
Emergency Information

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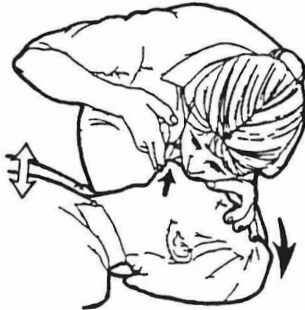


MedAire,™ Inc.
Inflight Medical Support

Airway



Breathing



Circulation

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The ABCs of Emergency CPR

Establish victim's unresponsiveness.

Gently shake victim and shout, "Are you all right?"

AIRWAY

Open airway: lift chin, tilt head. (*With neck injury, lift chin but do not tilt head.*)

Look for chest movement.

Listen for sound of breathing.

Feel for breath on your cheek.

BREATHING

Head tilt position – pinch victim's nose shut while lifting chin with your other hand.

Give two full breaths while maintaining airtight seal with your mouth over victim's mouth.

Note: *A pocket mask can be used instead, but proper head position and air-tight seal must be maintained.*

CIRCULATION

Locate carotid artery pulse; hold 10 seconds. If no pulse:

Begin external chest compressions by locating hand position two fingers above notch and placing heel of hand on breastbone.

Perform 15 compressions of 1½ to 2 inches at a rate of 80 to 100 compressions per minute. (Count, "One and two and three and ...," etc.) Come up smoothly, keeping hand contact with victim's chest at all times.

Repeat the cycle of two breaths, 15 compressions until victim's pulse and breathing return. If only the pulse is present, continue rescue breathing until medical assistance is available.

Heart Attack

Signals

Pressure, squeezing, fullness, or pain in center of chest behind breastbone.

Sweating

Nausea

Shortness of breath

Feeling of weakness

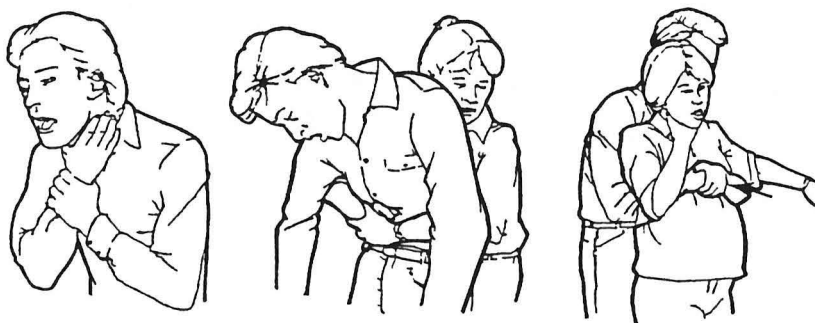
Actions for Survival

Recognize signals

Stop activity and lie or sit down

Provide oxygen if available

If signals persist greater than two minutes, get victim to medical assistance



Choking

If victim can cough or speak:

encourage continued coughing

provide oxygen if available.

If victim cannot cough or speak

perform Heimlich maneuver (abdominal thrusts):

1. stand behind victim; wrap arms around victim's waist
 2. place fist of one hand (knuckles up) in upper abdomen*
 3. grasp fist with opposite hand
 4. press fist into upper abdomen* with quick, inward and upward thrusts
 5. perform maneuver until foreign body is expelled
- provide supplemental oxygen if available.

**If victim is pregnant or obese, perform chest thrusts instead of abdominal thrusts.*

Emergency Equipment Record

Emergency Equipment	Location	Date Last Serviced
First Aid Kit		
Fire Extinguisher(s)		
Fire Axe		
Life Raft		
Life Vests		
Therapeutic Oxygen		
Overwater Survival Kit		
Other		