



*Oh no, what do I do now!*

**Home First Aid & Medical  
Emergencies**  
Updated 01/2024

[www.aedinstitute.com](http://www.aedinstitute.com) | p: (808) 440-8988 | f: (808) 356-8197

*Basics-Who is the "best" responder? YOU!*



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## Assessing the Scene

- ⊕ Stop - Think - Act
- ⊕ Assess Surroundings
- ⊕ First Aid Kit & AED
- ⊕ Exposure Protection



## Calling for Help

**If you think you need to call 911  
you probably do!**

Questions the dispatcher might ask:

What's your emergency?

Fire, ambulance, or police?

Is the person awake?

Is the person breathing normally?

Did you see what happened?

Where are you?



# *Universal Precautions*



**#1 way to prevent  
infection is...**



# *Home Medical Emergencies*

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# Diabetes – Low Blood Sugar

## Symptoms of Low Blood Sugar

Irritability

Confusion

Dizziness

Sweating, chills, clamminess

Fast heart rate

Shaky

Blurred vision



# Diabetes – Low Blood Sugar - Treatment

**Treatment-If in doubt, CALL 911**

## Step 1:

- Give the person something sugary to eat.

## Step 2:

- Wait 15 minutes. If you are able, check their blood sugar to see if it is above 70.

## Step 3:

- If the person continues to have symptoms, or if your blood sugar is less than 70, repeat step 1.

## Step 4:

- When the symptoms are gone, eat a meal or snack with protein to keep your symptoms from returning.

**Step 1:** Treat low blood sugar. Choose **one** sugary food or drink, such as:



Half a glass of  
real fruit juice  
(**not** sugar free)



Half a can of  
soda pop  
(**not** sugar free)



4 to 5 pieces of hard candy  
(**not** chocolate)



3 teaspoons  
or packets  
of **real** sugar,  
jelly or honey





# Seizures

## Seizure Symptoms

Sudden collapse

Spastic jerking motions

Staring



Seizures can be classified as:

- Tonic/Clonic seizures (big)
- Petite Mal seizures (small)
- Febrile seizures (in kids with rapidly high fevers)



## Causes

Head Injury

Medications/drugs

Neurological problems

Rapid spike in fever in children



# Seizures Treatment – Do's and Don'ts

## Treatment-Do's

- Do clear the area around the victim
- Do time the length of the seizure
- Do put something soft under their head
- Do turn them on their side once the seizure passes



*Call 911 if unsure  
what to do!*



## Treatment-Don'ts

- Do not put anything in their mouth, drinks, pills, sticks, or food unless they are fully awake.
- Do not hold the victim down or restrain them
- Do not try to move the victim until the seizure passes



# Fainting and Dizziness

## Causes

Pain	Low blood sugar	Anxiety
Fear	Stroke	Standing too long
Dehydration	Cardiac Arrest	Head Injury

## Treatment

- Help to the floor to prevent further injury
- Keep victim calm and reassure
- Cushion under the head
- Elevate feet
- **Call 911 if not better**



# *Stroke – Clot within the brain*

## Stroke-Symptoms

Facial Drooping  
Arm weakness  
Speech difficulties

## Treatment

Call 911 immediately!  
Note the time of first symptoms  
Need to get to a hospital as quickly as possible



# *Heart Attack – Clot within the heart*

## Heart Attack-Symptoms

Chest Pain

Shortness of breath

Left arm / Jaw pain

Nausea

## Treatment

Call 911 immediately!

Note the time of first symptoms

Need to get to a hospital as quickly as possible



# Asthma

## Asthma Symptoms

Difficulty breathing

Wheezing

Panic

## Treatment

Keep calm

Help administer inhaler-

Using a spacer helps with delivery

**Call 911 if no relief**



# Worst Case Scenario

Down and not responding

No normal breathing

Call 911, state Cardiac Arrest

Start Compressions, hard and fast

Use an AED if you have one



# *Physical Emergencies*



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# Strains & Sprains

## Symptoms

Pain  
Swelling  
Inability to bear weight

## Treatment-R.I.C.E.

Rest  
Ice  
Compression  
Elevation



# Strains & Sprains – Do's and Don'ts

## Do's

- Remove any jewelry from the affected area
- Take the time to recover

## Don'ts

- Never place ice directly on your skin-this can cause burns!
- Always place a towel between your skin and the ice pack



# Broken Bones – Same as “Fractured Bone”

## Symptoms

- Pain
- Disfigurement
- Bruising
- Swelling
- Inability to bear weight

## Treatment

- Splint or immobilize
- Get to a hospital
- Do not try to reset or straighten



# Bleeding Control

## Minor Bleeding

- Put on gloves
- Apply clean gauze or cloth
- Apply pressure until bleeding stops
- **DO NOT REMOVE DRESSING**
- Wrap with rolled gauze to secure dressing
- Seek healthcare provider for continued care



## Nose Bleed

Apply pressure at the bridge of the nose  
Lean forward-**NOT BACKWARDS!**  
Should stop within a few minutes



# Head Injuries

## Concussion Symptoms

Loss of consciousness

Dizziness

Headache

Light sensitivity

Nausea or Vomiting

Seizures

## Treatment

Must to be evaluated by a doctor

Resting the brain is a **MUST!**



# Burns

## 1st and 2nd Degree Burn Symptoms

Painful  
Red  
Blisters may form

## Treatment

Run under cool tap water for 5-10 minutes  
Do not use ice  
Cover with breathable dry gauze  
Do not pop blisters-Leave intact



# Bites

## Treatment

Remove stinger  
Dislodge ticks safely  
Wash with water  
Seek medical help if  
signs of infection or  
allergic reaction

## Types of Bites

Rabies  
Snakes  
Sharks/eels  
Turtles/seals  
Bee Stings  
Centipede  
Scorpion  
Tick  
Mosquito



# Heat Related Emergencies

## Dehydration

Takes a few days to get hydrated  
Thirst = Dehydration

## Heat Exhaustion

Dizziness, headache, nausea  
Must cool off immediately  
Stop activity, shade, water, AC

## Heat Stroke

May be unresponsive or confused  
Medical emergency  
Call 911 and attempt to cool down  
Start CPR if needed





*Know what to do at home,  
your family depends on it ...*

**Call 911**

**Check Scene Safety**

**Assess the Victim**

**Render First Aid if Needed**

**Stay Until Help Arrives**



