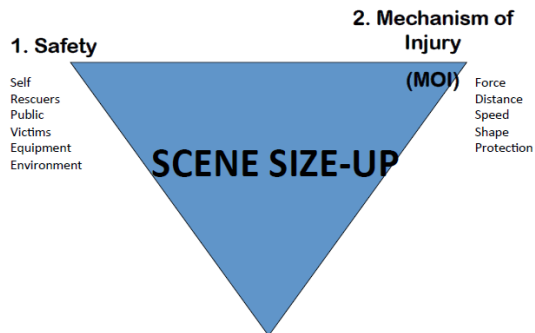


First Aid Triangles: Patient Assessment System



3. Numbers

- Victims
- Resources
- 1st Aid
- helpers
- equipment
- time
- Survival

1. Respiratory

- Breathing
- present
- rate
- rhythm
- volume

2. Circulatory

- Skin
- temp
- colour
- condition
- moisture
- Pulse
- rate
- rhythm
- volume

INITIAL ASSESSMENT

3. Nervous

- LOC
- level of consciousness
- AVPU
- Alertness
- verbal
- pain
- Unresponsive/consciousness

1. SAMPLE History

- Signs & Symptoms
- Allergies
- Medications
- Past medical history
- Last oral intake
- Events leading to situation

2. Vital Signs

- Pulse(-rate, rhythm, volume)
- Respiration(-rate, rhythm, volume)
- Skin (-colour, temp, moisture)
- Blood Pressure (-peripheral pulse, refill)

FOCUSED HISTORY & PHYSICAL EXAM

3. Physical Exam

- Head to toe
- secure head, neck



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First Aid Instructions

Call (9) 911 for all emergencies or have someone else call while you attend to the victim.

Assess the scene for any hazards to yourself, the victim, or others before helping someone. Use appropriate safety precautions. **Only do as much as you are trained to do.**

Do a **Primary survey of the victim.** Airway, Breathing and Circulation and treat.

Getting a history on the victim is very important, especially if there is a chance of the victim losing consciousness (medical conditions, mechanism of injury, what medications victim is taking, allergies, etc.).

First Aid Kit Located: _____

First Aiders in Building:

_____ Ext. _____

_____ Ext. _____

_____ Ext. _____

Poisoning & Overdose

1. Determine what substance is involved and how it was taken.
2. Call (9) 1-800-332-1414 for further instructions.
3. Stay with victim and assess as necessary.

Fainting, Unconsciousness and Shock

1. Have victim lie down and rest.
2. Keep victim comfortable.
3. Ask or look for medical I.D.
4. Treat other injuries as necessary.

Burns—Thermal and Chemical

1. If dry chemicals, brush off and remove clothing.
2. Flood chemical burn with lukewarm water.
3. Cover burn with dry, sterile bandage.
4. Keep victim quiet and comfortable.

Fractures and Sprains

1. Keep victim still.
2. Keep injured area immobile.
3. Use ice packs if available to reduce swelling.

Severe Bleeding and Wounds

1. Apply direct pressure on the wound.
2. Use clean cloth or gloved hand.
3. Add more dressings if blood soaks through. Don't remove bandage.
4. If patient loses consciousness, open airway and place in recovery position.

Choking

Lying down

1. Check victim's mouth and clear foreign matter.
2. Use chest thrusts (30) then 2 breaths.

Standing

1. If coughing and breathing, stay with the patient.
2. If victim unable to speak, do abdominal thrusts.

Heart Attack

1. Place victim lying down on back.
2. Give artificial resuscitation or CPR as necessary.
3. Keep victim comfortable, not hot or cold.
4. Ask or look for medical I.D.

First Aid Instructions