

Home Emergency Plan

DIAL 911

When you recognize that an emergency exists,

**911 will ask, "What is your emergency?"
Stay on the line! Follow instructions.**

Your street address _____

Special directions _____

Your phone number _____

If available, send someone outside to meet the responding emergency vehicles.

Other Important Information

National Poison Help Hotline 1-800-222-1222

Hospital _____

Phone _____

Neighbor _____

Phone _____

Neighbor _____

Phone _____

Neighbor _____

Phone _____



Wallet Skill Guide
CPR, AED, and Basic First Aid

AMERICAN SAFETY & HEALTH INSTITUTE

Choking

Recognize Choking

- Hands to throat?
- Ask, "Are you choking?"

Position Yourself

- Get behind person
- Arms around waist
- Fists above navel and below ribs



Perform Thrusts

- Quickly thrust inward and upward.
- Repeat until airway is cleared.
- If person is pregnant or obese, use chest thrusts instead.

If Person Becomes Unresponsive

- Lower gently to ground.
- Activate EMS.
- Perform CPR. Inspect mouth for foreign material before attempting rescue breaths.

Basic CPR Skills

	Adult 8 Years and Older	Child 1-8 Years	Infant Less than 1 year
Chest Compressions	2 hands Center of chest At least 100/minute At least 2 inches	1 or 2 hands Lower breastbone At least 100/minute 1/3 depth of chest or about 2 inches	2 fingers Just below nipple line At least 100/minute 1/3 depth of chest or about 1 1/2 inches
Airway	Head-tilt, chin-lift	Head-tilt, chin-lift	Head-tilt, chin-lift
Rescue Breaths	1 second in length Visible chest rise	1 second in length Visible chest rise	1 second in length Visible chest rise
CPR Cycles	30 compressions 2 rescue breaths	30 compressions 2 rescue breaths	30 compressions 2 rescue breaths
Choking	Continuous abdominal thrusts	Continuous abdominal thrusts	Cycles of 5 back blows and 5 chest thrusts

Bleeding and Shock

Apply Direct Pressure

- Using gloves, apply firm, direct pressure with an absorbent pad.



- If blood soaks through pads, apply additional pads.

Apply Pressure Bandage

- Wrap roller bandage around injury, incorporating enough pressure to control bleeding.
- Avoid wrapping tight enough to cause numbness and tingling.

Manage Shock

- Provide ongoing care for airway, breathing, and bleeding.
- Lay flat on ground and maintain normal body temperature.

Mechanism of Injury

Head, Neck, and Back

- Instruct person to remain still.
- Find comfortable position and use both hands to cradle head.



Swollen, Painful, Deformed Limb

- Instruct person to keep limb still.
- Use padding to fill gaps under limb.
- Find comfortable position and provide manual stabilization.



Warning Signs for Sudden Illness

Recognize

- Altered mental status
- Pain, severe pressure, or discomfort in the chest
- Breathing difficulty or shortness of breath
- Severe abdominal pain



Activate EMS

- Reassure person
- Position for comfort
- Assist with medications, when available

Personal Safety

Use **SETUP** to help you remember the key elements of personal safety:

 **Stop** – Pause to identify hazards.

 **Environment** – Consider your surroundings.

 **Traffic** – Be careful along roadways.

 **Unknown Hazards?** – Consider things that are not apparent.

 **Protect Self and Person** – Use protective barriers.

Activating EMS

When you suspect a medical **emergency has occurred:**

- Call 911 or initiate your emergency action plan.
- Be prepared to provide basic information about what has occurred, where you are located, and what help you have provided.



- Hang up only when directed to.
- When available, send another person to meet EMS providers.
- Provide care until another provider or EMS personnel take over.

Basic CPR Skills

Chest Compressions

- Position face up on firm, flat surface.
- Push hard on center of chest.
- Push fast.
- Allow chest to rebound fully, minimize interruption.



Rescue Breaths

- Tilt head, lift chin before giving breaths.
- Each breath is 1 second in length.
- Create visible rise of chest, but no more.
- Take a fresh breath between breaths.



Unresponsive and Breathing (Recovery Position)

Assess Patient

- Scene safe?

Yes!

- Person responsive?

No!

- Activate EMS, get an AED.

- Person breathing?

Person is breathing normally!

Recovery Position (if uninjured)

- Move near arm up against head, far hand across chest to near cheek, and far leg upright at knee.



- Roll person until knee and elbow touch ground.
- If injured, use position to clear airway or if you have to go activate EMS.



Unresponsive and NOT Breathing (CPR)

Assess Patient

- Scene safe?

Yes!

- Person responsive?

No!

- Activate EMS, get an AED.

- Person breathing?

Person is not breathing or only gasping!



CPR

- Provide continuous cycles of 30 compressions and 2 rescue breaths.



- If AED arrives, turn on power and follow voice instructions.
- Continue until another provider or EMS personnel take over.

Individual Household Medical Information

Name _____ Date of Birth _____

Physician _____ Phone _____

Allergies _____

Medications _____

Past Medical Problems _____

Name _____ Date of Birth _____

Physician _____ Phone _____

Allergies _____

Medications _____

Past Medical Problems _____

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