

CPR



Self Study Module

This Self-study module is meant to help refresh your memory for re-certification or to pre-study for an upcoming CPR class! You can also use this module during the periods between certification to keep your skills sharp!

Module I: BEFORE GIVING CARE

Recognizing and Responding to Emergencies:

Signs: *Unusual sights, appearances, odors and noises* should alert you to the potential problem. (Ex. You smell smoke, hear a loud noise, see someone is confused)

Deciding to Act: Some reasons people fail to act are, thinking someone else who is present will do it, unsure what is wrong with the person, fear of catching something, fear of doing the wrong thing, fear of being sued, fear of calling 911 and it isn't necessary.

Why You Should Act: Good Samaritan Laws are in effect in every state. Provide you immunity if you are acting in good faith (trying to help), are not negligent (grossly so), act within the scope your training and do not attempt to render money for the care you provide. As a school employee on the job you have even greater protections than those allowed to the public.

Gaining Consent: You must ask for and gain consent before giving care. Consent is implied with victims that are unconscious, confused or seriously ill. If consent is not given, and the problem is serious, *do not give care but do call 911.*

Preventing Disease Prevention: Avoid contact with blood and body fluids. Use protective equipment such as gloves and breathing barriers. Wash your hands immediately after giving care even if you wore gloves. *Following these easy steps minimizes the risk of disease transmission.*

Check – Call –Care

CHECK- Check the scene for your safety and Check the person for life-threatening

CALL- Call for help from others and 911

CARE- Care for injured persons.

Checking the Ill or Injured Person: Life-threatening emergencies include unconsciousness, *not breathing or trouble breathing*, Choking, persistent chest pain, no signs of life, severe burns, severe bleeding, shock or seizures that last more than 5 min. *Seeing an adult collapse that then shows no sign of consciousness is a reason to call 911. Trouble breathing or not breathing would also be a good reason to call 911.*

Checking a Conscious Adult: (Adult for CPR is 12 years of age or over) Check the person by introducing yourself and declaring your training and ask for consent. Assess them by asking questions. Assess their capabilities through physical head to toe assessment. Do not ask them to move anything that hurts. Be calm and reassuring. *So get consent, ask them questions and don't ask them to move anything that hurts.*

Checking a Conscious Child: (A child for CPR purposes is 1 to 12 years of age) Check the child by introducing yourself and declaring your training and ask for consent. If a parent is present, gain consent from the parent. Assess them by asking questions. Assess their capabilities through physical toe to head assessment. Do not ask them to move anything that hurts. Be calm and reassuring and remember to relate to them in kid friendly terms. *So get consent, ask them questions and don't ask them to move anything that hurts.*

What is Shock: Shock is a life-threatening condition in which not enough blood is being delivered to all the parts of the body. The more severe the injury, the more likely shock will factor in. Think of it as the body going into stand-by mode to conserve energy, which is useful, but it is also a sign the body has undergone a significant trauma and the condition may continue to go downhill. *If you suspect shock, keep the person comfortable, monitor their ABC's, don't give them food or water and raise their legs about 12 inches.*

Checking the Unconscious Adult: After checking the scene, *the best way to check for unconsciousness is to tap the person and shout are you okay?* Next you check the person for life-threatening emergencies. This is done by assessing their ABC's.

- **A** Stands for Airway
- **B** Stands for Breathing
- **C** Stands for Circulation

Checking the Unconscious Child: Checking a child is the same as the unconscious adult, with the exception that you will check for a pulse. This will be gone into in more depth in the module for Child CPR.

Moving an Injured Person: You should only move an injured person if the *scene is or becomes unsafe, you need to do so to reach other victims, or you need to do so to give care.*

SKILLS FOR THIS MODULE:

- Removing gloves safely
- Checking the scene
- Assessing for unconsciousness in the adult and child victim

