Category 5 EMERGENCY CARE

R.A.W First Aid

STOP

Assess the Scene

Danger/ PPE

What Happened (MOI)?

How many casualties?

Primary Survey- Stop & Treat immediate threats to life

R- Response
S- Send for help/Spinal control
A- Airway
B- Breathing
C– Circulation (Pulse and Blood Sweep)/Compressions
D- Disability: Maintain Spinal Control?/Defibrillation
E- Environmental protection/Expose injuries/Evacuation

SECONDARY SURVEY

VITAL SIGNS

- Level of Consciousness
- Pulse
- Breathing
- Skin
- Temperature

HEAD TO TOE

Check for:

- Injuries,
- Bite/Stings
- Medi-Alerts

Questions

- Symptoms
- Allergies
- Medications
- Pre-existing conditions
- Last food/Drink/Output
- Events leading to incident

Treat injuries/conditions

- Complete First aid report form/Incident report form.
- Monitor casualty's vital signs and general condition

Focussed Spine Assessment (FSA)

(Only completed if there no high risk criteria & NO signs and symptoms of spinal injury after a full assessment

1. Recheck LOC– Must be A+O X 4
2. Recheck- No Alcohol or Drugs (Last 12 hours minimum)
3. Recheck- No distractions (Injury/Mental)
4. Recheck– Hands and Feet Circulation, Sensation, Movement
5. Recheck the spine for pain/tenderness

Hand over

to emergency services

***HIGH RISK CRITERIA**

The following automatically exclude a casualty from the FSA:

-Any S & S of Spinal injury no matter how minor
-Unstable vital signs
-High Speed ≥ 100kmh
-Vehicle ejection/rollover
-Fall from >3 metres
-Aged ≥ 65 or ≤ 10 years
-Previous C-Spine injury/ surgery
-Pregnancy

SOS SPECIALISED OUTDOOR SURVIVAL

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