If Not You... Who?

- Describe two types of emergencies that require first aid
- Describe your role in an emergency situation
- Identify the most important action you can take in a non-life-threatening emergency
- List five common barriers to action that may prevent people from responding to emergencies
- Identify six ways bystanders can help at the scene of an emergency

Types of Emergencies

- Sudden Illness
  - Physical condition requiring immediate medical attention
  - Heart attack, anaphylaxis, stroke
- Injury
  - Damage from an external force
  - Trauma from fall, struck by object
- Life-threatening
  - Illness or injury that impairs ability to circulate oxygen
- Non-life-threatening
  - Requires medical attention but does not immediately impair the ability to circulate oxygen

Role in an Emergency

- EMS (Emergency Medical Services)
  - Community resources and medical personnel the provide emergency care to victims
  - Includes:
    - Citizen responders
    - EMS Dispatchers
    - Emergency Medical Responder (First responders)
    - Emergency Medical Technicians
      - Basic level – trained to assess and care for threatening emergencies
      - Advanced level – administer meds and run IV fluids
      - Paramedic – highly specialized trained to perform advanced techniques
Role in an Emergency

- Citizen responder role is to:
  - Recognize an emergency
  - Decide to act
  - Take action by calling 911 or local emergency number
  - Give care until medical personnel arrive

Table 1-1
- Recognizing emergencies

Role in an Emergency

- Deciding to Act
  - Call 911 or local emergency number

- Overcoming Barriers to Action
  - Reason for not acting
  - The presence of bystanders
  - Uncertainty about the victim
  - Nature of illness or injury
  - Fear of disease transmission
  - Fear of doing something wrong
  - Unsure of when to call 911

Role in an Emergency

- Taking action
  - Calling 911
    - Be sure of your location
    - Stay calm, speak slowly and clearly
    - Be ready for many questions
  - Until help arrives
    - Vary from making the scene safe to techniques used to maintain life processes
    - Give Care until:
      - You are giving cardiopulmonary resuscitation (CPR) and see an obvious sign of life, such as breathing.
      - Another trained responder or EMS personnel take over.
      - You are too exhausted to continue.
      - The scene becomes unsafe.
      - The person you are helping is conscious and competent and asks you to stop giving care.

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Incident Stress

- After responding to an emergency involving a serious injury, illness or death, it is not unusual to experience acute stress.
- Signals of incident stress include:
  - Anxiousness and inability to sleep; Nightmares; Restlessness and other problems.
  - Confusion; Lower attention span
  - Nausea.
  - Change in interactions with others.
  - Unusual behavior.

Incident Stress

- Incident stress may require professional help to prevent post-traumatic stress from developing.
- Things you may do to help reduce stress include:
  - Relaxation techniques.
  - Eating a balanced diet.
  - Avoiding alcohol and drugs.
  - Getting enough rest.
  - Participating in some type of physical exercise or activity.

Being Prepared

- If you are prepared for emergencies, than you can help ensure that care can begin as soon as possible
  1. Keep emergency contact information in a specific, handy place
     - Refrigerator door or glove compartment
  2. Keep medical and insurance records up to date
  3. Know EMS numbers if your area is not served by 911
  4. Teach young ones how to call 911 as soon as they are able
  5. Keep emergency numbers in an accessible place
  6. Keep a first aid kit in your car, house, or play areas
Being Prepared

- Continued…

7. Learn CPR and First Aid and practice regularly
8. Make sure your house number is easily viewable
9. If you have a particular condition, wear your medical ID bracelet or necklace and carry detailed information with you about the condition

The goal…

FAST RESPONSE OF EMS