

INITIAL ASSESSMENT

PROCEDURES		CRITICAL SKILL
1. SCENE SIZE UP	<input type="checkbox"/> <input type="checkbox"/>	*A. Observe area to ensure safety *B. Call for help
2. MECHANISM OF INJURY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	*A. Determine causes of injury, if possible *B. Triage: Immediate, Delayed, Minor or Deceased *C. Ask patient (if conscious) what happened
3. INITIAL ASSESSMENT	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	*A. Verbalize general impression of the patient(s) *B. Determine responsiveness/level of consciousness (AVPU) Alert, Verbal, Painful, Unresponsive *C. Determine chief complaint/apparent life threat
4. ASSESS AIRWAY AND BREATHING	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Correctly execute head-tilt / chin-lift or jaw thrust maneuver, depending on the presence of cervical spine (neck) injuries B. Look, listen and feel for breathing (3-5 seconds) C. If present, treat sucking chest wound
5. ASSESS FOR CIRCULATION	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Check for presence of a carotid pulse (5-10 secs) B. If present, control life threatening bleeding C. Start treatment for all other life threatening injuries / conditions (reference Rule 2)

PATIENT ASSESSMENT

PROCEDURES		CRITICAL SKILL
1. HEAD	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	*A. Check head for DOTS: Deformities, Open wounds, Tenderness and Swelling *B. Check and touch the scalp *C. Check the face *D. Check the ears for bleeding or clear fluids *E. Check the eyes for any discoloration, unequal pupils, reaction to light, foreign objects and bleeding *F. Check the nose for any bleeding or drainage *G. Check the mouth for loose or broken teeth, foreign objects, swelling or injury of tongue, unusual breath odor and discoloration
Patient Assessment Continued:		

2. NECK	<input type="checkbox"/> <input type="checkbox"/>	<p>*A. Check the neck for DOTS</p> <p>*B. Inspect for medical ID</p>												
3. CHEST	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>*A. Check the chest area for DOTS</p> <p>*B. Feel chest for equal breathing movement on both sides</p> <p>*C. Feel chest for inward movement in the rib areas during inhalations</p>												
4. ABDOMEN	<input type="checkbox"/>	<p>*A. Check abdomen (stomach) for DOTS</p>												
5. PELVIS	<input type="checkbox"/> <input type="checkbox"/>	<p>*A. Check pelvis for DOTS</p> <p>*B. Inspect pelvis for injury by touch (Verbally state inspection of crotch and buttocks areas)</p>												
6. LEGS	<table border="0"> <tr> <td style="text-align: center;">L</td> <td style="text-align: center;">R</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	L	R	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>*A. Check each leg for DOTS</p> <p>B. Inspect legs for injury by touch</p> <p>C. Unresponsive: Check legs for paralysis (pinch inner side of leg on calf)</p> <p>*D. Responsive: Check legs for motion; place hand on bottom of each foot and state "Can you push against my hand?"</p> <p>*E. Check for medical ID bracelet</p>
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8. BACK SURFACES	<input type="checkbox"/>	<p>*A. Check back for DOTS</p>												

DRESSING AND BANDAGING - OPEN WOUNDS

2 INCH WOUND ON FOREHEAD

PROCEDURES

CRITICAL SKILL

<p>1. EMERGENCY CARE FOR AN OPEN WOUND</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>*A. Control bleeding *B. Prevent further contamination *C. Bandage dressing in place after bleeding has been controlled *D. Keep patient lying still</p>
<p>2. APPLY DRESSING</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Use sterile dressing B. Cover entire wound C. Control bleeding D. Do not remove dressing</p>
<p>3. APPLY BANDAGE</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>*A. Do not bandage too tightly *B. Do not bandage too loosely *C. Do not leave loose ends *D. Cover all edges of dressing *E. Do not cover tips of fingers and toes, unless they are injured *F. Bandage from the bottom of the limb to the top (distal to proximal) if applicable</p>

SPLINTING (RIGID) UPPER EXTREMITY FRACTURES AND DISLOCATIONS
FRACTURED SHOULDER BLADE LEFT SIDE

PROCEDURES

CRITICAL SKILL

<p>1. CARE FOR FRACTURE</p>	<input type="checkbox"/>	<p>*A. Check for distal circulation, sensation, and motor function * Do not attempt to reduce dislocations (if applies)</p>
<p>2. IMMOBILIZING FRACTURE</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Selection of appropriate rigid splint of proper length B. Support affected limb and limit movement C. Apply appropriate padded rigid splint against injured extremity D. Place appropriate roller bandage in hand to ensure the position of function E. Secure splint to patient with roller bandage, handkerchiefs, cravats, or cloth strips F. Apply wrap distal to proximal *G. Reassess distal circulation, sensation, and motor function</p>
<p>Splinting Continued: 3. SECURING WITH SLING</p>	<input type="checkbox"/> <input type="checkbox"/>	<p>A. Place sling over chest and under arm B. Hold or stabilize arm</p>

	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>C. Triangle should extend behind elbow on injured side D. Pull sling around neck and tie on uninjured side E. Pad at the neck (except when C-Collar is present) F. Secure excess material at elbow G. Fingertips should be exposed *H. Reassess distal circulation, sensation, and motor function</p>
4. SECURING SLING WITH SWATHE	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Use triangle cravat or factory swathe B. Swathe is tied around chest and injured arm *C. Reassess distal circulation, sensation, and motor function</p>

JUDGES NOTE: Shoulder Blade ~ Support and limit movement of affected area
Follow procedures No. 1, 3 & 4 above

DRESSING AND BANDAGING - OPEN WOUNDS

4 INCH WOUND ABOVE LEFT KNEE

PROCEDURES

CRITICAL SKILL

1. EMERGENCY CARE FOR AN OPEN WOUND	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>*A. Control bleeding *B. Prevent further contamination *C. Bandage dressing in place after bleeding has been controlled *D. Keep patient lying still</p>
2. APPLY DRESSING	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Use sterile dressing B. Cover entire wound C. Control bleeding D. Do not remove dressing</p>
3. APPLY BANDAGE	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>*A. Do not bandage too tightly *B. Do not bandage too loosely *C. Do not leave loose ends *D. Cover all edges of dressing *E. Do not cover tips of fingers and toes, unless they are injured *F. Bandage from the bottom of the limb to the top (distal to proximal) if applicable</p>

DRESSING AND BANDAGING - OPEN WOUNDS

2 INCH WOUND TOP OF RIGHT ANKLE

PROCEDURES

CRITICAL SKILL

<p>1. EMERGENCY CARE FOR AN OPEN WOUND</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>*A. Control bleeding *B. Prevent further contamination *C. Bandage dressing in place after bleeding has been controlled *D. Keep patient lying still</p>
<p>2. APPLY DRESSING</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Use sterile dressing B. Cover entire wound C. Control bleeding D. Do not remove dressing</p>
<p>3. APPLY BANDAGE</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>*A. Do not bandage too tightly *B. Do not bandage too loosely *C. Do not leave loose ends *D. Cover all edges of dressing *E. Do not cover tips of fingers and toes, unless they are injured *F. Bandage from the bottom of the limb to the top (distal to proximal) if applicable</p>

DRESSING AND BANDAGING - OPEN WOUNDS
2 INCH WOUND ABOVE LEFT ELBOW

PROCEDURES

CRITICAL SKILL

<p>1. EMERGENCY CARE FOR AN OPEN WOUND</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>*A. Control bleeding *B. Prevent further contamination *C. Bandage dressing in place after bleeding has been controlled *D. Keep patient lying still</p>
<p>2. APPLY DRESSING</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Use sterile dressing B. Cover entire wound C. Control bleeding D. Do not remove dressing</p>
<p>3. APPLY BANDAGE</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>*A. Do not bandage too tightly *B. Do not bandage too loosely *C. Do not leave loose ends</p>
<p>Apply Bandage Cont.</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>*D. Cover all edges of dressing *E. Do not cover tips of fingers and toes, unless they are injured *F. Bandage from the bottom of the limb to the top</p>

(distal to proximal) if applicable

SPLINTING (RIGID) UPPER EXTREMITY FRACTURES AND DISLOCATIONS

COMPOUND FRACTURE OF RIGHT RADIUS

PROCEDURES

CRITICAL SKILL

1. CARE FOR FRACTURE	<input type="checkbox"/>	*A. Check for distal circulation, sensation, and motor function - Do not attempt to reduce dislocations (if applies)
2. IMMOBILIZING FRACTURE	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Selection of appropriate rigid splint of proper length B. Support affected limb and limit movement C. Apply appropriate padded rigid splint against injured extremity D. Place appropriate roller bandage in hand to ensure the position of function E. Secure splint to patient with roller bandage, handkerchiefs, cravats, or cloth strips F. Apply wrap distal to proximal *G. Reassess distal circulation, sensation, & motor function
3. SECURING WITH SLING	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Place sling over chest and under arm B. Hold or stabilize arm C. Triangle should extend behind elbow on injured side D. Pull sling around neck and tie on uninjured side E. Pad at the neck (except when C-Collar is present) F. Secure excess material at elbow G. Fingertips should be exposed *H. Reassess distal circulation, sensation, and motor function
4. SECURING SLING WITH SWATHE	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Use triangle cravat or factory swathe B. Swathe is tied around chest and injured arm *C. Reassess distal circulation, sensation, and motor function

JUDGES NOTE: Air splints may not be used with open (protruding bones) fractures.

DRESSING AND BANDAGING - OPEN WOUNDS

2 INCH WOUND ON PALM OF RIGHT HAND

PROCEDURES

CRITICAL SKILL

1. EMERGENCY CARE FOR AN OPEN WOUND	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	*A. Control bleeding *B. Prevent further contamination *C. Bandage dressing in place after bleeding has been controlled *D. Keep patient lying still
2. APPLY DRESSING	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Use sterile dressing B. Cover entire wound C. Control bleeding D. Do not remove dressing
3. APPLY BANDAGE	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	*A. Do not bandage too tightly *B. Do not bandage too loosely *C. Do not leave loose ends *D. Cover all edges of dressing *E. Do not cover tips of fingers and toes, unless they are injured *F. Bandage from the bottom of the limb to the top (distal to proximal) if applicable

IMMOBILIZATION - LONG SPINE BOARD (Backboard)

PROCEDURES

CRITICAL SKILL

1. MOVE THE PATIENT ONTO THE LONG SPINE BOARD	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. One First Aid Provider at the head must maintain in-line immobilization of the head and spine B. First Aid Provider at the head directs the movement of the patient C. Other First Aid Provider controls movement of the rest of body D. Other First Aid Provider position themselves on same side E. Upon command of First Aid Provider at the head, roll patient onto side toward First Aid Providers F. Quickly assess posterior body, if not already done G. Place long spine board next to the patient with top of board beyond top of head H. Place patient onto the board at command of the First Aid Provider at head while holding in-line immobilization using methods to limit spinal movement
Immobilization Continued:	<input type="checkbox"/>	I. Slide patient into proper position using smooth coordinated moves keeping spine in alignment
2. PAD VOIDS BETWEEN PATIENT AND LONG	<input type="checkbox"/> <input type="checkbox"/>	A. Select and use appropriate padding B. Place padding as needed under the head

SPINE BOARD	<input type="checkbox"/>	C. Place padding as needed under torso
3. IMMOBILIZE BODY TO THE LONG SPINE BOARD	<input type="checkbox"/>	A. Strap and secure body to board ensuring spinal immobilization, beginning at shoulder and working toward feet
4. IMMOBILIZE HEAD TO THE LONG SPINE BOARD	<input type="checkbox"/> <input type="checkbox"/>	A. Using head set or place rolled towels on each side of head B. Tape and/or strap head securely to board, ensuring cervical spine immobilization
5. REASSESS	<input type="checkbox"/> <input type="checkbox"/>	*A. Reassess distal circulation, sensation, and motor function *B. Assess patient response and level of comfort

SHOCK

PROCEDURES

CRITICAL CARE

1. CHECK FOR SIGNS AND SYMPTOMS OF SHOCK	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	*A. Check for pale (or bluish) skin (in victim with dark skin examine inside of mouth and nailbeds for bluish coloration) *B. Check for cool, clammy skin *C. Check for weakness
2. TREATMENT	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Keep victim lying down B. Cover with blanket to prevent loss of body heat and place a blanket under the patient (do not try to place blanket under patient with possible spinal injuries) C. Elevate according to injury *D. Reassure and calm the patient