



RESPONDING TO MEDICAL EMERGENCIES

Heart attacks, burns and broken bones are some of the medical emergencies that can strike at any time. Each year, it is estimated that accidents cause 100,000 American to dies and score of others to suffering disabling injuries.

According to medical authorities, many of these individuals die or are disabled needlessly due to lack of proper and immediate care.

An important element in preparing for a medical emergency is knowing how to recognize one, knowing how to obtain help and knowing what you should or shouldn't do. It's also good to take a first aid course and become certified in Cardiopulmonary Resuscitation (CPR) training. Both are offered by local chapters of the American Red Cross and American Heart Association.

The following information should help you prepare for some of the more common medical emergencies:

- **Heart Attack:**

Call 911 immediately for help. Until help arrives, keep the victim quite and loosen his or her clothing. Some of the warning signs to look for include: shortness of breath, pain traveling from the center of the chest, and/or uncomfortable pressure in the chest. If the victim stops breathing and still has a heartbeat or if the victim's heart stops, mouth-to-mouth resuscitation or CPR should be administered. Both of these skills are learned through education instruction.

- **Burns:**

Minor Burns- Run under cold water for 20-30 minutes to relieve the pain and swelling. If the burn can't be immersed in water, soak cloths in ice water and apply to the burned area – constantly changing the cloths. Do not use ointments, baking soda or any type of grease. Do not break or drain blisters; cover them with sterile dressings.

Serious Burns- Call 911 immediately for help. Keep the victim lying down to remain calm and comfortable. While waiting for help, do not remove clothing or anything on the burned areas. Don not try to clean the burn.

Chemical Burns- Call 911 immediately. Removed the victim's clothing and wash the area with cool water for at least 20 minutes.

Eyes Burns- Gently flush the burnt eye with water, first removing contact lenses if the victim wears them. If the victim has a deep burn due to heat, do not flush it

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with water. Close both the victim's eyes and cover with a thick, dry, sterile dressing and bandage. Get immediate medical care.

- **Broken Bones:** Call 911 for help. While waiting, check the victim's breathing, giving mouth-to-mouth resuscitation if necessary (learned through educational instruction); check bleeding, applying direct pressure on the wound; and keep the victim warm and clam to ease shock. Don't move the victim unless he or she is in immediate further danger of injury. If a bone is sticking out of the skin, do not try to push it back into place; do not clean the wound and do not let the victim walk. Remember, just because the victim can move the injured joint or limb doesn't mean it isn't broken.

We at Moore Protection encourage you to learn more about responding to medical emergencies by taking a first aid or CPR class through your local Red Cross or American Heart Association. It could save a life.

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