



EMERGENCY CONDITIONS

Recognize an emergency and take quick action!

CAUSES

CHOKING

Choking happens when a foreign object, usually food, becomes stuck in the throat, obstructing the victim's airway. If the blockage is partial, the victim can still breathe in enough air to cough out the foreign object. However, if the airway is fully blocked, this may become a life-threatening emergency condition. Quick action is needed.

Symptoms:

The victim:

- grabs his own throat, gags
- panics, gasps for breath
- turns blue or becomes unconscious

DO:

- Ask the victim, "Are you choking?". If the victim can cough or speak, avoid interfering.
- **For Infants:**
 - Check baby's mouth and remove any foreign object found inside.
 - Place baby face down across your forearm. Support his head with your hand. Give five forceful blows to the back of the baby.
 - If the object does not dislodge, perform infant CPR. If this doesn't work, do Mouth-to-Nose Resuscitation.
- **For victims who are alone:**
 - Try to cough out the foreign object.
 - Give yourself an abdominal thrust by using your fist. You may also lean over the back of a chair or railing and thrust yourself on it with quick forceful movements. Repeat until object is dislodged.
- Perform Heimlich Maneuver.

DON'T:

- Do not panic.
- Do not perform Heimlich Maneuver to infants or pregnant women without special instructions from a certified medical assistance personnel.

DROWNING

Anyone who experiences serious possible drowning may develop a build-up of fluid in the lungs that can harm the respiratory system. Hence, it is important to seek medical help in case of near drowning.

Symptoms:

- Panic attack in the water
- Pale, cool or bluish skin
- Difficulty in breathing or loss of breath
- Fading consciousness
- Weak or no pulse

DO:

- Stay calm.
- Get the person out of water.
- Call for help.
- After the rescue, perform the First Aid ABC Check
- After the rescue, perform Mouth-to-Mouth Resuscitation if the victim is not breathing.
- After the rescue, perform CPR if the victim has no pulse.
- Provide shelter from cold and wind.
- Remove wet clothing (if possible).
- Cover body with dry blanket.

DON'T:

- Do not attempt a rescue if you are also in danger or incapable of swimming.



EMERGENCY CONDITIONS

Recognize an emergency and take quick action!

CAUSES

ELECTRICAL SHOCK

A person can get an electrical shock if he accidentally touches loose-ended wires or faulty electrical appliances with wet hands or when standing on wet ground. Pain may be experienced in cases of mild shock. However, severe shocks can be life-threatening.

Symptoms:

- Difficulty in breathing or loss of breath
- Weak, irregular or absent pulse
- Unconsciousness
- Burn marks
- Evidence of fractures
- Entrance and exit wound burns

DO:

- Disconnect appliance or turn off the power source.
- If power cannot be turned off, use a piece of wood or rubber-coated object to separate the victim from the power source. Try standing on insulating material such as a thick book when rescuing the victim.
- After the rescue, perform the First Aid ABC Check.
- After the rescue, perform Mouth-to-Mouth Resuscitation if the victim is not breathing.
- After the rescue, perform CPR if victim has no pulse.

DON'T:

- Do not touch an electrocuted victim!
- Do not come in contact with the source of electrical current.
- If power cannot be turned off, do not use a metal object to separate the victim from the power source.
- If a victim is being electrocuted by a high-voltage source, do not touch or attempt to move him. Call for help, wait and stay away with a distance of at least 18 meters.
- If there are electrical burns, don't apply grease or oil.

FOREIGN OBJECTS IN WOUNDS OR NATURAL OPENINGS

Foreign bodies such as dirt, wood, glass particles or small insects may enter through a victim's wounds or natural openings (e.g. eye, ear, nose or mouth). These may cause minor irritation or lead to serious infections when aggravated. It is important to know the proper way of removing foreign bodies immediately to prevent complications.

A. Foreign Objects in the Ears

Insects may crawl or fly into the ear and get stuck. Cotton may sometimes be left in the ear while cleaning. Small children may push foreign objects into their ears. This emergency condition may damage the ear drum or cause deafness temporarily.

Symptoms:

- Temporary deafness
- Irritation
- Pain in the ear area
- Itchiness

DO:

- Tilt the affected ear sideways to let the object fall out.
- If this does not work, bring person to the hospital.

DON'T:

- Do not panic.
- Do not attempt to remove the object by inserting a tool or another object into the ear as this may cause further damage.



EMERGENCY CONDITIONS

Recognize an emergency and take quick action!

CAUSES

B. Foreign Objects in the Nose

If a foreign object gets lodged in a child's nose, medical help is necessary. If medical attention is not administered immediately, an infection with a foul-smelling discharge may develop in its most extreme case.

DO:

- For children, seek the help of a medical professional.
- For adults, attempt to remove the foreign object only once.
- Try dislodging the object by gently blowing out through the affected nostril while holding the other nostril closed. Repeat as few times as possible. If this doesn't do the trick, it is best to seek medical assistance.
- Meanwhile, breathe through your mouth.

DON'T:

- Don't try to remove the object by poking it with a cotton swab or other implements as this may cause injury and bleeding.
- If the object has been inside the nose for more than one or two hours, do not try to remove it.



C. Splinters

Foreign objects such as wood splinters, small pieces of glass or other small sharp objects may puncture the skin. You can treat superficial wounds yourself, but it is better to seek professional help for deeply embedded punctures, especially if they lie over a joint.

Symptoms:

- Punctured skin
- Bleeding
- Swelling
- Irritation
- Presence of pus

DO:

- Clean the puncture and the area around it with soap and water, antiseptic or alcohol.
- Use a clean needle or tweezers to take out the foreign object. Sterilize needle or tweezers by passing it through a flame.
- Align the tip of the tweezers with the puncture in between its prongs. Gently push the tweezers onto the skin to expose the splinter. Pull out the foreign object using the tweezers in a straight line.
- Squeeze the wound to flush out blood and dirt.
- Apply antiseptic to clean the wound and cover with a plaster.
- Seek professional help if swelling occurs after several days. Either an infection might have occurred or a portion of the splinter may still be inside.

DON'T:

- Do not probe deeper if the splinter breaks. Let a professional remove it.



EMERGENCY CONDITIONS

Recognize an emergency and take quick action!

CAUSES

FRACTURE & DISLOCATION

Fractures or broken bones usually happen when a person falls hard or gets a violent blow. On the other hand, dislocation occurs when joint bones are wrenched out of place.

Symptoms:

- Intense pain
- Inability to move the affected area
- Swelling
- Deformity

DO:

- Perform the First Aid ABC Check.
- Perform Mouth-to-Mouth Resuscitation if the victim is not breathing.
- Perform CPR if the victim has no pulse.
- Should there be bleeding, try to stop it by covering open wounds with clean cloth or sterile dressing.
- If it is absolutely necessary to move the victim before medical assistance arrives, immobilize the broken part to prevent further complications by:
 - a. Placing two strong, straight sticks on each side of the broken part for support.
 - b. Putting padding or cloth on the broken part, in between the sticks.
 - c. Tie the sticks firmly with bandages or strips of cloth. Allow enough space for blood circulation.

DON'T:

- Do not move the victim if seriously injured.

HEAD INJURIES

Head injuries are caused by bumps or hitting of the head. Many occurrences are minor and do not require medical attention. However, severe injuries and concussions are life-threatening.

Symptoms:

- Severe bleeding on face or head.
- Changes in consciousness levels
- Black and blue marks below the eyes or behind the ears
- Blood or watery fluid coming from the ears or nose
- Difficulty or loss of breath
- Unsynchronized movement of both eyes
- Confusion, irritability or restlessness
- Vertigo or spinning sensation
- Double or blurred vision
- Nausea, headache or dizziness
- Vomiting
- Dizziness
- Slurred speech

DO:

- Perform the First Aid ABC Check.
- Perform Mouth-to-Mouth Resuscitation if the victim is not breathing.
- Perform CPR if the victim has no pulse.
- Take extra care and observe for possible spinal injuries.
- Keep the person still.
- Stop any bleeding with gauze or clean cloth.

DON'T:

- Do not move the head or neck of the victim.
- Do not panic.



EMERGENCY CONDITIONS

Recognize an emergency and take quick action!

CAUSES

HEART ATTACK

Heart attack occurs when the blood supply to a part of the heart muscle is blocked off. This causes severe damage to the area and must be attended to quickly. It is a medical emergency, whether it be mild or acute.

Symptoms:

- Severe or excruciating pain in the center of the chest that lasts for several minutes
- Pain that extends to the shoulders, neck, lower jaw and arms
- Lightheadedness, nausea, dizziness or vomiting
- Difficulty in breathing
- Loss of consciousness
- Unusual chest, stomach or abdominal pain
- Anxiety, weakness or fatigue that cannot be explained
- Cold sweat, rapid breathing and palpitations
- Shock

DO:

- Call for help. This is a medical emergency.
- Take one aspirin with any dosage, if the victim is not allergic.
- Perform the First Aid ABC Check.
- Perform Mouth-to-Mouth Resuscitation if the victim is not breathing.
- Perform CPR if the victim has no pulse.
- Let the victim sit comfortably and loosen tight-fitting clothes, particularly at the neck area.

DON'T:

- Do not panic.
- Do not drive yourself to the hospital if you are alone and you think you are having a heart attack.
- Do not immediately dismiss possible heart attack symptoms as indigestion or other minor problems.

HEAT EXHAUSTION

Heat exhaustion is dehydration due to excessive exposure to heat and high humidity. If not treated promptly, this could lead to heat stroke which is life-threatening.

Symptoms:

- Rapid breathing
- Excessive sweating
- Thirst
- Pale, moist skin
- Headache
- Lightheadedness, nausea, vomiting
- Muscle cramps

DO:

- Let the victim lie down under a shade or in an air-conditioned place with his feet elevated.
- Remove unnecessary clothing.
- Place wet cloth or cold compresses on the neck or armpit.
- Provide cool water for drinking slowly, about one-half cup every 15 minutes.

DON'T:

- Do not stay under the sun or remain in an extremely hot environment.
- Do not engage in vigorous physical activities when suffering from this condition.



EMERGENCY CONDITIONS

Recognize an emergency and take quick action!

CAUSES

HEAT STROKE

Heat stroke occurs when the body's normal mechanisms for dealing with heat, such as control of temperature or sweating, break down. It is caused by over-exposure to heat or humidity. This condition is potentially fatal if not given immediate medical attention.

Symptoms:

- Red, hot and dry skin
- Red, swollen eyes
- Fever, sudden rise in body temperature
- Decrease or loss of sweat
- Confusion and irritability
- Rapid but shallow breathing
- Rapid but weak pulse
- Fainting or seizures

DO:

- Let the victim lie down in the shade or in an air-conditioned place with his feet elevated.
- Remove unnecessary clothing and place wet cloth or cold compresses on the neck or armpit.
- Provide cool water for drinking slowly, about one-half cup every 15 minutes.
- Perform the First Aid ABC Check.
- Perform Mouth-to-Mouth Resuscitation if the victim is not breathing.
- Perform CPR if the victim has no pulse.
- Call for emergency assistance.

DON'T:

- Do not stay under the sun or remain in an extremely hot environment.
- Do not engage in vigorous physical activities when suffering from this condition.

NECK & SPINE INJURIES

Neck and spine injuries are caused by accidents that involve heavy blows to the back or the head. This condition is serious and may result in permanent paralysis or other serious complications if not handled properly.

Symptoms:

- Signs of head injury
- Severe pain in the neck or back
- Oddly positioned neck or back
- Weakness or numbness
- Paralysis
- Loss of control for bladder or bowel movement
- Shock

DO:

- Keep the person still.
- Perform the First Aid ABC Check.
- Perform Mouth-to-Mouth Resuscitation if the victim is not breathing.
- Perform CPR if the victim has no pulse (Special techniques are required for victims with neck or spinal injuries.).
- Balance the victim's neck by placing soft towel or similar bulky material.
- Check for other wounds and treat as required without moving the head or the neck.
- Call for emergency assistance.

DON'T:

- Do not move the victim as this may cause further damage.
- Do not panic.



EMERGENCY CONDITIONS

Recognize an emergency and take quick action!

CAUSES

POISONING

Poisoning occurs when a person gets skin contact, ingests or inhales toxic substances. There are many types of harmful substances, reactions to poisons, as well as treatment. The amount of toxic substance that a victim gets exposed to plays a vital role in determining the toxic levels.

Symptoms:

- Headache, dizziness or drowsiness
- Dilated or constricting pupils or double vision
- Bluish lips or burns around the mouth
- Dryness of mouth and nose
- Unexplained breath odor
- Nausea and vomiting
- Coughing
- Heart palpitations
- Chest pain
- Abdominal pain
- Appetite loss
- Loss of control for bladder movement
- Diarrhea
- Pale, clammy skin
- Chills or fever
- Skin rashes
- Feeling of weakness
- Confusion, irritability, depression
- Difficulty in breathing
- Irregular pulse
- Seizures
- Fainting

DO:

- Keep potentially hazardous substances out of reach from children.
- Store these in labeled or original container.

For Poisoning through Ingestion

- Ask victim if he ingested any unusual substance.
- Check for any traces of substance or containers that may have caused the poisoning and collect product label for poison identification.
- If the victim has vomited, collect sample for poison identification.
- Perform the First Aid ABC Check.
- Perform Mouth-to-Mouth Resuscitation if the victim is not breathing.
- Perform CPR if the victim has no pulse.
- Call for emergency help.

For Poisoning through Inhalation

- Remove person from the area.
- Increase ventilation to get fresh air.
- Take care not to inhale gases, vapors or chemical spills.
- Perform the First Aid ABC Check.
- Perform Mouth-to-Mouth Resuscitation if the victim is not breathing.
- Perform CPR if the victim has no pulse.
- Call for emergency help.

For Poisoning through Skin Contact

- Wash affected skin area.
- Remove clothing that may have been contaminated.

DON'T:

- Do not panic.
- Do not induce vomiting unless advised by a medical staff.
- Do not give anything through the mouth unless advised by a medical staff.



EMERGENCY CONDITIONS

Recognize an emergency and take quick action!

CAUSES

SEIZURES

A seizure or convulsion is a sudden, uncontrolled violent contraction and relaxation of the muscle. These episodes may occur due to several causes such as epilepsy, high fever in children, alcohol or drug abuse, head injury or poisoning.

Symptoms:

- Sudden falling or fainting, stiffening of the body
- Temporary absence of breathing
- Forceful muscle spasms, jerking or twitching of limbs
- Grunting or snorting, drooling, bluish lips
- Uncontrolled bowel movement or urination

DO:

- Try to loosen tight-fitting clothes.
- If victim vomits, turn his head sideways to prevent him from choking.
- After the seizure, perform the First Aid ABC Check
- After the seizure, perform Mouth-to-Mouth Resuscitation if the victim is not breathing.
- After the seizure, perform CPR if the victim has no pulse.
- If victim sleeps after a seizure, allow it. The person might experience disorientation upon waking up.
- Call for help if:
 - victim has more than 1 seizure episode within 24-hours occurs.
 - the victim's seizure lasts for more than 2 minutes.
 - the victim is sick or injured.
 - the victim is pregnant.
 - the victim is diabetic or has high blood pressure.
 - the victim is submerged in water.
 - the victim does not wake up in between seizures.

DON'T:

- Do not restrain the victim.
- Do not place anything in the victim's mouth.

SEVERE BLEEDING

Severe bleeding occurs when a heavy flow of blood oozes out from deep, large wounds. It is important to control severe bleeding to prevent excessive blood loss, as this may be life-threatening.

Symptoms:

- Heavy blood flow
- Pale skin
- Dizziness or lightheadedness
- Fainting
- Shock

DO:

- Apply firm pressure on wound using sterile bandage until bleeding stops.
- Place another bandage on top of the first, if bleeding resumes.
- For severe bleeding on limbs, let victim lie down with the injured limb raised high to reduce or stop bleeding. Dress the wound then bandage firmly but not too tightly to allow circulation.
- Perform the First Aid ABC Check.
- Perform Mouth-to-Mouth Resuscitation if the victim is not breathing.
- Perform CPR if the victim has no pulse.

DON'T:

- Do not panic.



EMERGENCY CONDITIONS

Recognize an emergency and take quick action!

CAUSES

SHOCK

When the body's cells are not getting enough oxygen and nutrients, shock may occur. This condition may be caused by heat stroke, severe infection, bleeding, severe allergic reaction (anaphylaxis), trauma, heart attack or poisoning. If left unattended, this could prove fatal.

Symptoms:

- Pale clammy skin
- Rapid but shallow breathing
- Rapid but weak pulse
- Fainting or loss of consciousness
- Thirst
- Fever
- Nausea and vomiting

DO:

- Call for emergency assistance.
- Check for any visible injuries and treat accordingly.
- Loosen any tight clothing and cover the person with a blanket.
- Look for any medication that a victim may be carrying (i.e. injectable epinephrine for severe allergic reactions) and help victim administer medication.
- Perform the First Aid ABC Check.
- Perform Mouth-to-Mouth Resuscitation if the victim is not breathing.
- Perform CPR if the victim has no pulse.
- If unconscious, place victim in a stable side position and elevate legs with a support under it.

DON'T:

- Do not panic.
- Do not give victim any food or drink.

STROKE

A stroke is experienced when a person's blood supply to the brain is interrupted. A life-threatening condition, this should be addressed immediately.

Symptoms:

- Confusion
- Dizziness
- Fainting
- Loss of body equilibrium and control
- Sudden headache
- Sudden weakness or numb feeling on face, arms, legs or a side of the body
- Difficulty or slur in speech
- Double vision, possibly partial or loss of sight

DO:

- Call for emergency assistance.
- Perform the First Aid ABC Check.
- Perform Mouth-to-Mouth Resuscitation if the victim is not breathing.
- Perform CPR if the victim has no pulse.
- Reassure victim by talking to him even if he is conscious or not.

DON'T:

- Do not panic.
- Do not allow drool or mucus to block victim's airway.