

ON-SCENE RESPONDER POCKET GUIDE

SCENE SIZE-UP Safety: fire, aggressive behavior, traffic, sharps, hazards. Patient count. **Call 911 early**, Gloves on

ABC/MARCH PRIORITY

M: Massive bleeding (stop first) A: Airway (open it) R: Respiration (support breathing) C: Circulation (prevent shock) H: Hypothermia/Head injury

VITAL SIGNS - NORMAL RANGES

If pulseless, begin CPR.

Respirations: 12-20/min Pulse: 60-100/min SpO₂: 95-100%

Blood Sugar: 70-99 mg/dL

RED FLAGS:

- Resp <10 or >24
 - Pulse <50 or >120 at rest
 - SpO₂ <90%
 - Blood sugar <70
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BLEEDING CONTROL

1. Direct Pressure

- Both hands on wound
- Press hard, don't peek

2. Wound Packing

- For junctional areas: neck (not airway), groin, armpit
- Pack tight, apply pressure on top

3. Tourniquet

- High & tight on limb
- Tighten until bleeding stops
- Note time applied

4. Occlusive Dressing

- For chest and back wounds
 - Seal entrance & exit
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AIRWAY & BREATHING

Open Airway:

- Head-tilt chin-lift (no trauma)
- Jaw thrust (trauma suspected)

Recovery Position:

- Unconscious but breathing
- On side, face down, head tilted back

Signs of Obstruction:

- Snoring, gurgling, silence
- Chest rising poorly

SHOCK - EARLY SIGNS

- Pale, cool, sweaty skin
- Fast breathing, fast pulse
- Anxiety, confusion

ACTION: Lay flat, keep warm, control bleeding, call 911

WHAT 911/EMS NEEDS ✓ Location (address, landmarks) ✓ What happened ✓ Patient condition now ✓ Last well time ✓ Medical history/meds if known

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