

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Intro to Sports Medicine

Block 3A

Unit 6	Introduction & Principle of First Aid
<p><b>Questions/Main Ideas</b></p> <p>1. What is the chain of survival?</p> <p>2. What is your role in the EMS system?</p> <p>3. In an emergency, what are the 3 basic steps for taking action?</p> <p>4. What are the questions you ask yourself when you Check the scene?</p>	<p><b>Notetaking Column</b></p> <ul style="list-style-type: none"> <li>• Citizen Response</li> <li>• Calling EMS</li> <li>• First Responder Care</li> <li>• EMS Care</li> <li>• Hospital Care</li> <li>• Rehabilitation Care</li> </ul> <ul style="list-style-type: none"> <li>• Recognize that an emergency exists               <ul style="list-style-type: none"> <li>○ Signals of injury or sudden illness</li> <li>○ Unusual noises, sights or odors</li> <li>○ Someone's unusual appearance or behavior</li> </ul> </li> <li>• Decide to act               <ul style="list-style-type: none"> <li>○ Hesitancy to act may be caused by fear of catching disease or fear of doing something wrong.                   <ul style="list-style-type: none"> <li>▪ But remember- you are prepared, You hold a position of authority. You are expected to act. If not you, who?</li> </ul> </li> </ul> </li> <li>• Call 911 or the local emergency number for help</li> <li>• Provide care until help arrives.</li> </ul> <ul style="list-style-type: none"> <li>• Check</li> <li>• Call</li> <li>• Care</li> </ul> <ul style="list-style-type: none"> <li>• Is the scene safe?</li> <li>• What happened?</li> <li>• Is there more than one injured or ill athlete?</li> <li>• Can bystanders on the scene help?</li> </ul>

<p>5. What are the medical emergencies in which you call 911?</p>	<ul style="list-style-type: none"> <li>• Is not breathing,</li> <li>• Has no pulse</li> <li>• Is or becomes unconscious</li> <li>• Has difficulty or is breathing irregularly</li> <li>• Has chest pain or pressure</li> <li>• Is bleeding severely</li> <li>• Has pressure or pain in the abdomen that does not go away</li> <li>• Is vomiting or passing blood</li> <li>• Has seizures, a severe headache or slurred speech</li> <li>• Appears to have been poisoned</li> <li>• Has injuries to the head, neck or back</li> <li>• Has possible broken bones</li> </ul>
<p>6. What are the emergency situations in which you would call 911?</p>	<ul style="list-style-type: none"> <li>• Fire or explosion</li> <li>• Downed electrical wires</li> <li>• Swiftly moving or rising water</li> <li>• Presence of poisonous gas</li> <li>• Vehicle accidents</li> <li>• Injured or ill athlete who cannot be moved easily</li> </ul>
<p>7. When you call 911, what information should you provide to them?</p>	<ul style="list-style-type: none"> <li>• Location</li> <li>• Number you are calling from</li> <li>• Your name</li> <li>• What happened</li> <li>• Who is involved</li> <li>• Injured person's condition</li> <li>• Care being given</li> </ul>
<p>8. When providing care, what are some standard precautions that a responder should take when caring for an athlete?</p>	<ul style="list-style-type: none"> <li>• Avoid contact with bodily fluid</li> <li>• Use protective barriers, such as gloves, face shield, gown, mask when providing care</li> <li>• Wash your hands immediately after giving care</li> <li>• No eating or drinking when providing care</li> <li>• Do not touch any objects that may be solid with blood &amp; bodily fluid</li> </ul>
<p><b>Summary</b></p>	<p><b>Use this space to write a two or three sentence summary of what you just read.</b></p>