

Texas OnSite CPR First Aid Chart

Assessment

Primary Assessment

Treat life threatening injuries

Airway

Breathing CPR if not breathing

Circulation-stop major bleeding

Call 911

Secondary Assessment

Symptoms

Allergies

Medications

Past Medical History

Last Oral Intake-food or drink

Events leading up to problem

Mechanism of Injury

Deformities

Open Injuries

Tenderness

Swelling

Bleeding Control

Capillary Bleeding

- Minor Cuts and Scraps

Venous Bleeding

- Dark Red
- Steady Flow

Arterial Bleeding

- Bright Red
- Spurting

Treatment

- Direct Pressure
- Elevation
- Pressure Points if needed
- Apply Tourniquet if uncontrolled

Shock

Shock is a life threatening condition in which blood pressure is too low to sustain life.

Signs and Symptoms

- Weakness
- Nausea
- Vomiting
- Thirst
- Dizziness
- Pale, cool, clammy skin
- Bluish color around lips
- Disoriented
- No pulse in extremities

Treatment

- Have patient lie down
- Keep warm and covered
- Call 911
- Keep patient conscious

Anaphylactic Shock

Also known as Allergic Shock

- Insect Bites and Stings
- Food and spices
- Chemicals
- Medications

Signs and Symptoms

- Skin breaks out, rash, hives, burns, itching
- Difficult, rapid breathing
- Face, tongue bluish

Burns

First Degree

- Red Skin
- Painful

Second Degree

- Red, painful
- Blisters

Burns (continued)

Third Degree

- Charred skin
- No pain

Treatment

- Immediate cool water and dry bandage for 1st and 2nd degree.
- NO water on 3rd degree
- Cover 3rd degree with dry, clean cloth.

Strains and Sprains

R.I.C.E.

Rest

Ice

Compress

Elevate

Dislocations and Fractures

I.A.C.T.

- Immobilize area
- Activate EMS
- Care for Shock
- Treat other injuries

Head, Neck, Spinal Injuries

Signs and Symptoms

- Confusion
- Headache
- Nausea
- Vomiting
- Loss of Balance
- Tingling
- No feeling in limb

Treatment

- Do **NOT** move.
- Stabilize head
- Call 911

Medical Emergencies

Heart Attack

- Chest, Back Pain
- Pain in either arm
- Nausea, Vomiting
- Shortness of Breath
- Sweating
- Feeling of Fullness

Stroke

- Loss of Balance
- Paralysis on one side of body
- Slurred Speech
- Blurred vision
- Headache
- Eye pain

Diabetic Emergency

- If conscious give them something that contains sugar
- If unconscious Call 911

Seizures

- Do not restrain person
- Do not put anything in mouth
- Move objects that may cause injury

Asthma

- Victim seated position
- Help with inhaler

Poisoning

- Call 800-222-1222

Heat Emergencies

Heat Exhaustion

- Cool clammy skin
- Nausea, vomiting
- Remove person from heat
- Give Fluids

Heat Stroke

- Sweating Stops
- Mental Confusion
- Rapid Pulse
- Cool Victim
- Call 911

For any Emergency where the person is unconscious or you aren't sure what to do always call 911

Texas OnSite CPR

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CPR Summary of Steps

	Adult	Child	Infant
Age Determination	Puberty & Older	1 year-Puberty	Less than 1 year of age
Scene Safety	If the scene is unsafe or at anytime becomes unsafe, GET Out!	If the scene is unsafe or at anytime becomes unsafe, GET Out!	If the scene is unsafe or at anytime becomes unsafe, GET Out!
Response?	Tap shoulder, shout name	Tap shoulder, shout name	Tap foot, shout out
Activate EMS Get AED	Send a bystander. When alone do it yourself.	Send a bystander. When alone perform about 2 minutes of CPR before doing it yourself	Send a bystander, When alone, perform about 2 minutes of CPR before doing it yourself.
Breathing?	Look at face and chest for no breathing or only gasping.	Look at face and chest for no breathing or only gasping.	Look at face and chest for no breathing or only gasping.
Normal Breathing Present?	Place person in recovery position and monitor breathing	Place child in recovery position and monitor breathing	Place child in recovery position and monitor breathing
Normal Breathing Absent?	Perform CPR starting with compressions. Provide continuous cycles of 30 compressions and 2 rescue breaths	Perform CPR starting with compressions. Provide continuous cycles of 30 compressions and 2 rescue breaths	Perform CPR starting with compressions. Provide continuous cycles of 30 compressions and 2 rescue breaths
Compressions	<ul style="list-style-type: none"> • Two hands on center of chest • At least 2 inches in depth • Rate of at least 100 to 120 times a minute • Hard, fast, full rebound, minimize interruption. 	<ul style="list-style-type: none"> • 1 or 2 hands on lower half of breastbone • At least 1/3 depth of chest or about 2 inches in depth • Rate of at least 100 to 120 times a minute • Hard, fast, full rebound, minimize interruption. 	<ul style="list-style-type: none"> • Two fingers on lower half of breastbone just below nipple line • At least 1/3 depth of chest or about 1 1/2 inches in depth • Rate of at least 100 to 120 times a minute • Hard, fast, full rebound, minimize interruption.
Rescue Breaths	<ul style="list-style-type: none"> • Tilt head, lift chin to open airway first • 1 second in length • Make chest visibly rise but no more 	<ul style="list-style-type: none"> • Tilt head, lift chin to open airway first • 1 second in length • Make chest visibly rise but no more 	<ul style="list-style-type: none"> • Tilt head, lift chin to open airway first • 1 second in length • Make chest visibly rise but no more
Defibrillation with AED	<ul style="list-style-type: none"> • Turn on power • Attach pads • If indicated, give shock • Immediately resume CPR • Follow voice instructions 	<ul style="list-style-type: none"> • Use pediatric system, if not use AED for adult • Turn on power • Attach pads • If indicated, deliver shock • Immediately resume CPR • Follow voice instructions 	<ul style="list-style-type: none"> • Use pediatric system, if not use AED for adult • Turn on power • Attach pads • If indicated, deliver shock • Immediately resume CPR • Follow voice instructions