Rescuing a Victim

- Be sure scene is safe
- If not safe, stay away and call for help
- Do only what you have been trained to do
Fire

1. Remove everyone from area. Close doors behind you.
2. Call 9-1-1 or set off alarms.
3. Use fire extinguisher only if fire is small.
4. Do not go into area of flames and smoke to rescue others.
Fire continued

If trapped inside:

- Feel door before opening it—leave it shut if hot.
- Block door cracks with rags or rugs to keep out smoke.
- Call 911 and tell dispatcher your exact location.
- Stay low to floor to avoid smoke.
Hazardous Materials

• Treat any unknown substance as hazard until proven otherwise
• Avoid spilled liquid or powders and possible fumes
• Leave cleanup to hazmat professionals
Hazardous Materials  continued

1. Stay out of area and keep bystanders away.
2. Outside, stay uphill and upwind of area to avoid possible fumes.
3. Call 9-1-1.
4. Approach victim only if safe.
5. Get victim to emergency shower or rinse with a hose.
Vehicle Crashes

- Risks of passing traffic, fire, vehicle instability
- If safe to reach vehicle, do not remove victim unless fire or other threat likely
1. Stop a safe distance past crash and turn on vehicle’s hazard lights.
2. Call 9-1-1.
3. Set up warning triangles.
4. Approach only if scene is safe.
5. If vehicle still running, turn off ignition.
6. Do not try to remove victim unless imminent threat.
7. Assume unresponsive victim has spinal injury.
8. Provide care as needed.
Drowning

- Results in over 3,700 deaths a year
- Near-drowning can result in brain damage and permanent disabilities
- Second leading cause of injury-related death for children ages 11-14 years
- Children under age one often drown in bathtubs, buckets or toilets
Recognizing a Drowning Situation continued

- Unresponsive victim:
  - No longer breathing
  - May be floating face-down at surface
  - May be underwater
Safe Water Rescue

- Rescue technique depends on specific situation and equipment available
- Do not jump immediately into water to save victim
  - May be unsafe
  - May be appropriate to swim to victim if no other means
- Reach-throw-go priority
“Reach” Rescue

- Use rescue pole at pool
  - Hook victim’s body and pull to edge
- Use anything available to reach victim
- Can reach with own body
  - Hold onto something with arms
  - Extend legs to victim
- May need to wade short distance to reach victim
“Throw” Rescue  continued

• If possible, attach rope to throwable device
• Victim may be able to float with device and kick to shore
• Device may keep victim afloat while you find something to reach with
“Go” Rescue

• Do not attempt except with small child or unresponsive victim

• Look for other ways to go to victim
  - Surfboard
  - Kayak
  - Other watercraft

• Wear life jacket
“Go” Rescue  continued

• Keep object between you and victim
• Stabilize head and neck before removing victim from water if suspected spinal injury
Walking Assist

- Use if responsive victim at standing depth
Beach Drag

• Use for unresponsive victim in shallow water with gradual shoreline
If Stranded in Cold Water

- Minimize heat loss
- If alone use heat escape lessening position (HELP)
If Stranded in Cold Water continued

- Two or more people should use huddle position
Ice Rescue

• Very dangerous
• Call 9-1-1
• If safe and necessary, use “reach-throw-go” priorities
Multiple Victims

• Decide who needs care and who can wait
• Triage systems classify victims into four categories
  - 1\textsuperscript{st} priority (critical)
  - 2\textsuperscript{nd} priority (serious)
  - 3\textsuperscript{rd} priority (stable)
  - 4\textsuperscript{th} priority (obviously dead)
1st Priority - Critical

- Victims with life-threatening injuries who cannot wait for help
  - Airway or breathing problems
  - Severe bleeding
  - Shock
  - Severe burn
2nd Priority - Serious

• Victims with injuries that need care soon but may be able to wait
  - Burns
  - Broken bones
  - Other injuries that are not severely bleeding
3rd Priority - Stable

• Victims who can wait for some time
  - Minor injuries
  - Victims who can walk
4th Priority

- Victims who cannot be saved
- No signs of life
Triage Process

• Ask who can walk, and ask them to move to one side (3rd priority)
• Assess remaining victims in less than one minute
  - Check for responsiveness, normal breathing, severe bleeding
• Do not start care for anyone until you have checked all
• If victim’s condition changes, may have to change priority
Multiple Victims

1. Call 9-1-1 immediately. Tell dispatch multiple victims.

2. Ask victims who can walk to move aside.

3. Check victims for life-threatening problems to identify 1st priority.

4. Start providing BLS to 1st priority victims. Move to 2nd priority only after you’ve cared for 1st priority.

5. Ask bystanders with first aid training to help care for other victims.
Moving Victims

- Consider moving victim only if:
  - Fire or explosion likely
  - Poisonous fumes may be present
  - Structure may collapse
  - Victim needs to be moved into position for life-saving care
  - Victim is in way of another seriously injured victim
Moving Victims continued

• Try to move victim only if you are physically able and can do it safely
• Get help from others at scene
• Support head and neck of unresponsive victim or one with suspected spinal injury
• Use good body mechanics
Moving Victims – If Alone

• Unresponsive victim with suspected spinal injury
  - Shoulder drag supporting the victim’s head against your chest (short distance)
  - Clothes drag (short distance)
  - Blanket drag (longer distance)
Moving Victims – If Alone continued

- Unresponsive victim without suspected spinal injury
  - Ankle drag (short distance over smooth surface) – effective for small rescuer with large victim
Moving Victims – If Alone

- Unresponsive victim who cannot safely be dragged
  - Packstrap carry
Moving Victims – If Alone

• Lighter victim or child
  - Cradle carry (responsive or unresponsive victims)
  - Piggyback carry (responsive victim)
Moving Victims – With Help

• Responsive victim:
  - Two-person walking assist
  - Two-handed seat carry
Moving Victims – With Help  continued

• Unresponsive victim
  - Use 3 to 6 rescuers with hammock carry