

FIRST AID INFORMATION FOR SMALL VEHICLE AND MULTIFUNCTION BUS OPERATORS

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Here is useful information in the event of a medical emergency. Remember these general guidelines:

Be Prepared. Ensure your vehicle has the required first aid kit and it is complete.

Be Calm. Children will react to your anxiety, which can make the situation worse. Reassure your victim that you can help.

Be Smart. Remember that first aid is not a substitute for medical care. Call Emergency Medical Services (EMS) or dial 911 immediately for any serious injury. Notify appropriate school administrator for any injury.

Good Samaritan Law

This law, CRS 13-21-108, was enacted to protect those "who in good faith renders emergency care or emergency assistance." To be protected under this law, a person must not, or expect to be, compensated for services rendered or go beyond your scope of training.

- Ask a conscious victim if you may assist them.
- Use common sense and a reasonable level of skill, not to exceed the scope of the individual's training in emergency situations.

Recognizing an Emergency

The most noticeable indicators of an emergency are abnormal sights, odors, noises, and personal appearances or behaviors. An emergency or serious illness may be difficult to recognize. If you suspect that something may be wrong, check the injured or ill person.

Universal Precautions

Many people are afraid to act in an emergency. They may be concerned they may contract a disease from the injured party. Take steps to minimize the risk of disease transmission. The risk of contracting a disease by administering first aid is very low.

Following basic guidelines can help reduce disease transmission when providing first aid:

- Be prepared by having a first aid kit handy and stocked with protective equipment and supplies.
- Before providing care, use protective barriers, such as eye protection, non-latex disposable gloves or a clean dry cloth, between the victim's body fluids and yourself.

- Avoid contact with body fluids when possible.
- Cover any cuts, sores, scrapes and skin conditions you may have.
- Do not eat, drink or touch your mouth, nose or eyes when giving first aid.
- Do not touch objects that may be soiled with blood or body fluids.
- Wash your hands with soap and water as soon as possible after providing care to a victim.

ALLERGIC REACTIONS

Severe allergic reactions can create a condition known as anaphylactic shock or anaphylaxis. This condition can cause death quickly if not treated immediately. Allergic reactions generally occur quickly, often within seconds or minutes after contact with the allergen.

Signals of an allergic reaction include:

- Red, swollen skin.
- Hives, itching or rash.
- Nausea, vomiting, weakness or stomach cramps.
- Dizziness.
- Trouble breathing, including coughing and wheezing.
- Tingling sensation in mouth or throat – feels like throat is closing
- Low blood pressure.
- Shock.
- Feeling of apprehension
- Swollen tongue or face.

Care:

- Ask if person has allergies and have they been exposed.
- Check the person's airway, breathing and circulation.
- Call 911 if they have trouble breathing or throat is closing.
- Help the person get into a position that is comfortable for breathing.
- Keep them calm.
- Look for a medical ID bracelet.
- If student has an Epi-Pen – assist student with injection into their outer thigh.
- If an Epi-Pen is administered, call 911 and provide pen to emergency responders.

ASTHMA / INHALERS

Asthma may require the use of a bronchodilator (inhaler). Colorado State Statute allows students to carry inhalers and Epi-Pens on the school vehicle.

Signals of an asthma attack include:

Mild: Fatigue, cough, paleness, restlessness

Moderate: Cough, irritability, shortness of breath, increased respiratory rate, audible wheezing.

Severe: Nasal flaring, blue color around mouth and nail beds, extreme breathing difficulty.

Care:

- Help the person sit up.
- Check the expiration date on the inhaler.
- Read and follow any instructions printed on the inhaler.
- Shake the inhaler.
- Remove the cover.
- Have the person place his/her lips tightly around the mouthpiece.
- As the person breathes in slowly, administer the medication by quickly pressing down on the inhaler canister.
- The person should continue to take a full, deep breath and hold it for 10 seconds.

CHOKING

Choking occurs when a foreign object becomes lodged in the throat or windpipe, blocking the flow of air. Choking cuts off oxygen to the brain, administer first aid as soon as possible. If victim is coughing, encourage them to keep coughing. Stay with victim and monitor their progress.

The universal sign for choking is hands clutched to the throat. If the person doesn't give the signal, look for these indications:

- Inability to talk.
- Difficulty breathing or noisy breathing.
- Inability to cough forcefully.
- Skin, lips or nails turn bluish.
- Loss of consciousness.

Care:

- Perform abdominal thrusts until the blockage is dislodged.
- If you are the only rescuer, perform back blows and abdominal thrusts before calling 911.

CUTS AND SCRAPES

- Apply pressure to the cut with clean gauze or towel to control bleeding.
- If dressing becomes saturated, add more gauze and press firmly.
- **DO NOT** remove any dressing.
- If cut is serious, get medical attention.
- If there is a puncture wound, **DO NOT** remove the object. Call 911.
- Cover with an adhesive bandage if the cut is in an area that can become dirty easily.

DIABETES

Diabetic emergencies are caused by either too much or too little sugar in the victim's blood. Diabetics usually carry some form of sugar or glucose tablets to take in the event of a diabetic emergency.

Signals of a diabetic emergency include:

- Changes in level of consciousness
- Change in behavior
- Rapid breathing or pulse
- Feeling and looking ill

Mild: Hunger, shaky, sweaty, fast pulse and respiration.

Moderate: Headache, dizziness, impaired vision, confusion, drowsiness.

Severe: Loss of consciousness, seizures.

Conscious Care:

- If student is alert, escort into school/home
- Given them some type of sugar, preferably in liquid form.
- Fruit juices or non-diet sodas can be used as well as sugar dissolved in water.
- Honey sticks or small tubes of frosting work well and are easy to transport.
- Place honey or frosting between the lip and the gums and rub in.
- Call 911 if necessary.

Unconscious Care:

- Call 911 if the person is unconscious or semi-conscious.
- Verify airway is clear.
- Check breathing.
- Monitor signs of life until help arrives.

HEAT EMERGENCIES

Heat related emergencies can range from mild – heat cramps, to life-threatening – heat stroke. You must recognize and give first aid. A victim with mild signs can get worse quickly and develop potentially life-threatening problems, such as heatstroke. Children are especially sensitive to extreme temperatures.

Heat related emergencies include:

Heat Exhaustion

- Muscle cramps
- Sweating
- Headache
- Nausea
- Weakness
- Dizziness
- Thirst

CARE

- Cool the victim with wet towels, water spray and fanning
- Move victim to a cool, shady area
- Give cool liquids immediately

Heat Stroke

- Vomiting
- Fever (over 106°)
- Hot, red, dry skin
- May stop sweating
- Seizures or no response
- Loss of consciousness
- Rapid, weak pulse
- Rapid, shallow breathing
- Not able to drink

CARE

- Call 911
- Move victim to a cool, shady area
- Loosen or remove clothing
- Cool the victim with wet towels, water spray and fanning
- If conscious – give small amounts of cool water

NOSE BLEED

- Have victim sit upright and slightly forward.
- Hold firm pressure below the bony part of the nose for 10 minutes.

SEIZURES

GRAND MAL

- Eyes roll upward
- Loss of consciousness
- Jerking movements of extremities
- Vomiting
- Soiling may occur
- Interrupted/Starring

CARE

- Stay calm
- Do not restrain convulsive movements
- Protect victim from harmful surroundings
- **DO NOT** put anything in victims mouth
- Observe length and time of seizure.
- Turn victims face to side to prevent choking
- Notify emergency contact person.
- Let student rest for 15-30 minutes.

SHOCK

Shock is a physical state of the body. Shock can result from a severe injury, an illness or infection. Symptoms are the result of the body trying to save oxygen for the most vital body parts, including the heart and brain.

Symptoms Include:

- Disorientation
- Confusion
- Loss of consciousness
- Clammy, pale skin

Care:

- Have the victim lie down with their legs elevated 10 to 12 inches.
- If victim has no back or neck injuries and is unconscious, turn them on their side to keep their airway open.
- Do not give the victim fluids.
- Keep them comfortable.