Description: CHECK

* Recognizes an emergency is occurring
* Checks scene for safety
* Identifies self and skill level
* PPE is ready to use (gloves, breathing barrier, etc.)
* Seeks permission; especially 7 and younger
* Checks LOC (hey, are you OK?, tap shoulder, flick foot)

CALL

* Call for help (designate 9-1-1 caller, shout aloud for help)
* Sends someone to get A.E.D.

CARE

*CARDIAC EMERGENCIES*

* Assess breathing (observe)
* Tilt Head/Lift Chin; Jaw Thrust (look, listen, feel for 10 seconds)
* Compressions (hand location, depth, recoil, fingers, elbows, shoulders)
* Breaths (amount, nose pinched, complete seal, consider child/infant)
* 5 cycles completed without interruption

*A.E.D.*

* Turns on electronic device
* Identifies plug connector
* Identifies pad location
* Identifies potential challenges
* Repeats directions aloud
* Informs bystanders of shock to victim

*BREATHING EMERGENCIES*

* Recognizes breathing emergency exists (cyanotic, universal sign of choking)
* Identify self and skill
* Seeks permission
* 5 back blows (between shoulder blades, patient parallel to ground)
* Abdominal Thrusts (5 if using back blows)
* If infant, supports head/face-down (forearm/thigh; 5 back blows)
* If infant, supports head/face-up (forearm/thigh; 5 chest thrusts)
* Identifies use of gravitational force
* Uses/ Recognizes finger sweep use if unconscious victim

Rubric Scale: 0 = Did Not Meet, 2= Partially Met 4= Definitely Met

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*Asthma Inhaler*

* Help person sit-up
* Apply PPE
* Check prescription (verify name, date)
* Shake inhaler
* Remove mouthpiece cover
* Tell victim to breathe out
* Administer med. (lips tightly over mouthpiece)
* Hold breath for 10 seconds
* Record the time of day
* Rinse mouth

*EPI-Pen Use*

* Locate injection site (fee and clear)
* Apply PPE
* Verify name and date on prescription
* Remove safety cap
* Position auto injector and administer med.
* Hold in place for 10 seconds
* Rub area vigorously after removing injector
* Re-Assess Breathing
* Handle auto-injector carefully

*Control Bleeding*

* Apply PPE
* Cover wound with sterile dressing
* Apply direct pressure
* Cover dressing with bandage
* If bleeding does not stop, call 9-1-1 and add more pressure

STANDARD PRECAUTIONS

*Glove Removal*

* Pinch glove, pull glove off
* Slide 2 fingers under glove near wrist
* Pull glove 2 off
* Dispose of gloves

*Hand-Washing*

* Rinse hands then apply soap
* Rub all areas vigorously for 25 seconds
* Rinse (fingers down)
* Dry with towels, turn faucet off with towels
* Dispose towels

Rubric Scale: 0 = Did Not Meet, 2= Partially Met 4= Definitely Met

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