

FIRST AID BASICS

Duties, Roles, & Responsibilities
of First Aid Rescuers

Deciding to Provide First Aid

Occupation required to provide first aid

- i.e., firefighters, law enforcement officers, doctors, lifeguards, etc.

First aid may be a part of your job description

When you are off-duty, you may choose whether or not to provide first aid to an ill or injured person

Asking for Consent

Introduce yourself as a first aid provider before helping

It is important that you ask for consent PRIOR to helping an ill or injured person

- If the person refuses, phone 9-1-1 and stay with the victim until help arrives
- Consent from a conscious victim is required to avoid assault charges
- Consent from an unconscious victim is not obtainable therefore, assume the victim wants help – this action is termed “implied consent”



Recommended to have a First Aid Kit



Keep the supplies in a sturdy, watertight container that is clearly labeled



Know where the First Aid Kit is



Replace the supplies you used



Check at the beginning of each work period for expired supplies and to make sure it is ready for an emergency

First Aid Kit

Key Steps of First Aid

Assess the Scene

- Look out for danger to you and the ill or injured person
- Look for people who are around to help phone 9-1-1
- Who is the ill or injured person? How many are hurt? What happened?
- Where are you located? Have bystanders at the scene meet the emergency responders and lead them to the scene.

Phone for Help

- If the ill or injured person is not responding to voice or touch
- Has chest discomfort
- Has signs of stroke
- Has a problem breathing
- Has a severe injury or burn
- Has severe bleeding
- Has a seizure
- Suddenly cannot move a part of body
- Has received an electric shock
- Has been exposed to poison

Key Steps of First Aid

Take Universal Precautions

- Treat all blood and body fluids as if they contain germs
- Wear your Personal Protective Equipment (PPE)
 - i.e., gloves, mask, eye protection, etc.
- Place all disposable equipment that has touched blood or body fluids in a biohazard bag & dispose of biohazard wastes bag
- Exposure to blood –
 1. Removes gloves
 2. Wash hands and rinse the contact area with soap and water for 20 seconds
 3. Rinse eyes, nose, or the inside of your mouth with plenty of water IF body fluids splattered in any of these areas
 4. Contact a healthcare provider as soon as possible

Key Steps of First Aid

Find the Problem

1. Make sure the scene is safe first
2. Check to see if the ill or injured person is responsive or unresponsive
 - a. Responsive – Approach and tap person, ask “Are you okay?”
 - b. Unresponsive – Shout for help, and phone 9-1-1
3. Check for breathing
4. Look for signs of injury such as bleeding, broken bones, burns, or bites
5. Look for medical information jewelry

Protect the Person’s Privacy

- Provide all information about an ill or injured person to Emergency Medical Services (EMS) rescuers
- You may need to fill out a report for company
- Keep confidential information private unless disclosed to authorized providers or EMS rescuers