FIRST AID REMINDERS

PRIMARY SURVEY

• A = AIRWAY OPEN?
• B = BREATHING? – (If not breathing go straight to CPR)
• C = CIRCULATION? (CAROTID PULSE? SEVERE BLEEDING? SKIN CONDITION?
• D = DISABILITY?

A.V.P.U.

LEVELS OF CONSCIOUSNESS

• A = ALERT, KNOWS NAME, PLACE, TIME.
• V = RESPONDS TO VOICE.
• P = RESPONDS TO PAIN
• U = UNRESPONSIVE

SECONDARY SURVEY

• D = DEFORMITY
• O = OPEN WOUNDS
• T = TENDERNESS
• S = SWELLING

S.A.M.P.L.E. HISTORY

• S = SIGNS AND SYMPTOMS
• A = ALLERGIES
• M = MEDICATIONS
• P = PRIOR ILLNESS
• L = LAST MEAL
• E = EVENTS LEADING UP TO ILLNESS/INJURY

RICE TREATMENT

• R = REST
• I = ICE PACK (ON SKIN OVER INJURY)
• C = COMPRESSION (WITH ELASTIC BANDAGE)
• E = ELEVATE