conscious and able to swallow
 4. Monitor person for changes in condition
- *Apply rapid cooling methods for 20 minutes until condition improves or EMS personnel arrives**

FIRST AID

NOSE BLEED

Signs and Symptoms

- Profusely bleeding from the nose
- Headaches and/or lightheaded

1. Have person sit leaning forward and pinch nostrils together

**Keep pinched for at least 5 minutes before checking to see if bleeding has stopped*

2. **SUMMON EMS IF-**

- Bleeding persists for longer than 10 minutes
- Person says nose bleed was result of high blood pressure
- Bleeding is severe or gushing
- Person becomes unresponsive, if so preform a primary assessment and monitor airway

FIRST AID

INSECT STINGS

Signs and Symptoms

- Stinger embodied in skin
- Irritated area
- Anaphylaxis (breathing emergency due to allergic reaction)
- Sharp, quick pain at site of sting
- Itching, swelling, redness

1. Use clean fingernails, tweezers, or plastic card to pull stinger out of skin
2. Wash area with soap or warm water and apply antibiotic wound ointment cream or gel
3. To reduce swelling, apply cold pack wrapped in a thin towel to sting site
4. **SUMMON EMS IF-**
 - Person shows signs of anaphylaxis

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SHOCK

Signs and Symptoms

- A rapid, weak heartbeat
- Rapid breathing
- Pale, ashen, cool, moist skin
- Changes in level of consciousness
- Irritability and or restlessness
- Nausea or vomiting
- Excessive thirst

1. **SUMMON EMS IMMEDIATELY**
2. Give care according to your training for the condition causing shock (common causes are, life-threatening bleeding, infection, dehydration, and other serious injuries or illnesses)
3. Have person lie flat on their back unless position, such as recovery position, is preferred for comfort and breathing
4. Maintain persons body temperature
5. **DO NOT GIVE PERSON ANY SUSTENANCE**
6. Monitor person for changes in consciousness

FIRST AID

HEART ATTACK

Signs and Symptoms

- Chest discomfort or pain (such as pressure, squeezing, tightness, aching or heaviness in the chest)
 - *Pain will stay constant for more than five minutes and will not go away with position change or medication
- Discomfort that spreads to arms, back, shoulders, the neck, the jaw, or upper parts of the stomach
- Dizziness or light-headedness
- Trouble breathing
- Sweating
- Extreme fatigue

1. **SUMMON EMS IMMEDIATELY**
2. Have person rest in comfortable position and loosen any tight clothing
3. Offer aspirin if person is awake, can follow simple commands, can chew and swallow, and is allowed to have aspirin
 - *Do not offer other medications such as Advil, Aleve, or Ibuprofen
4. Closely monitor person and be prepared to perform CPR and use an AED

FIRST AID

ANAPHYLAXIS (LIFE-THREATENING ALLERGIC REACTION)

Signs and Symptoms

- Any symptoms of shock (such as excessive thirst; skin that feels cool or moist and looks pale or bluish; changes in level of consciousness; and a rapid, weak heartbeat)
- Swelling of face, tongue or lips
- Trouble breathing
- Skin reactions (such as hives, itchiness, or flushing)

1. **SUMMON EMS IMMEDIATELY**

2. If person has a known allergy, verify medication with person and assist as needed with an EpiPen (push against mid-outer thigh, hold for recommended time of 3 seconds, massage site of injection for 10 seconds)

***Follow manufactures instructions**

***Note time of administration and change in persons condition**

***Administer second dose only if EMS professionals are delayed and person is still showing anaphylaxis signs 5-10 minutes after administering**

FIRST AID

CHEMICAL BURN

Signs and Symptoms

- Any symptoms of shock (such as excessive thirst; skin that feels cool or moist and looks pale or bluish; changes in level of consciousness; and a rapid, weak heartbeat)
- Swelling of face, tongue or lips
- Trouble breathing
- Skin reactions (such as hives, itchiness, or flushing)

1. **SUMMON EMS IMMEDIATELY**
2. Carefully remove any clothing contaminated with the chemical
3. If burn was caused by **dry-chemical**, brush away chemical powder/granules with gloved hand or cloth
4. Flush area thoroughly with large amounts of cool, clean, running water for at least 15 minutes or until EMS arrives

FIRST AID

TOOTH KNOCKED OUT

Signs and Symptoms

- Gushing blood inside mouth
- Empty spot where tooth would normally be

1. Control bleeding by placing rolled gauze pad into space left, make sure pressure is applied
2. Try to locate and save tooth, place in cows milk or saliva
3. Advise person to seek dental or emergency care as soon as possible

FIRST AID

EMERGENCY CHILDBIRTH

Signs and Symptoms

- Regular contractions that are about 1-2 minutes apart
- Person may feel urge to bear down or have bowel movement

1. SUMMON EMS IMMEDIATELY

*Give EMS dispatcher persons age, expected due date, how long contractions last, and whether or not this is persons first child

2. Position person on their back with their knees bent, flat feet, and legs spread wide apart

3. Place layers of towels under persons buttocks and over their abdomen

4. After baby is delivered, use a clean towel to hold baby and place on abdomen

*Do not pull on baby or place fingers near vagina for any reason

*Do not cut umbilical cord

*Note time of birth

FIRST AID

CALLING AN EMS DISPATCHER

State the following...

- “This is an emergency at (facility name) swimming pool, located at (address).”
- “We have a situation involving (how many victims/age/gender)”
- (Describe details of incident, current condition of person/persons, and care provided)
- “Our callback number is (Mitchell pool- [\(847\) 945-7760](tel:8479457760) or Deerspring pool- [\(847\) 945-7610](tel:8479457610))”

*When calling EMS it is important to give information such as-

1. Location

- **Mitchell Pool** is located at **951 Wilmot Rd, Deerfield**
- **Deerspring Pool** is located at **200 Deerfield Rd, Deerfield**

2. What happened, details leading up to the incident

3. Nature of injury, both external signs and symptoms person

may have described as well as current condition of person

4. What care has been given so far, how long has care been given

*Confirm address and relevant details with operator

* **DO NOT HANG UP**, dispatcher will hang up if necessary

*If possible, arrange for person to meet on-site with EMS

respondents

