
Emergency Information

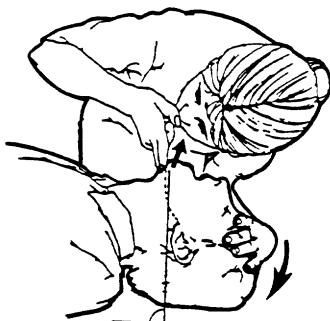
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MedAire,™ Inc.
Inflight Medical Support

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.

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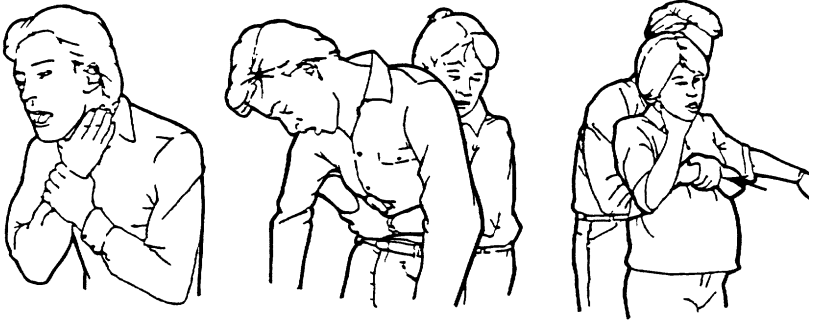
Heart Attack

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	Seat pockets _____	_____
Therapeutic Oxygen	_____	_____
Overwater Survival Kit	_____	_____
Other:	_____	_____
	_____	_____
	_____	_____