



FIRST AID LEVEL 1

SECTION 4: PRIMARY ASSESSMENT

Exit Outcomes

At the end of this section you will be able to:

- *Describe the process followed during assessing and managing an emergency scene- Primary Assessment.*
- *Explain the procedure when activating relevant emergency services.*

4.1 INTRODUCTION

The first person to arrive on the scene of the emergency performs the primary assessment using the **HHHH CPR process**.

- **H** - Check that the scene is free from any **hazards** for you and the casualty.
- **H** – Call **hello** are you okay, loudly, to determine whether a casualty is unconscious or not, if there is no response, tap on the shoulder to see whether he/she responds. In the case of a baby, tap the feet. If the casualty is conscious ask him/her what happened (**History**) and where there is pain.
- **H** - Call for **help** from bystanders and send one to phone for medical help and bring a first aid kit and AED if one available.



| | | | |
|--|--|------------------------------|---|
| 10177 | National emergency Landline number | 082911 Netcare 911 | Charged call need airtime. Both companies will transport the casualty to |
| 112 | National emergency Cellphone number | 084124 ER24 | the nearest provincial hospital if no medical aid and charge a minimal fee for the transportation |
| Save the person you want to call in an emergency under ICE (In Case of Emergency) on your cellphone | | | |

When calling the emergency service:

- State your **name, telephone number** and **address** or location of the emergency. (Provide landmarks if you are unsure of the actual physical or street address).
- **Describe the emergency briefly**; i.e. the number of casualties and treatment in progress.
- Answer all the operators' questions and **DO NOT hang up** until the Operator says they have all the information necessary and an ambulance is on the way.



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Commence CPR immediately if the casualty is not breathing, as follows:

- C** Compressions: Place casualty on a firm and flat surface. Loosen tight clothing. Give 30 Compressions at a rate of 100-120 per minute.
- A** Airway: Lift the head and tilt the chin up and look and remove visible obstructions in mouth e.g. loose dentures, food particles.
- B** Breathing Give two rescue-breaths if not breathing.



Continue performing CPR until someone takes over from you or the casualty starts to show signs of life.

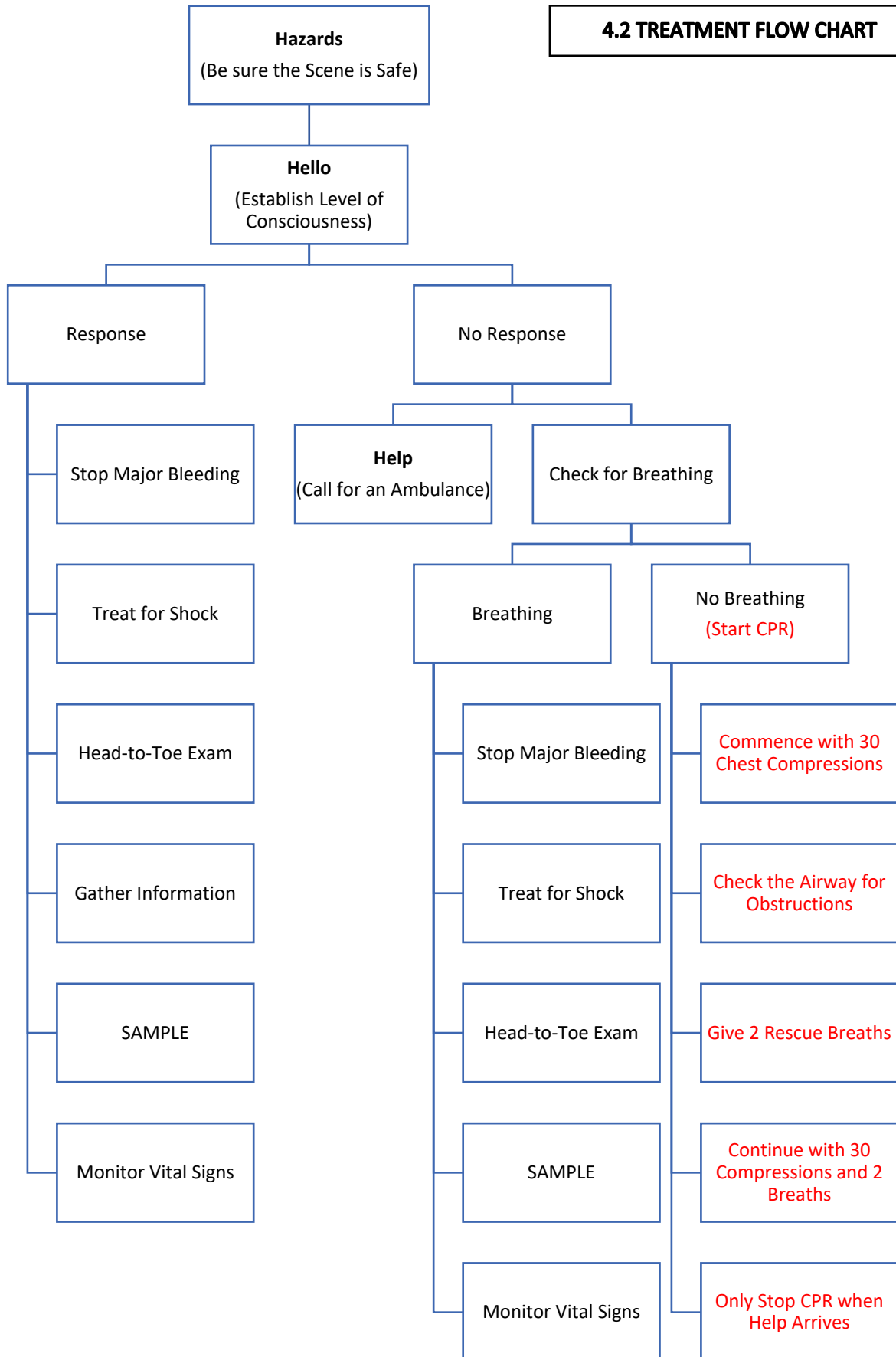
GOLDEN HOUR

Time is of utmost importance in protecting the casualty against further injury, preserving their life and promoting their recovery. The Golden hour is the first hour after an incident has occurred.



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4.2 TREATMENT FLOW CHART





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4.3 EMERGENCY SCENE MANAGEMENT

The first step in emergency scene management is assessment. This involves assessing the emergency (finding out what happened and how serious it is) and alerting the emergency services. An emergency situation is never planned. Because of its unexpected nature, it is likely to be accompanied by a degree of danger, chaos and panic. It is your responsibility as first responder to bring order to the situation in a calm and systematic way so that life-threatening conditions can be managed. Where necessary the emergency services are alerted quickly in order to transport the casualty to hospital without delay.



Typically, in disaster situations there are many people who are injured and in need of urgent medical care, but only a few first aiders. All casualties cannot be helped at the same time, their injuries need to be assessed in order of severity so that as many lives as possible can be saved. The main feature of emergency scene management is to identify the most senior emergency medical first responder, and to have this individual lead the accident scene.

4.4 UNCONSCIOUSNESS

Unconsciousness is where the body shuts down all non-essential functions and focuses only on the brain, heart, lungs, kidneys and liver. The casualty does not respond to touch, sound or pain.

Causes of Unconsciousness

| | |
|---|--|
| P- Poisons (organophosphates, gases, medication) | S- stroke, shock |
| E- Epilepsy, convulsions | H- Heart attack |
| A- Alcohol | A- Airway, Asthma, choking, no oxygen |
| R- Recreational drugs | P- Pressure, (High or low blood pressure) hypovolaemic shock |
| | E- Environmental (high or low body temperature) |
| | D- Diabetes (high or low blood sugar) |



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Levels of Unconsciousness

The state of unconsciousness can range from a brief period of fainting, to a deep and prolonged coma.

Check the casualty's level of unconsciousness using the **AVPU** scale.

- **A** - Alert and responsive
- **V** - Response to verbal questioning only
- **P** - Response to touch, and pain
- **U** - Unresponsive and may not be breathing.

First Aid Treatment for Unconsciousness

1. HHHHCPR
2. Look for a Medic-Alert tag that may explain the cause of the unconsciousness.
3. Look and treat for any obvious injuries, such as fractures or bleeding.
4. Treat for shock- Keep the casualty warm.
5. Do not give anything to eat or drink when conscious.
6. An unconscious casualty, that is breathing, is in danger of choking on their vomit, saliva or blood because the normal reflexes, such as coughing, are not effective.
7. The tongue and throat-soft-tissue may also obstruct the airway.
8. If you do not suspect a head or spinal injury, turn the casualty into the recovery position.
9. Monitor the level of response, breathing and pulse regularly until medical help arrives.

Note: Do not move the casualty if a back or neck injury is suspected.



End of Section 4.