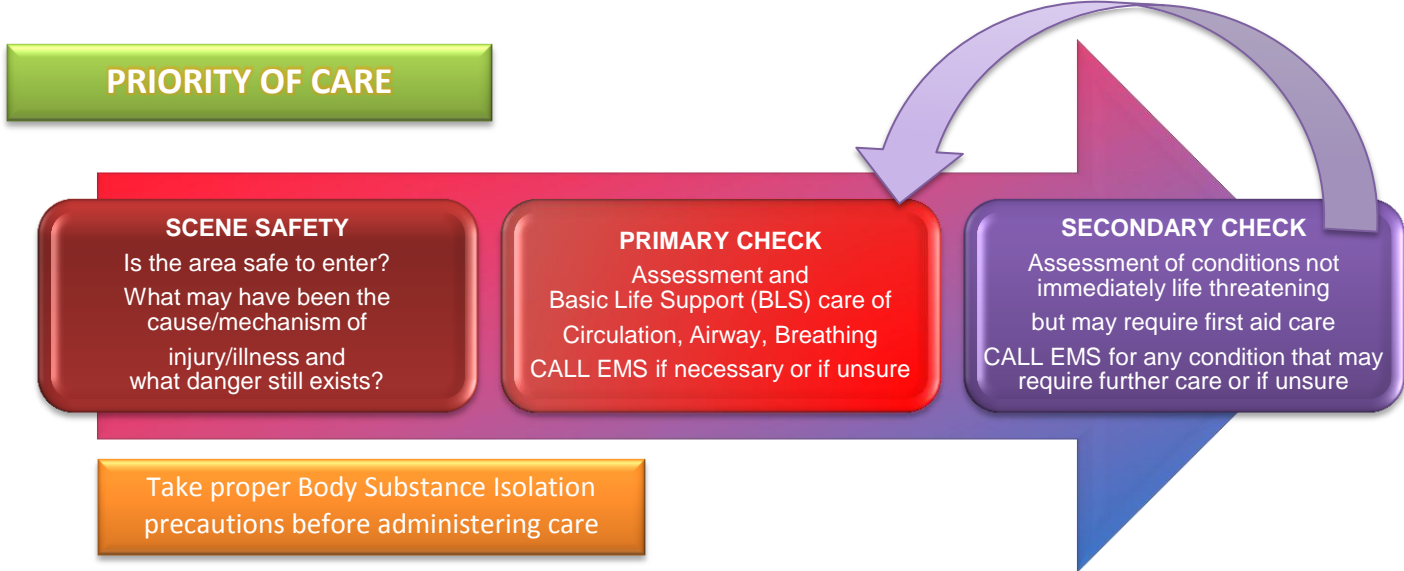




INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

BASIC FIRST RESPONDER CARE SUMMARY MATRIX

FIRST RESPONDER (FIRST AID) CARE begins with the primary check to confirm that **CIRCULATION, AIRWAY, AND BREATHING (“CABs”)** are present and maintained. All other conditions found will be considered secondary in treatment priority to Basic Life Support (BLS) care. Even after the Primary check, it is vital for CABs to be monitored and maintained while providing secondary first aid care. Contact EMS for any condition requiring more care than the basic scope of care included in this training, in accordance with your facility Emergency Action Plan (EAP). For condition background, signs, symptoms, and care details, please review chapter 13 in the ILTP™ Course textbook. **Effective 2011: treatment for shock no longer includes elevation of the legs; treatment for bleeding no longer includes elevation of the bleeding body part or applying pressure to the pressure points. First Aid training in the ILTP™ now includes additional procedures for eye and mouth injuries.**



PERFORMING THE SECONDARY CHECK

- Signs of Injury/Illness**
 - Any condition the rescuer can see, feel, or smell
- Symptoms of Injury/Illness**
 - Any condition the guest feels and is able to describe
- Physical Exam**
 - Head to toe exam, referencing DOTS: Deformity, Open wounds, Tenderness/pain, Swelling/discoloration
- Gather Information**
 - Communicate with the guest/bystanders to determine details, including cause and information about the guest, such as medical history, medications, etc.
- Care/Monitor/Transfer**
 - Provide the appropriate care for signs and symptoms found while continuing to monitor and maintain Circulation, Airway, and Breathing. Transfer care and information when EMS arrives



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MEDICAL EMERGENCIES – SIGNS/SYMPTOMS AND BASIC CARE SUMMARY

Heart Attack

Signs/Symptoms

- Chest Pressure/Pain that spreads to shoulders, neck, arms, or jaw
- Breathing difficulty, dizziness
- Nausea, fatigue

Care

- Activate EAP/Call EMS
- Have guest rest in most comfortable position
- Assist guest with medication such as nitroglycerin, or Aspirin
- Be ready to begin BLS at anytime

Stroke

Signs/Symptoms

- Weakness or numbness on one side of the body
- Vision problems / Speech problems
- Dizziness, loss of balance
- Confusion, nausea, fatigue
- Sudden extreme headache

Care

- Activate EAP/Call EMS
- Have guest rest in most comfortable position
- Place the guest into the recovery position if nausea or vomiting occurs
- Be ready to begin BLS at anytime

Heat Emergency

Signs/Symptoms

- Muscle cramps
- Dizziness, nausea, vomiting
- Fatigue, Headache
- Extreme thirst, hot dry skin or moist skin
- Rapid pulse, confusion
- Seizure

Care

- Have guest rest in a cool location
- Remove excess clothing
- Provide cool water (if conscious and not nauseous). Gently stretch cramped muscles
- Fan and place ice packs in the armpits, groin, and neck
- CALL EMS if the guest does not improve quickly or loses consciousness

Cold Emergency

Signs/Symptoms

- Shivering
- Confusion / Sluggishness
- Cold skin

Care

- Place the guest in a warm location, resting in a comfortable position
- Replace wet clothing with dry and cover with blankets
- Provide a warm, sugary beverage (if able to drink comfortably)
- Call EMS if condition does not rapidly improve or the guest loses consciousness

Fainting

Signs/Symptoms

- Weakness, confusion, dizziness
- Head and/or abdominal pain
- "Feeling like" they may faint

Care

- Have the guest lie down if they feel faint
- If already fainted, confirm CABs and check for signs of injury from the fall and place in the recovery position
- Be ready to begin BLS at anytime
- Call EMS if the guest does not regain consciousness quickly

Seizures

Signs/Symptoms

- Report of strange sensations, confusion, dizziness
- Unusual behavior, muscle rigidity, convulsions
- Altered levels of consciousness

Care

- Protect the guest's head and move items away from the guest to protect against injury (cushion the head with a towel)
- Place in the recovery position and monitor the airway
- Call EMS and be ready to begin BLS care

Shock Hypovolemic & Anaphylactic

Signs/Symptoms

- Anxiety, cool pale moist skin
- Rapid or difficulty breathing
- Rapid pulse, weakness
- Hives, itching, swelling

Care

- Activate EAP/Call EMS
- Place the guest on their back (no longer elevate the legs)
- Place in recovery position and maintain normal body temperature
- Provide supplemental oxygen
- Help the guest self-administer any medication for an allergic reaction

Diabetic Emergencies

Signs/Symptoms

- Diminished level of consciousness
- Weakness, hunger, thirst
- Vision and breathing difficulty
- Fruity breath odor

Care

- Activate EAP/Call EMS if the guest is unresponsive or unconscious
- For conscious guests who are able to swallow, ask them to provide any treatment needs or medication to self-administer. Offer sugary drinks if the conscious guest is unable to provide information concerning the diabetic condition

Asthma / Respiratory Distress

Signs/Symptoms

- Difficulty breathing, coughing, wheezing
- Shallow breathing
- Fatigue

Care

- Have the sit in an upright or slightly bent forward position in a comfortable location
- Retrieve/assist with any self-administered medication the guest may have
- Provide supplemental oxygen
- Call EMS the guest's condition does not improve quickly

Poison, Alcohol/Drug overdose

Signs/Symptoms

- Headache, nausea, vomiting, mouth burns
- Dizziness, altered levels of consciousness, drowsy
- Smell of alcohol or of the poison

Care

- Place the guest in the recovery position and contact EMS. Call poison control at 800-222-1222 - follow their directions
- Find out what was ingested or inhaled and consult MSDS books, labels, etc for care
- Provide oxygen and be ready to begin BLS



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BASIC FIRST RESPONDER CARE SUMMARY MATRIX

INJURIES – SIGNS/SYMPTOMS AND BASIC CARE SUMMARY

Suspected Head/Spinal Injuries (non-aquatic)

Signs/Symptoms

- Altered / loss of consciousness
- Pain, tenderness, deformity, bruising anywhere on head/back
- Paralysis
- Blood from ears or nose

Care

- Activate EAP/Call EMS
- Minimize head and body movement. Encourage the guest to remain calm and not move
- Only move the guest if vomiting occurs and if so, log roll the guest into the recovery position as a single unit
- Control obvious bleeding

Muscle, Bone, Joint Injuries

Signs/Symptoms

- Deformity of body part, tenderness, pain, swelling
- Discoloration, bruising
- Crepitus
- Exposed bone ends
- Inability to move injured body part

Care

- Activate EAP/Call EMS. Control bleeding
- Allow the guest to position the body part in the most comfortable position
- Stabilize the injured body part using an anatomical splint or with your hands until EMS arrives
- Cover open wounds with dressing
- Apply ice packs

Soft Tissue Emergency: External Bleeding

Signs/Symptoms

- External bleeding

Care

- Activate EAP/EMS
- Apply direct pressure with sterile gauze pads. If blood soaks through, apply more gauze on top of it
- Use roll gauze to maintain pressure and cleanliness of wound
- No longer elevating or finding pressure point

Soft Tissue Emergency: Impaled object/amputation

Signs/Symptoms

- External bleeding
- Impaled object
- Amputation

Care

- Activate EAP/EMS
- Apply direct pressure with sterile gauze pads as indicated for external bleeding
- If an imbedded object, leave in place and stabilize so movement is minimized
- Retrieve amputated part. Place in plastic bag and keep the part cool and dry. Give to EMS

Soft Tissue Emergency: Nose Bleed

Signs/Symptoms

- Blood flowing from the nose

Care

- Have the guest sit down and lean slightly forward
- Have the guest pinch their nostrils together at the bridge of the nose for up to 10 minutes
- If bleeding is not controlled after 10 minutes or if there is any other injury or medical condition present (such as spinal injury or hypertension) contact EMS

Soft Tissue Emergency: Burns

Signs/Symptoms

- Red swollen skin (first degree)
- Blistering burn (second degree)
- Full thickness damage, little pain, multicolored skin (third degree)

Care

- Cool first and second degree burns with water, leave third degree burns dry (clean dry chemical burns before applying water)
- Do not apply pressure to blisters and cover loosely with dry sterile dressing (second and third degree burns)
- Remove any smoldering clothing or jewelry
- Call EMS for second and third degree burns or severe first degree burns. Perform BLS if needed

Mouth Injuries

Signs/Symptoms

- Bitten/cut lip or tongue
- Knocked out tooth

Care

- Apply direct pressure (see external bleeding)
- Apply ice pack - contact EMS if bleeding is not controlled quickly
- If a knocked out tooth, find the tooth and avoid touching the root. Place the tooth in a cup and have the guest provide saliva to keep it moist
- Advise the guest to see a dentist immediately

Eye Injuries: Object in the eye/penetrating injury

Signs/Symptoms

- Single or multiple objects/particles in the eye
- Sharp object penetrates the eye

Care

- Activate EAP/EMS if the guest is in pain or if the injury is severe
- For particles in the eye, rinse with warm water or eye wash pulling the upper eye lid open. Use sterile gauze to remove any particle seen
- For an imbedded object, stabilize object with dressings, controlling bleeding and covering the other

Eye Injuries: Blow to the eye/cut to the eye

Signs/Symptoms

- Bleeding
- Bruising
- Eye avulsion (knocked out eyeball)

Care

- Activate EAP/EMS if the injury is severe or if vision is compromised
- For blows to the eye, apply a coldpack for 15 min
- For a severe blow resulting in an avulsion, cover both eyes with loose dressing and protect the injured area with a paper cup secured to the head
- For cuts with or without bleeding, cover with sterile dressing, avoiding pressure directly on the eye

Eye Injuries: Chemicals in the eye

Signs/Symptoms

- Burn around the eye
- Pain

Care

- Activate EAP/EMS (vision is at risk with this injury)
- Hold the eye wide open and flush with warm water for at least 20 min, continuously and gently. Irrigate from the nose side of the eye toward the outside to avoid flushing material into the other eye
- Loosely bandage both eyes with wet dressings
- Confirm that other burn injuries are not present, treat if found