 American Red Cross

# Emergency Response

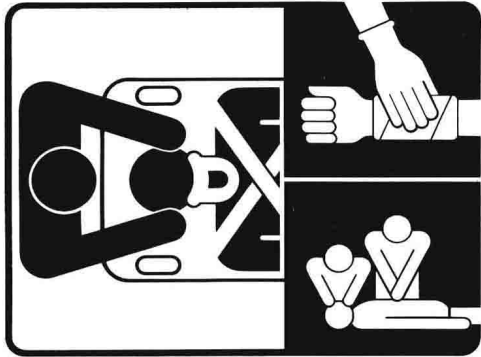


First responder — a person trained in emergency care who may be called on to provide such care as a routine part of his or her job.





# Emergency Response



St. Louis Baltimore Boston Chicago London Philadelphia Sydney Toronto



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This participant's textbook is an integral part of the American Red Cross Emergency Response course. By itself, it does not constitute complete and comprehensive training. Further, it is not to be construed as an equivalent to Emergency Medical Technician (EMT) training.

The emergency care procedures outlined in this book reflect the standard of knowledge and accepted emergency practices in the United States at the time this book was published. It is the reader's responsibility to stay informed of changes in emergency care procedures.

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*This textbook is dedicated to the thousands  
of first responders who give unselfishly of  
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# About This Course

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## ◆ WHY YOU SHOULD TAKE THIS COURSE

It would be ideal if everyone knew what to do when suddenly confronted with an emergency. But that is not reality. Instead, people tend to look to others who are more knowledgeable about what care to provide to an injured or ill person. You, the first responder, are often the first trained person to arrive at the emergency scene. You will be expected to take appropriate action to provide care for injuries or sudden illnesses until more advanced medical personnel arrive. This course prepares you to fulfill this role as a first responder.

## ◆ HOW YOU WILL LEARN

Course content is presented in various ways. The textbook, which will be assigned reading, contains the information that is discussed in class. Slides, transparencies, and video segments support this information, as do discussions and other class activities. The audiovisuals emphasize the key points you need to remember when making decisions in emergencies and when giving care. They also present

skills that you practice in class. Class activities are designed to increase your confidence in your ability to respond to emergencies.

The course design allows you to frequently evaluate your progress in terms of skills competency, knowledge, and decision-making. Your ability to correctly perform specific skills described in the textbook will be checked by your instructor during practice sessions.

Your ability to make appropriate decisions when faced with an emergency will be enhanced as you participate in various class activities. Periodically, you will be given situations in the form of scenarios that provide you the opportunity to apply the knowledge and skills you have learned. These scenarios also provide an opportunity to discuss with your instructor and classmates the many different situations that you may encounter in any emergency.

## ◆ REQUIREMENTS FOR COURSE COMPLETION CERTIFICATE

When this course is taught by a currently authorized American Red Cross instructor, you will be eligible for an American Red Cross course completion certificate. In order for you

to receive an American Red Cross course completion certificate, you must—

- ♦ Perform specific skills competently and demonstrate the ability to make appropriate decisions for care.
- ♦ Pass a final written examination with a score of 80 percent or higher.

The final written examination is designed to test your retention and understanding of the course material. You will take this examination at the end of the course. If you do not pass this examination the first time, you may take a second examination.

## ◆ TEXTBOOK

The textbook has been designed to facilitate your learning and understanding of the material it presents. It includes the following features:

### Objectives

At the beginning of each chapter is a list of objectives. Read these objectives carefully and refer back to them from time to time as you read the chapter. The objectives describe what you should be able to do after reading the chapter and participating in class activities.

### Key Terms

At the beginning of each chapter is a list of defined key terms that you need to know to understand chapter content. Some key terms are listed in more than one chapter because they are essential to your understanding of the material presented in each. The pronunciation of certain medical and anatomical terms is provided, and a pronunciation guide is included in the glossary. In the chapter, key terms are printed in bold italics the first time they are defined or explained.

### For Review

This section indicates information you need to know to more easily understand the chapter you are about to read. For example, reviewing the information about the nervous system will help you better understand the chapter on head and spine injuries.

### Sidebars

Feature articles called sidebars enhance the information in the main body of the text. They appear in most chapters. They present a variety of material ranging from historical information and accounts of actual events to everyday application of the information presented in the main body of the text. You will not be tested on any information presented in these sidebars as part of the American Red Cross course completion requirements.

### Tables

Tables are included in many chapters. They concisely summarize important concepts and information and may aid in studying.

### You Are the Responder

At the end of each chapter is a section called “You Are the Responder.” It contains questions designed to help you evaluate your retention and understanding of the material you have covered up to that point. Completing these questions will help you evaluate your progress and also help you prepare for the final written examination.

### Skill Summaries

Skill summaries at the end of certain chapters provide you with an overview of how to perform specific skills described in the chapter. The major steps of each skill are illustrated in photographs.

## Appendixes

Two appendixes, located at the end of this textbook, provide additional information on topics first responders will find useful. Appendix A provides information on Automated External Defibrillation (AED). Appendix B is the Healthy Lifestyles Awareness Inventory, which is designed to help you evaluate your present lifestyle and to indicate ways in which you can live a safer, healthier life.

## Glossary

The glossary includes definitions of all the key terms and of other words in the text that may be unfamiliar. A pronunciation guide is included in the glossary. All glossary terms appear in the textbook in bold type.

## ◆ HOW TO USE THIS TEXTBOOK

You should complete the following four steps for each chapter to gain the most from this course:

1. Read the chapter objectives before reading the chapter.

2. Review the recommended information listed under “For Review” before reading the chapter.
3. As you read the chapter, keep the objectives in mind. When you finish, go back and review the objectives. Check to see that you can meet them without difficulty.
4. Answer the “You Are the Responder” questions after you have read the chapter. If you cannot answer the questions, ask your instructor to help you with concepts with which you are having difficulty.

## The Workbook

At the end of each chapter in the textbook, you will find a reference to using the workbook to review chapter content. The workbook is an optional course component containing a summary and an outline of each chapter activity, designed to reinforce understanding and retention of material, and a self test for each chapter. Skill sheets, step-by-step illustrated guides for performing specific skills, are also provided for specific skills taught, such as CPR and splinting. Answers are provided for all activities and self-test questions.



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# Health Precautions and Guidelines During Training

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The American Red Cross has trained millions of people in first aid and CPR (cardiopulmonary resuscitation) using manikins as training aids. According to the Centers for Disease Control (CDC), there has never been a documented case of any disease caused by bacteria, a fungus, or a virus transmitted through the use of training aids such as manikins used for CPR.

The Red Cross follows widely accepted guidelines for cleaning and decontaminating training manikins. **If these guidelines are adhered to, the risk of any kind of disease transmission during training is extremely low.**

To help minimize the risk of disease transmission, you should follow some basic health precautions and guidelines while participating in training. You should take precautions if you have a condition that would increase your risk or other participants' risk of exposure to infections. Request a separate training manikin if you—

- ♦ Have an acute condition, such as a cold a sore throat, or cuts or sores on the hands or around your mouth.

- ♦ Know you are seropositive (have had a positive blood test) for hepatitis B surface antigen (HBsAg), indicating that you are currently infected with the hepatitis B virus.\*
- ♦ Know you have a chronic infection indicated by long-term seropositivity (long-term positive blood tests) for the hepatitis B surface antigen (HBsAg)\* or a positive blood test for anti-HIV (that is, a positive test for antibodies to HIV, the virus that causes many severe infections including AIDS).

\*A person with hepatitis B infection will test positive for the hepatitis B surface antigen (HBsAg). Most persons infected with hepatitis B will get better within a period of time. However, some hepatitis B infections will become chronic and will linger for much longer. These persons will continue to test positive for HBsAg. Their decision to participate in CPR training should be guided by their physician.

After a person has had an acute hepatitis B infection, he or she will no longer test positive for the surface antigen but will test positive for the hepatitis B antibody (anti-HBs). Persons who have been vaccinated for hepatitis B will also test positive for the hepatitis antibody. A positive test for the hepatitis B antibody (anti-HBs) should not be confused with a positive test for the hepatitis B surface antigen (HBsAg).

- ♦ Have a type of condition that makes you unusually likely to get an infection.

**If you decide you should have your own manikin, ask your instructor if he or she can provide one for you to use.** You will not be asked to explain why in your request. The manikin will not be used by anyone else until it has been cleaned according to the recommended end-of-class decontamination procedures. Because the number of manikins available for class use is limited, the more advance notice you give, the more likely it is that you can be provided a separate manikin.

In addition to taking the precautions regarding manikins, you can further protect yourself and other participants from infection by following these guidelines:

- ♦ Wash your hands thoroughly before participating in class activities.
- ♦ Do not eat, drink, use tobacco products, or chew gum during classes when manikins are used.
- ♦ Clean the manikin properly before use. For some manikins, this means vigorously wiping the manikin's face and the inside of its mouth with a clean gauze pad soaked with either a solution of liquid chlorine bleach and water (sodium hypochlorite and water) or rubbing alcohol. For other manikins, it means changing the rubber face. Your instructor will provide you with instructions for cleaning the type of manikin used in your class.
- ♦ Follow the guidelines provided by your instructor when practicing skills such as clearing a blocked airway with your finger.

## ◆ PHYSICAL STRESS AND INJURY

Training in first aid and CPR requires physical activity. If you have a medical condition or disability that will prevent you from taking part in the practice sessions, please let your instructor know.







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# Contents

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**About This Course, xix**

**Health Precautions and Guidelines During Training, xxii**

**Part One     The First Responder**

- 1 The First Responder, 2
- 2 The Emergency Scene, 16

**Part Two     Understanding the Human Body**

- 3 Human Body Systems, 30
- 4 Preventing Disease Transmission, 56

**Part Three    Establishing Priorities of Care**

- 5 Primary and Secondary Survey, 76
- 6 Respiratory Emergencies, 104
- 7 Breathing Devices, 134
- 8 Cardiac Emergencies, 154
- 9 Bleeding, 186
- 10 Shock, 196

**Part Four     Injuries**

- 11 Soft Tissue Injuries, 214
- 12 Musculoskeletal Injuries, 240
- 13 Injuries to the Head and Spine, 264
- 14 Injuries to the Chest, Abdomen, and Pelvis, 286
- 15 Injuries to the Extremities, 298

**Part Five     Medical Emergencies**

- 16 Sudden Illnesses, 320
- 17 Poisoning, 330
- 18 Heat and Cold Emergencies, 352

**Part Six      Special Populations and Situations**

**19** Special Populations, 366

**20** Childbirth, 378

**21** Crisis Intervention, 390

**22** Reaching and Moving Victims, 398

**23** Multiple Casualty Incidents, 420

**Appendixes**

**A** Automated External Defibrillation (AED), 432

**B** Healthy Lifestyles Awareness Inventory, 440

**Glossary, 452**

**References, 466**