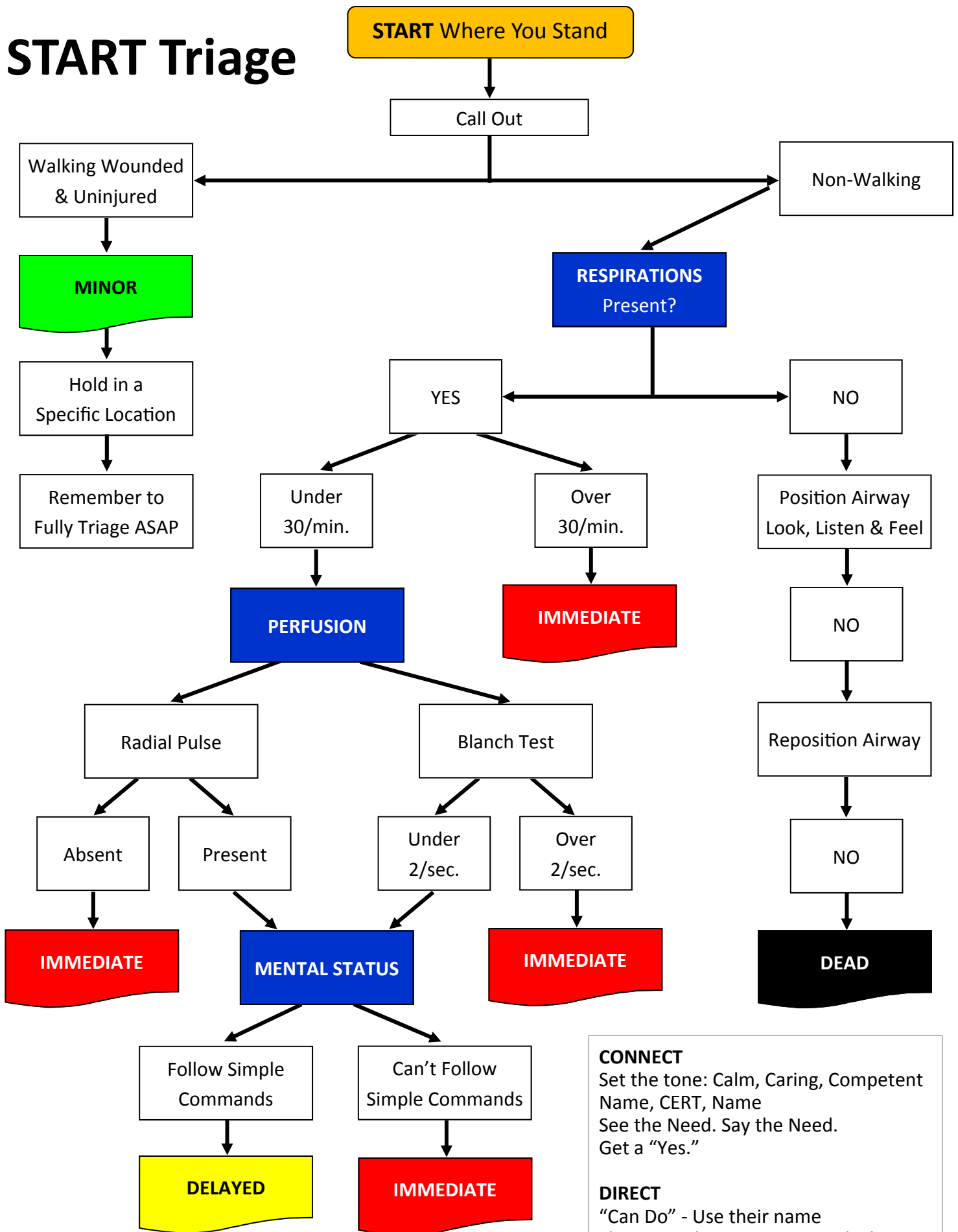


START Triage



CONNECT

Set the tone: Calm, Caring, Competent
Name, CERT, Name
See the Need. Say the Need.
Get a "Yes."

DIRECT

"Can Do" - Use their name
Short, simple instructions and why
("and," "because," "so that")

Head-Tilt / Chin-Lift Method (Airway Obstruction)

1	At an arm's distance, make contact with the victim by touching the shoulder and asking, "Can you hear me?" Speak loudly, but do not yell.
2	If the victim does not or cannot respond, place the palm of one hand on the forehead.
3	Place two fingers of the other hand under chin and tilt the jaw upward while tilting the head back slightly.
4	Place your ear close to the victim's mouth, looking toward the victim's feet, and place a hand on the victim's abdomen.
5	<i>Look</i> for chest rise.
6	<i>Listen</i> for air exchange. (Document abnormal lung sounds wheezing, gasping, gurgling, etc.).
7	<i>Feel</i> for abdominal movement.
If breathing is restored, the clear airway must be maintained. Ask someone to hold the head in place (walking wounded can be used)	

Controlling Bleeding

Uncontrolled bleeding initially causes weakness. If bleeding is not controlled, the victim will go into shock within a short period of time and finally will die. An adult has about 5 liters of blood. Losing 1 liter can result in death. Direct pressure and elevation will control bleeding in 95% of cases.

Method	Procedures
Direct Pressure	- Place direct pressure over the wound by putting a clean dressing over the wound and pressing firmly. - Maintain pressure on the dressing over the wound by wrapping the wound <u>firmly</u> with a pressure bandage and tying with a bow.
Elevation	Elevate the wound above the level of the heart.
Pressure Points	Put pressure on the nearest pressure point to slow the flow of blood to the wound. Use the: - Brachial point for bleeding in the arm - Femoral point for bleeding in the leg - Popliteal point for bleeding in the lower leg

Controlling Shock

The body will initially compensate for blood loss and mask the symptoms of shock; therefore, shock is often difficult to diagnose. It is possible — and, in fact, common — for an individual suffering from shock to be fully coherent and not complaining of pain. Pay attention to subtle clues, as failure to recognize shock will have serious consequences.

Step	Action
1	Maintain an open airway.
2	Control obvious bleeding.
3	Maintain body temperature (e.g., cover the ground and the victim with a blanket if necessary).
Notes	Avoid rough or excessive handling. Do not provide food or drink.