



ASPR
ASSISTANT SECRETARY FOR
PREPAREDNESS AND RESPONSE



FEMA



UNIFORMED SERVICES UNIVERSITY
of the Health Sciences

UNTIL HELP ARRIVES

GRAPHIC IMAGE WARNING

This course contains graphic images and audio clips from real life events that some may find disturbing.



Topic 1

You Make a Difference





GOAL OF THE COURSE

Teach you basic skills to keep people with life-threatening injuries alive until professional help arrives.

TYPES OF INCIDENTS

Life-threatening injuries can occur as the result of different types of incidents.

Common

Type:

Vehicle crashes and home-related injuries

Examples: Car, motorcycle, bicycle, pedestrian, home repair injuries, etc.

Rare

Type:

Man-made and local weather incidents

Examples: Tornado, multi-vehicle crashes, active shooter, etc.

Very Rare

Type:

Large-scale disasters

Examples: Acts of terrorism, bombings, large-scale transportation incidents, etc.

YOU MAKE A DIFFERENCE

If you act quickly and purposefully, **you can save lives:**

- Call 9-1-1 to activate the Chain of Survival.
- Move the injured away from danger to keep them safe.
- Keep them alive until medical responders arrive:
 - Apply pressure to bleeding.
 - Help them to breathe by allowing them to sit up or lean forward, or by placing them on their side if they are unconscious.
- Talk to the injured and provide comfort.



EMS Response Time: 6-9 minutes*

Life-threatening injuries can kill within minutes – *before* medical responders arrive.

Simple actions save lives: you can take relatively easy steps that may have a great impact on survival.

*National average

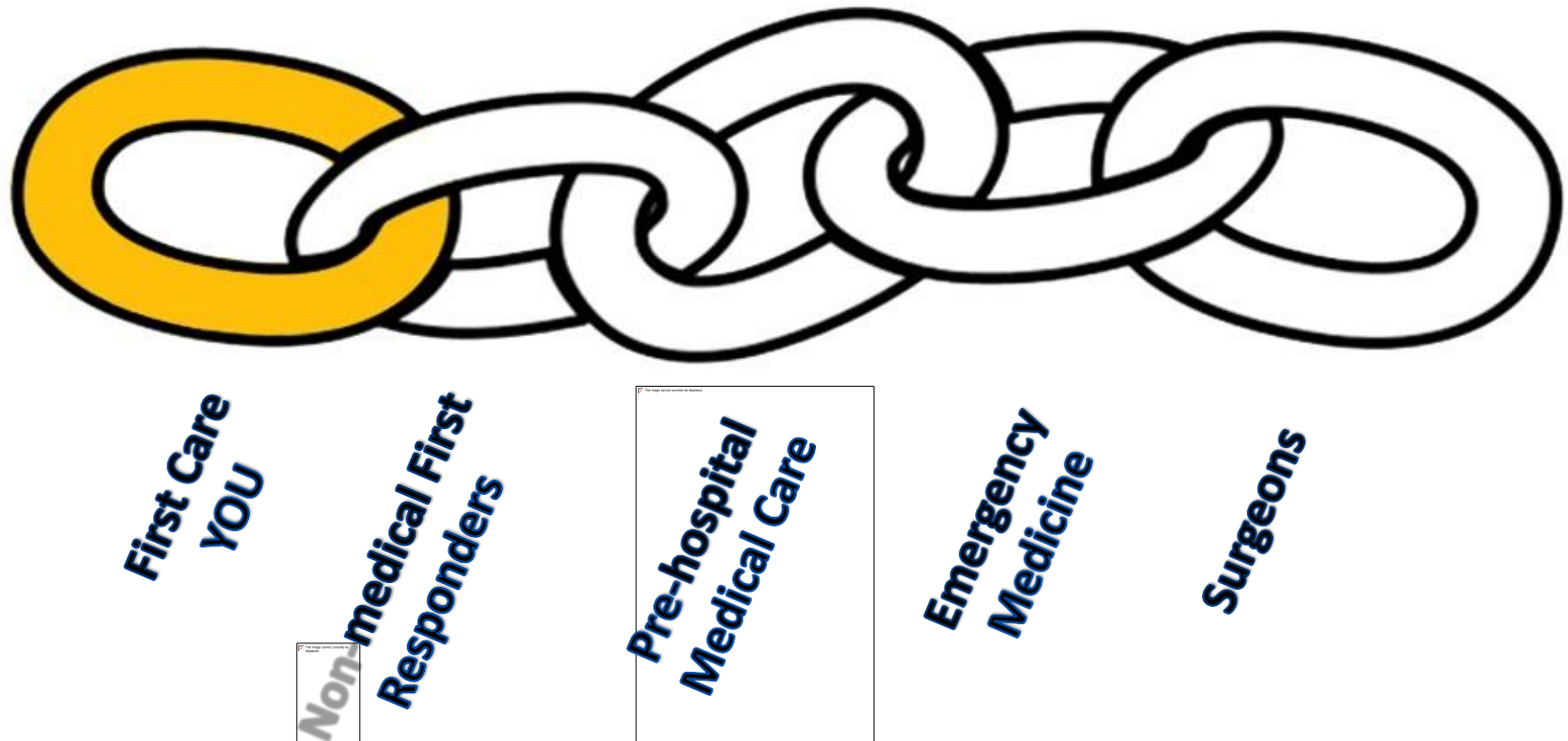


Video can be found at:

<https://www.youtube.com/watch?v=i8Wc5VwksPU>

CHAIN OF SURVIVAL

How the emergency medical system flows to keep people with life-threatening injuries alive:



TEND TO HELP

- Event is unexpected, sudden
- More than one person is injured
- Experience the event firsthand
- Recognize an immediate threat to life that appears to be getting worse
- Empathize with the injured
- Believe they can help

TEND NOT TO HELP

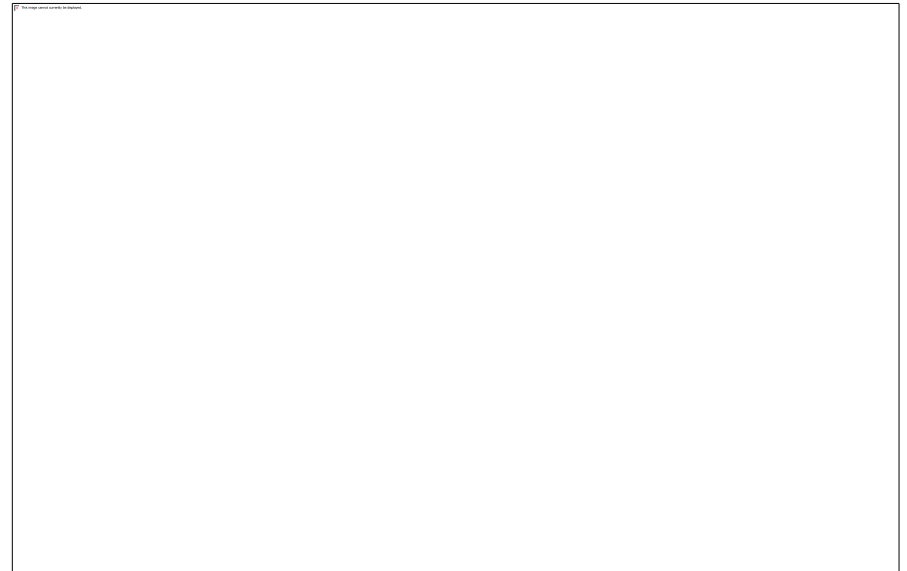
- Assume professional medical responders will arrive quickly and take action
- Feel they don't know what to do
- Are afraid



DIFFUSION OF RESPONSIBILITY

- When multiple people witness an emergency, everyone assumes that someone else will help.
- First person to step forward often triggers a supportive response from others nearby.
- Someone must be the first to act!

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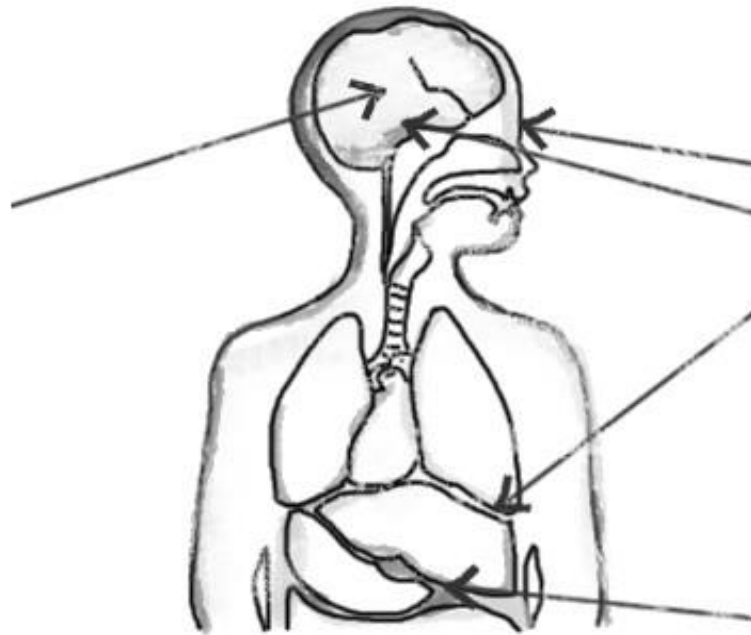


Video can be found at :
<https://youtu.be/BmzSEYNTkHA>

IMPACT OF STRESS

In a life-threatening emergency, you will experience physical and psychological effects that may include:

- Distortion of Time
- Assessment Loop:
 - Denial
 - Deliberation
 - Action



- Distortion of Senses:
 - Sight (Tunnel Vision)
 - Sound
- Adrenaline (Fight/Flight Response)
 - Temperature change
 - Shaky
 - Loss of other functions
- Nausea

IMPROVE YOUR RESPONSE



Train your brain.

Talk about and practice what you would do in various emergency situations to improve the speed with which you respond.



KEY POINTS

- You are the first link in the Chain of Survival.
- Stress can significantly affect how you respond.
- Practice how you will respond to improve your ability to act quickly and effectively.



Topic 2

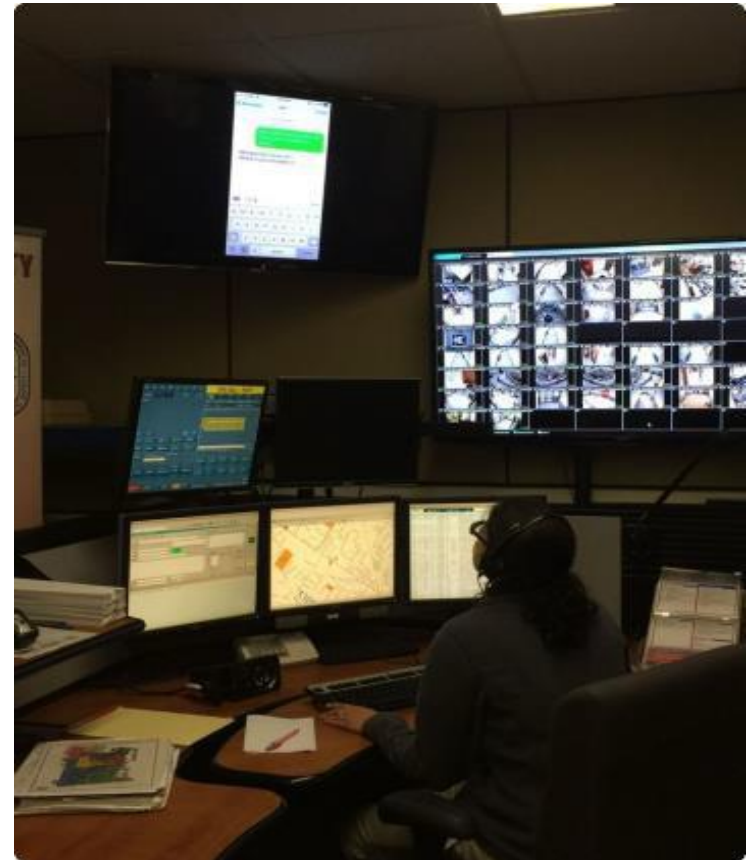
Call 9-1-1

Always call 9-1-1!

9-1-1 operators are highly trained and will help you:

- Assess what's going on.
- Take appropriate action.
- Be as safe as possible.

It always helps to call – don't assume someone else has already done so.



ROLE OF THE 9-1-1 OPERATOR

Keep calm and follow directions:

- Take a deep breath.
- Let the 9-1-1 operator guide you.

The questions they ask help send the right resources to the right place. Depending on the situation, they will give you specific instructions – **follow their lead and let them coach you through the life-threatening situation.**

COMMON QUESTIONS

Q Where: Specific locations such as floor, room number, landmarks

A *so respondents can find you easily and quickly.*

Q Type and severity of life-threatening situation

A *so the right respondents and equipment are sent.*

Q Safety concerns (obvious dangers or ongoing threats)

A *to help protect and aid everyone on the scene.*



- Always call 9-1-1 as soon as possible.
- Provide as much specific information as possible including where you are, what happened, how many are injured, and the severity of the injuries.
- Follow the operator's instructions and guidance.

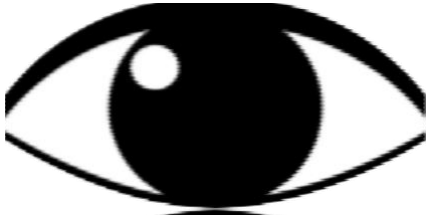
Topic 3

Stay Safe

V.1

ASSESS THE SITUATION

Briefly pause. Use all your available senses:



What do you **see**?

- Downed power lines
- Smoke
- Debris
- Moving vehicles
- People running

What do you **hear**?

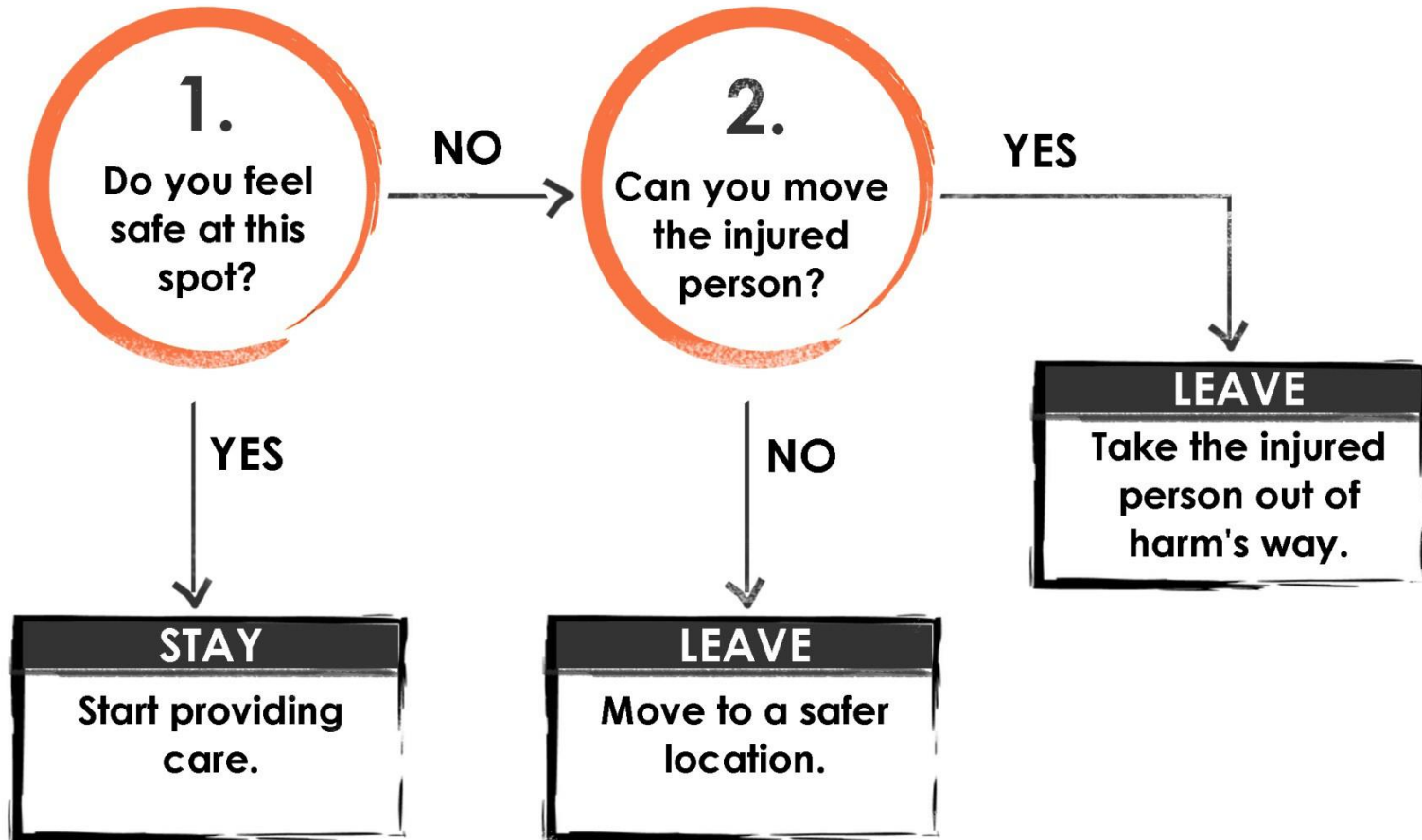
- Voices
- Creaking
- Hissing
- Booms
- Gunshots

What do you **smell**?

- Gasoline
- Smoke
- Chemicals

BEFORE TAKING ACTION

Use your best judgment...



HOW TO MOVE THE INJURED



Move Smartly

- Use others around you
- Use things around you: blankets, chairs, carts, etc.

Moving an injured person who is in grave danger **will not** cause more harm than leaving them to die.



KEY POINTS

- Use your senses to gain situational awareness.
- When you can, move the injured away from harm using others to assist when possible.
- Use your best judgment, you are the help until help arrives.



Topic 4

Stop the Bleeding



HOW TO STOP THE BLEEDING

Please select the picture within the slide to play the video.



Video can be found at: <https://www.youtube.com/watch?v=z331Zcmropc>

IRREVERSIBLE SHOCK

When your body loses approximately half its blood volume, it cannot survive – **regardless of the quality of medical care you eventually receive.**

You can lose that amount in just **minutes!**



5 liters of blood



2.5 liters of blood



HOW TO STOP THE BLEEDING

Please select the picture within the slide to play the video.



Video can be found at: <https://www.youtube.com/watch?v=e1nR5stSZn0>

STEPS TO CONTROL BLEEDING

- STEP 1:** Find the source(s) of bleeding.
- STEP 2:** If you have something to put in between the blood and your hands, use it. (Examples: gloves, a cloth, a plastic bag, etc.)
- STEP 3:** Apply firm, steady pressure directly on the source of the bleeding. Push hard to stop or slow bleeding – even if it is painful to the injured!
- STEP 4:** Keep pressure until EMS arrives.

WHEN TO USE A TOURNIQUET

Think of a tourniquet as another way to apply firm, steady pressure when:

- The injury is to an arm or leg.
- The bleeding is so severe it cannot be controlled otherwise.



HOW TO USE A TOURNIQUET

(OPTIONAL)

1. Place as high as possible on the injured limb –closest to the torso. (Can be placed over clothing.)
2. Pull the strap through the buckle.
3. Twist the rod tightly until bleeding stops/slows significantly. (May be very painful.)
4. Secure the rod.
5. If bleeding doesn't stop place a second tourniquet.
6. Leave in place until EMS takes over care.



If you don't have a commercially available tourniquet, you can attempt to improvise one using material that is:

- ✓ Broad
- ✓ Flexible
- ✓ Strong
- ✓ Able to be twisted, tightened, and secured



- Apply firm, steady pressure on the source of bleeding.
- If you cannot control the bleeding with manual pressure, then consider applying a tourniquet.
- Keep pressure until professional first responders arrive.

Topic 5

Position the Injured

URED

Topic Five





Topic 5

Position the Injured

ALLOW SELF-MANAGEMENT

When a person is conscious and breathing, **allow them to position themselves**, if they are struggling to do so assist them .

Do not force them to lie down or sit up!



TRIPOD POSITION

Allows the lungs and ribcage to expand as fully as possible.

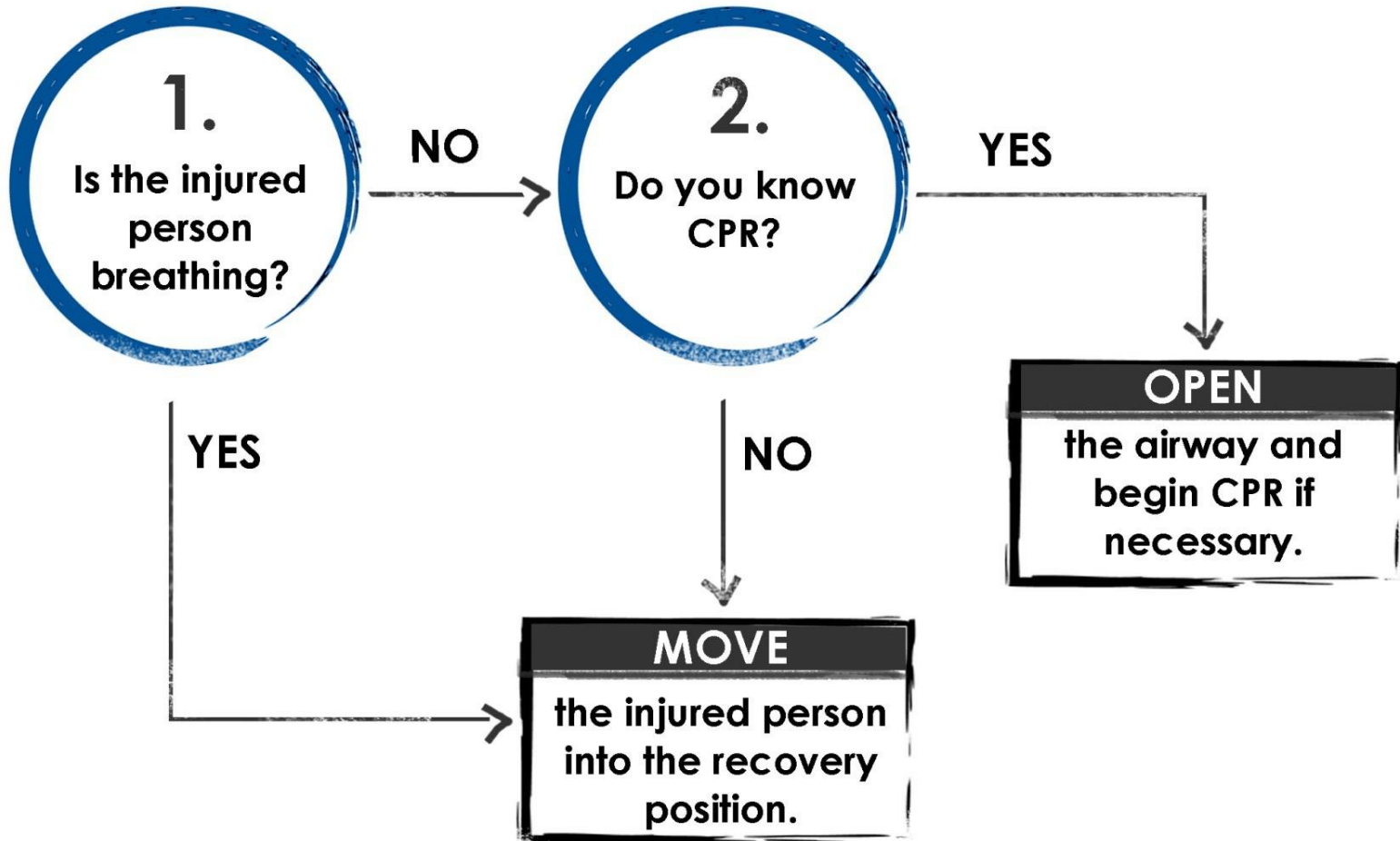


When sitting on a raised platform (e.g., chair, bench): Legs shoulder width apart, elbows or hands on knees, leaning slightly forward.



When standing: Legs shoulder width apart, hands on knees arms straight, leaning forward with flat back.

ASSESS THE UNCONSCIOUS



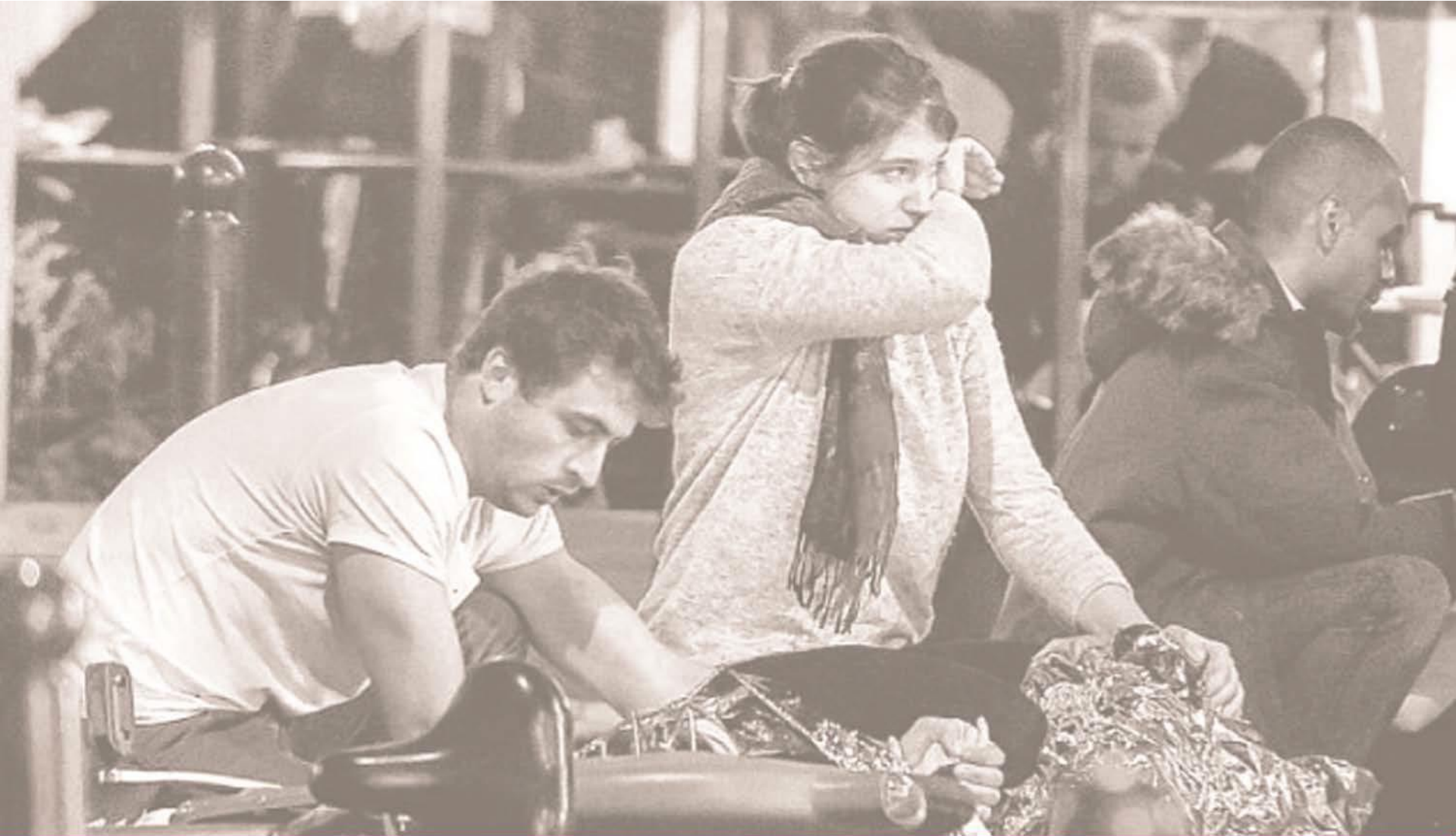
RECOVERY POSITION SET-UP



- **Body:** Laid on its side
- **Bottom Arm:** Reached outward
- **Top Arm:** Rest hand on bicep of bottom arm
- **Head:** Rest on hand
- **Legs:** Bent slightly
- **Chin:** Raised forward
- **Mouth:** Pointed downward



- If someone is conscious and breathing, allow them to position themselves. Do not force the injured to lie down or sit up.
- If someone is unconscious, move them into the recovery position. Minimize movement of the head and neck.



Topic 6

Provide Comfort

What can you say?

Share names and ask basic questions.

- How can I help?
- What do you need?
- What happened?

Tell them what:

- You currently know about what happened but don't speculate.
- Is being done to assist them.
- Is going to happen next.

What can you do?

- **Keep them warm.**
- Offer a hand to hold.
- Maintain eye contact.
- Be patient and understanding.
- If you have to move on to provide aid to another person, let them know.

KEEPING THE INJURED WARM

Keeping the injured person warm will:

- Improve blood clotting.
- Reduce stress on the body.
- Provide a level of comfort.



WORKING WITH CHILDREN



- Sit or crouch at eye level.
- Shield them as much as possible from the scene; create a barrier between them and the injured.
- Use simple words.
- Listen carefully and ask questions to make sure they understand.
- Be aware that children may start acting younger than their age.

WORKING WITH THOSE WITH ACCESS AND FUNCTIONAL NEEDS

- Ask what you can do to help, don't assume.
- If the person has a caregiver or family member with them, keep them together.
- If the person has medical equipment or a service animal with them, keep them together.
- Confusion, difficulty hearing, loss of memory, and other similar issues may be the result of injuries.





- Keep the injured warm.
- Ask permission to provide help if the injured person is conscious.
- Be respectful of individual needs.



Before You Go - Prepare to Help

PREPARE AT HOME

- ✓ Make a plan.
- ✓ Keep supplies at home, work and in your vehicles.
- ✓ Sign up for emergency alerts and warnings.
- ✓ Practice.



For life-threatening events, have one kit for home, work, and vehicles:

- ✓ Emergency trauma dressing(s) – 6-inch
- ✓ S-rolled gauze
- ✓ An effective tourniquet with instructions
- ✓ Trauma shears
- ✓ Gloves
- ✓ Emergency blanket
- ✓ Bag/Container to hold the equipment and dressings

ENHANCE YOUR SKILLS



C.E.R.T. participants learn valuable skills like how to recognize hazards that can affect a home, workplace, and neighborhood; steps to take to prepare for a disaster; identifying and reducing potential fire hazards in the home and what to do when disaster strikes. Participants also learn how to assist emergency management and first-responders in meeting the needs of the community during disasters.

If you would like additional information please email volunteer@tolland.org.

To learn more about the Eastern Highlands Medical Reserve Corps. [Click here](#).





Thank you for reviewing the “Until Help Arrives” online presentation.

To meet the requirement for the Be Well Reward Program. Please click the link below and complete the brief quiz.

[Take the Quiz, click here](#)