

BASIC FIRST AID SKILL TRAINING

基础急救技术培训



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Emergency Evacuation Procedure

紧急疏散程序



JPMC概述

Overview of JPMC

The Jerudong Park Medical Centre (JPMC) is a private hospital in Brunei Darussalam, located in the scenic Jerudong Park area along the shores of the South China Sea.

JPMC offers a range of services for your family and organizational needs, which includes general, specialized and surgical healthcare services. These services are provided by our highly qualified and committed multi-disciplinary medical team, utilizing state-of-the-art technology.

At JPMC, we take pride in providing quality healthcare services to all our patients. In JPMC, we are proud to provide quality medical services.

耶鲁东公园医疗中心 (JPMC) 是文莱达鲁萨兰的一家私立医院，位于南中国海的“耶鲁东公园”。

JPMC为您的家庭和组织需求提供了一系列服务，包括一般的、专业的和外科保健服务，这些服务由我们高质量的多学科医疗队提供，利用最先进的技术。

文莱达鲁萨兰第一医院由国际联合委员会认可

1st Hospital in Brunei Darussalam to be accredited by the Joint Commission International



Associate Professor Nellie Yeo presents the JCI Top Accreditation Award to Dato Dr Isham and witnessed by Guest of Honour, Yang Berhormat Pehin Orang Kaya Laila Setia Dato Seri Setia Awang Haji Abdul Rahman bin Haji Ibrahim

The Joint Commission International (JCI) is the world's most prestigious bodies providing international healthcare accreditation services to the hospitals. The JCI Accreditation is a symbol of quality that reflects an organization's commitment to provide the best quality care for patients and adherence to business best practice. This accreditation comprised of comprehensive assessments of the medical and administrative standards required to be implemented in a healthcare institution.



联合委员会是世界上最负盛名的机构，为医院提供国际医疗认可服务。JCI认证是质量的象征，反映了组织承诺提供最好的，对病人进行质量护理，坚持经营最佳实践。这种认可损害了医疗和行政标准的全面评估，要求在医疗保健机构实施。

副教授Nellie Yeo为Isham博士提供JCI最高认证奖，并由贵宾出席。



This is a one day training course designed to ensure that participants are trained with **Basic First Aid Skills**, which is needed to respond to common emergency situations.

这是一个为期一天的培训课程，确保参与者接受基本的急救技能，需要对常见的紧急情况做出反应。

在培训项目结束后，将颁发一份完成证书

At the end of the training program, A **Certificate of Completion** will be given.

What people usually do if there's an emergency?

如果有紧急情况，人们通常会做什么？

叫救护车？

立即把受害者送到医院去？

报警？

让人们过来帮忙？

没人在乎吗？

- Call the Ambulance?
- Get the victim immediately to the hospital?
- Call the police?
- Get people to help?
- Nobody cares?





• Many victims of accident or sudden illness die or suffer needlessly **because nobody at the scene knew what to do.**

许多事故或突发疾病的受害者死亡或者无必要的痛苦，因为现场没有人知道该怎么做。

• First Aid?

急救?



The initial treatment or assistance given to a casualty for any injury or sudden illness until the arrival or transfer to professional medical support services"

在到达或转移到专业医疗支援服务之前，对任何受伤或突然疾病的受害者进行最初的治疗或援助。

It includes self help and home care if medical assistance is not available or delayed.

如果没有医疗援助或延误，最初的治疗包括自助和家庭护理。



First aid is the common sense application of the Basic Principles of Emergency Life Support in times of sudden illness or injury.

急救是在突发病或受伤的时候，在生命紧急的基础上应有的基本原则和常识。



First Aid does not require a lot of **technical knowledge** or **special equipment**

急救不需要大量的技术知识或特殊的设备。

Aims of First Aid 急救目标



- To preserve life
- To protect the unconscious
- To prevent the condition from being worse
- To promote recovery

保护生命
保护无意识
防止情况变得更糟
促进康复

温和

QUALITIES OF A FIRST AIDER

机智的

援助着的质量

Gentle



Tactful



Sympathetic

有同情心



Resourceful

足智多谋

观察

Observant

BE PREPARED FOR AN INJURY OR ILLNESS!

为受伤或疾病做好准备!



First Aid Kit 急救箱

预防疾病传播

PREVENTING DISEASE TRANSMISSION

- | | |
|--|---|
| <input type="checkbox"/> Protective Barriers: 保护措施 | <input type="checkbox"/> Hand hygiene: 手部卫生 |
| - Gloves 手套 | |
| - CPR mask 心肺复苏面具 | |



YOUR ROLE IN THE EMS SYSTEM

你在EMS系统中的角色

Step 1: Recognize that an emergency exists.
第一步：认识到紧急情况存在

Step 2: Decide to act.
第二步：决定行动

Step 3: Activate the EMS system.
第三步：激活EMS系统

Step 4: Give care until help takes over.
第四步：在帮助接管之前好好照顾



EMERGENCY ACTION STEPS

紧急行动步骤



TAKING ACTION

采取行动

ASSESSMENT 评定

Remember... 记住

DRSCAB

CHECK the scene and the person 检查场景和人



✓ Is it safe?

是安全的吗

✓ What happened?

发生了什么事?

✓ How many people are involved?

有多少人在其中?

R ?

CHECK RESPONSE & BREATHING



Gasping

喘气



IF Not
Breathing

如何没有呼吸

Unresponsive

没有反应

CALL FOR EMERGENCY MEDICAL SERVICES

紧急医疗服务



991

What Happened

发生了什么

No. Of Persons Injured 受伤者的数量和地点

Location

Caller's Tel. No.

报警者的电话号码

使用者名称

地址名称，
确保了解不
只是有人叫
OPD

Use Names

•Address NAME to
ensure understanding
•Not just 'SOMEONE'
CALL OPD

Use Eye Contact

Look at the person eyes,
to catch attention &
ensure understanding

轻碰肩膀
吸引注意
力

Light touch on
shoulder to attract
attention

Use Physical
Contact

使用物理
接触

用眼神交流

看人的眼
睛，抓住注
意力，确保
了解



CARE for the person.

☐Transporting the
person yourself

☐Moving an injured
or ill person

照顾人

自己运输人

移动受伤者
或病人

THE GOLDEN RULES OF EMERGENCY CARE

紧急护理的黄金规则

- ✓ Do obtain consent , when possible (Good Samaritan Laws) 在可能的情况下获得同意 (好撒玛利亚的法律)
- ✓ Do remember to identify yourself to the 记住，鉴定自己
- ✓ Do call / send for help 打电话/请求帮助



小贴士：不要触摸或照顾一个有意识的人，拒绝他

TIPS: Do not touch or give care to a conscious person who refuses it

- ✓ Do provide comfort & emotional support 确实提供安慰和情感支持
- ✓ Do respect the victim's modesty & physical privacy 尊重受害者和身体隐私
- ✓ Be as calm as direct as possible 尽量保持冷静
- ✓ Do care for the most serious injuries 小心最严重的伤害

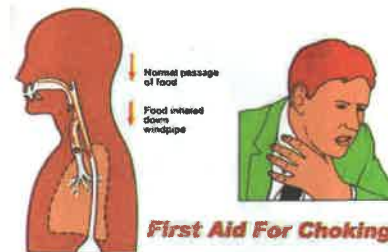


BREATHING EMERGENCIES &

ASTHMA 呼吸紧急情况和气喘



CHOKING 窒息



MANAGEMENT OF CHOKING 窒息管理



Encourage the victim to cough

Followed by abdominal thrusts

鼓励受害者咳嗽
其次是腹部推力

ABDOMINAL THRUST 腹部推力



Reassure the victim and offer help

向受害者保证并提供帮助

Place your arms around the victim's waist

将手臂放在受害者腰部周围

Grab your fist with your other hand

用另一只手抓住你的拳头

Help victim to lean forward

帮助受害者向前倾

Deliver forceful upward thrust into the abdomen till the foreign body is expelled or the victim become unconscious or unresponsive

向腹部施加向上的推力，直到异物被排出，否则受害者会变得无意识或无反应

Chest thrusts 胸部推力



Small victims 小受害者



受害者变得没有反应
VICTIM BECOMES UNRESPONSIVE



将受害者轻轻放在表面平坦且安全的位置
Lay down the victim gently in a safe place on a flat surface

Call for "Help!", 呼吁“救命”

Perform chest compressions 执行胸部按压

Open airway (head tilt chin lift) and try to remove the foreign body if visible

Give 2 rescue breaths . Repeat until the object is dislodged and reassess the victim.

打开呼吸道去除口腔中的异物（如图中所示头部倾斜，下巴抬起）。

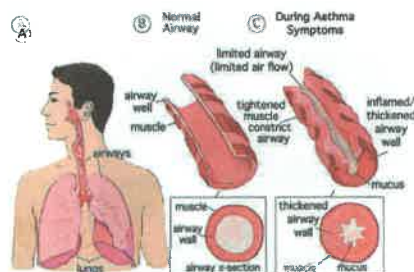
作两次人工呼吸。重复这一步骤，直到物体被移走，并重新评估受害者。

ASTHMA 气喘

is an illness in which certain substances or conditions, called “triggers,” cause inflammation and constriction of the *airways* (small tubes in the lungs through which we breathe), making breathing difficult.

What triggers: 引起的原因

- ✓ Dust and smoke
- ✓ Air pollution
- ✓ Respiratory infections
- ✓ Fear or anxiety
- ✓ Perfume
- ✓ Exercise
- ✓ Plants and molds
- ✓ Medications, such as aspirin
- ✓ Animal dander
- ✓ Temperature extremes
- ✓ Changes in weather



是一种疾病，某种物质或条件称为“触发器”。引起炎症和血管的收缩（肺里的小管子，我们通过它进行呼吸），使我们呼吸困难

- 灰尘和烟雾
- 空气污染
- 呼吸道感染
- 恐惧和焦虑
- 香水
- 锻炼
- 植物和模具
- 药物，如阿司匹林
- 动物皮屑
- 极端温度
- 天气的变化

What to Look For: 注意事项

- 呼吸困难或呼吸短促
- 快速，浅呼吸
- 出汗
- 胸闷
- 不停下来喘口气不能说话
- 恐惧或困惑的感觉

- Trouble breathing or shortness of breath.
- Rapid, shallow breathing.
- Sweating
- Tightness in the chest.
- Inability to talk without stopping for a breath.
- Feelings of fear or confusion



When to Call 991 什么时候打991

if the person's breathing trouble does not improve in a few minutes after using the quick-relief medication.

那么在你准备快速减压药物之后，在几分钟内，如果病人的呼吸困难没有改善。

What to Do Until Help Arrives : 在帮助到来之前要做的是

- 保持冷静
- 帮助病人舒适地坐着。放松颈部和腹部任何紧身的衣服
- 如果病人携带药物的话，帮助他或她按规定服用快速缓解药物

- ❖ Remain calm.
- ❖ Help the person to sit comfortably. Loosen any tight clothing around the neck and abdomen.
- ❖ Assist the person with his or her prescribed quick-relief medication if available.



CARDIAC EMERGENCIES

心脏紧急情况



- Cardiac emergencies are life threatening.
- 心脏紧急情况是危及生命的

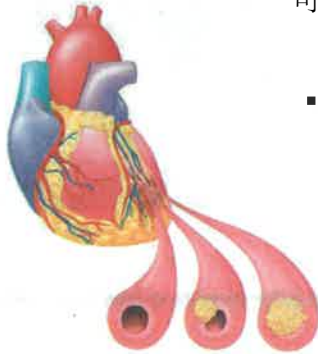


- Heart attack and cardiac arrest are major causes of illness and death.
- 心脏病发作和心脏延迟是导致疾病和死亡的主要原因

HEART ATTACK 心脏病发作

- When the blood and oxygen supply to the heart is reduced, a heart attack may result.

当心脏的血液和氧气供应减少时，可能会导致心脏病发作。



- Build-up of fatty materials on the inner walls of the arteries reduces blood flow to the heart muscle and may cause a heart attack.*

在动脉内壁上积聚脂肪材料可以减少血液流向心脏肌肉，可能会导致心脏病发作。

What to Look For: 寻找什么:

- Chest pain, discomfort or pressure 胸痛、不适或压力

- Trouble breathing 呼吸困难

- Other signals.: 其它信号:

pale or ashen (gray) looking

sweating 脸色苍白或灰暗，看起来

dizziness 很多汗

nauseated or vomiting 头晕

fatigued 恶心或呕吐

lightheaded or lose consciousness. 疲劳

头晕目眩或失去知觉

- Differences in signals between men and women 男女之间的信号差异



- Persistent chest pain or discomfort that lasts more than 3 to 5 minutes or goes away and comes back.

持续胸痛或不适，持续3至5分钟或者消失后又复发



- Have the person stop what he or she is doing and rest comfortably 让这个人停止手下的工作，他或她舒服地休息一下

- Loosen any tight or uncomfortable clothing.

松开任何紧绷或不舒服的衣服

- Closely watch the person until advanced medical personnel take over.. 密切观察病人，直到高级医疗人员接受为止

- Be calm and reassuring. 冷静，让人安心
- Do not try to drive the person to the hospital yourself. He or she could quickly get worse on the way. 不要自己开车送病人去医院，他或她可能很快变得更糟



如果病人失去知觉并停止呼吸，准备做好心肺复苏和使用AED的准备

- Be prepared to perform CPR and use an AED, if available, if the person loses consciousness and stops breathing.

SUDDEN ILLNESS 突然疾病



FADING

- is a temporary loss of consciousness. 是暂时的意识丧失

What to Look For:

脸色苍白 ✓ Pale looking
出汗 ✓ Sweating
虚弱或头晕 ✓ weak or dizzy



When to Call 991 什么时候打991

When in doubt about the condition of a person who has fainted. It is always appropriate to seek medical care for fainting.

该寻找什么：

当怀疑一个昏厥的人的情况时，寻求医疗保健总是很适合的。

WHAT TO DO UNTIL HELP ARRIVES

在救援到来之前的做法



- ✓ A person who feels weak or dizzy may prevent a fainting spell by lying down or sitting with his/her head level with the knees.

· 如果头晕或虚弱，可以通过躺下或坐下头部放在膝盖上来防止昏厥

- ✓ Lower the person to the ground or other flat surface and position him or her on his or her back, lying flat. Loosen any tight clothing, such as a tie or collar.

· 将人置于平面上平躺下来，放松紧身的衣服，如领带或衣领。

- ✓ Check that the person is breathing. Do not give the person anything to eat or drink

· 检查他的呼吸，不能给他喂食任何东西

- ✓ If the person vomits, roll him or her onto one side.

· 如果呕吐，应把嘴里的呕吐物清理干净



- ✓ Watch for changes in consciousness and breathing.

· 注意他的意识和呼吸的变化

SEIZURES 癫痫发作

- is a result of abnormal electrical activity in the brain and causes temporary, involuntary changes in body movement, function, sensation, awareness or behavior.

· 是大脑异常电活动的结果，导致身体运动、功能、感觉、意识或行为的临时、无意识的变化



WHAT TO LOOK FOR:

注意事项

- Jerking or twitching of the face and limbs foaming at the mouth
· 脸部抽搐或四肢猛击和口吐白沫
- loss of consciousness
· 意识丧失
- loss of control of bladder and/or bowel blue/purple skin colour and blue lips flushed and dry skin in a child having a feverish convulsion
· 膀胱失去控制或在一个有发烧症状的患者身上皮肤和嘴唇呈蓝/紫色



WHAT TO DO TILL HELPS ARRIVES:

在医生到达前要做什么

1. Protect the patient from injury

1、保护病人免受伤害

2. Do not hold or restrain the person.

2、不要控制或约束病人

3. Do not put anything in the person's mouth or between the teeth

3、不要把任何东西放在病人的嘴里

❖ If the seizure does not stop after 5 minutes – call for an ambulance.

· 如果癫痫发作在5分钟后停止，请呼叫救护车。

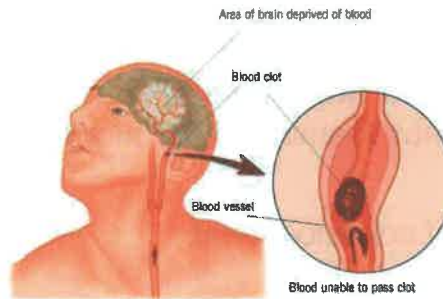


4. protect the person's airway and make sure that the airway is open after the seizure has ended.

4、保护病人的呼吸道，并确保在癫痫发作结束后，呼吸道开放。

❖ The person may be drowsy and disoriented or unresponsive for a period of time
· 这个人可能昏昏欲睡，不愿意响应，也可能没有时间

STROKE 中风



- also called a *brain attack*, is caused when blood flow to a part of the brain is cut off or when there is bleeding into the brain.
- 也被称为脑梗塞，是由于血液流向大脑的血管一部分被切断或有出血进入大脑

What to Look For: 注意事项

Face: Weakness, numbness or drooping on one side of the face.
面部：虚弱、麻木或一侧脸部下垂

Arm: Weakness or numbness in one arm.
手臂：单臂无力或麻木

Speech: Slurred speech or difficulty speaking.
说话：口齿不清或说话困难

Time: Try to determine when the signals began.
时间：在症状开始时试着确定开始的时间



DIABETIC EMERGENCIES

糖尿病患者突发事件

- A diabetic emergency is caused by an imbalance between sugar and insulin in the body
- 体内糖和胰岛素的不平衡是导致糖尿病的主要原因



HYPERGLYCEMIA

Too much sugar in the blood
高血糖症

血液中的糖太多了

HYPOGLYCEMIA

Too little sugar in the blood
低血糖症

血液中的糖太少了

- 意识的变化
- 情绪的变化
- 呼吸和脉搏加快
- 感觉和看起来不舒服
- 头晕和头疼
- 混乱

What to Look For: 注意事项

- Changes in the level of consciousness.
- Changes in mood.
- Rapid breathing and pulse.
- Feeling and looking ill.
- Dizziness and headache.
- Confusion.



When to Call 9-9-1 何时拨打991

- 无意识时或即将失去意识时
- 意识清醒但无法吞咽
- 服用某种形式的糖，5分钟内不会感觉好一些
- 你不能马上找到任何形式的糖

- ✓ Unconscious or about to lose consciousness
- ✓ Conscious but unable to swallow.
- ✓ Does not feel better within about 5 minutes after taking some form of sugar.
- ✓ You cannot find any form of sugar immediately.

What to Do Until Help Arrives:

在救援人员到来之前应该做什么:



If the diabetic person is conscious and able to swallow,
如果糖尿病患者意识清醒，能够吞咽

- ✓ Give sugar in the form of several glucose tablets or glucose paste, fruit juice, milk
- 给糖的形式，几个葡萄糖片或葡萄糖糊、果汁、牛奶

- If the problem is too much sugar, this amount of sugar will not cause further harm.
- 如果问题是高血糖症，那么这个量的糖不会造成进一步的伤害。

SHOCK 休克

- is a condition in which the circulatory system fails to deliver enough oxygen-rich blood to the body's tissues and vital organs.

· 是一种状态，循环系统不能向身体的组织和重要器官输送含氧量足够的血液。

What to Look For 注意事项

- ✓ Restlessness or irritability.
- 不安或易怒
- ✓ Altered level of consciousness.
- 改变了意识水平
- ✓ Nausea or vomiting.
- 恶心或呕吐
- ✓ Pale, ashen or grayish, cool, moist skin.
- 皮肤冰凉、潮湿、苍白、灰暗或灰色
- ✓ Rapid breathing and pulse.
- 呼吸和脉搏加快
- ✓ Excessive thirst.



- 过度口渴

什么时候打911 When to Call 9-1-1

- ✓ Immediately 立即

What to Do Until Help Arrives

在救援到来之前该怎么办

- Have the person lie down
让那个人躺下
- Control any external bleeding
控制任何的外部出血
- Since you may not be sure of the person's condition, leave him or her lying flat. 因为你不可能确定这个人的情况，让他或她平躺着
- Help the person maintain normal body temperature
帮助病人保持正常的体温
- Do not give the person anything to eat or drink, even though he or she is likely to be thirsty. 即使他或她很可能口渴，也不要给伤者任何吃的或喝的东四



CHECKING AN UNCONSCIOUS PERSON

检查一个昏迷的人

- ✓ Tap him or her on the shoulder and ask if he or she is OK
轻拍他或她的肩膀，问他或她是否还好



- ✓ Has an open airway and is breathing normally 有一个开放的通道，并且正常呼吸
- ✓ Is bleeding severely. 严重出血

What to Do Next 下一步该怎么做

- If an unconscious person is breathing normally 如果昏迷的人正常呼吸



keep the person lying face-up and maintain an open airway with the head-tilt/chin-lift technique.

保持人躺着，并保持一个开放的通道，把头倾斜或下巴提升技术。

- Placing an unconscious person in a Recovery Position



把一个无意识的人放在一个康复的位置

When to Call 9-1-1 何时拨打991

- ✓ If the person does not respond.
 - 如果对方没有回复
- ✓ has irregular, gasping or shallow breaths or is not breathing at all.
 - 有不规则的、喘气的、浅的呼吸或者没有呼吸



ALLERGIC REACTIONS 过敏反应

- are caused by over activity of the immune system against specific *antigens (foreign substances)*.
 - 是由于免疫系统对特定抗原（外来物质）的活动而引起的

What to Look For 注意事项



- | | |
|---------------------|--------|
| ✓ Hives | · 蜂房 |
| ✓ Itching | · 发痒 |
| ✓ Rash | · 皮疹 |
| ✓ Weakness | · 虚弱 |
| ✓ Nausea | · 恶心 |
| ✓ Stomach cramps | · 胃痉挛 |
| ✓ Vomiting | · 呕吐 |
| ✓ Dizziness | · 头晕 |
| ✓ Trouble breathing | · 呼吸困难 |

When to Call 9-9-1

何时拨打991

- 呼吸困难
- 喉咙缩紧
- 无意识

- ✓ Has trouble breathing.
- ✓ Complains of the throat tightening.
- ✓ Is unconscious.



What to Do Until Help Arrives

在救援到来之前

1. Monitor the person's breathing and for any changes in the person's condition.
 - 1、监控病人的呼吸，并根据情况进行改变
2. Give care for life-threatening emergencies.
 - 2、为危及生命的紧急情况提供应急服务
3. Assist the person with using an epinephrine auto-injector, if available and state or local regulations allow.
 - 3、在州或地方允许的情况下，协助病人使用肾上腺素等

POISONING 中毒



中毒 **POISONING** 中毒是一种物质，如果它进入身体，就会造成伤害、疾病或死亡。

- is any substance that causes injury, illness or death if it enters the body.

Types of Poisoning 中毒类型

- | | |
|---|--|
| <input type="checkbox"/> Swallowed Poisons
· 吞下毒药 | <input type="checkbox"/> Absorbed Poisons
· 吸收毒药 |
| <input type="checkbox"/> Inhaled Poisons
· 吸入毒药 | <input type="checkbox"/> Injected Poisons
· 注射毒药 |

What to Look For 注意事项

- | | |
|---|---|
| · 恶心和呕吐
· 腹泻
· 胸部或腹部疼痛
· 呼吸困难
· 出汗
· 意识的变化 | ✓ Nausea and vomiting
✓ Diarrhea
✓ Chest or abdominal pain
✓ Trouble breathing
✓ Sweating
✓ Changes in consciousness |
|---|---|



- | | |
|---|---|
| · 癫痫发作
· 头痛
· 头晕
· 虚弱
· 瞳孔大小不规则
· 眼睛发烫或撕裂般疼痛
· 皮肤异常
· 在嘴唇、舌头或皮肤周围燃烧般疼痛 | ✓ Seizures
✓ Headache
✓ Dizziness
✓ Weakness
✓ Irregular pupil size
✓ Burning or tearing eyes
✓ Abnormal skin color
✓ Burns around the lips, tongue or on the skin |
|---|---|



When to Call 9-1-1 什么情况下拨打991

- For life-threatening conditions (such as if a person is unconscious or is not breathing or if a change in the level of consciousness occurs)

· 对于危及生命的情况 (例如一个人没有意识，或是没有呼吸，或者意识水平发生了变化)

What to Do Until Help Arrives:

在帮助到达之前要做的是:

- Remove the person from the source of poison if the scene is dangerous.

如果场地很危险，把人从危险的位置移走

- Check the person's level of consciousness and breathing.

检查人的意识和呼吸

- If the person is conscious, ask questions to get more information.

如果这个人是有意识的，问问题得到更多的信息

- Look for any containers and take them with you to the telephone.

寻找任何容器，带着他们和你一起去打电话

- Do not give the person anything to eat or drink unless medical professionals tell you to do so 除非医学专业人士告诉你这样做，否则不要给患者任何吃的或喝的东西



Special Care Considerations

特别护理事项

Toxic Fumes

有毒气体

Substance Abuse

药物滥用

Chemicals

化学物质



- Is unconscious, confused or seems to be losing consciousness
- Has trouble breathing or is breathing irregularly.
- Has persistent chest pain or pressure
- Has pain or pressure in the abdomen that does not go away.
- Is vomiting blood or passing blood
- Has a seizure, severe headache or slurred speech
- Acts violently.

What to Do Until Help Arrives:

救援到达前应作什么:

- Check the scene for safety and check the person

- Try to learn from others what substances may have been taken.

- Calm and reassure the person.

- Keep the person from getting chilled or overheated to minimize shock.



If poisons such as wet chemicals get on the skin, flush the affected area with large amounts of cool water.

像液态的有毒化学物质沾染在皮肤上，应使用大量的清水冲洗。

· 无意识、困惑或者失去知觉
· 呼吸困难或无法呼吸
· 有持续的胸痛或压力
· 有持续的腹痛或压力
· 呕吐或吐血
· 有癫痫发作，严重头痛或胡言乱语
· 暴力行为

· 检查现场情况和人员的安全
· 试着从别人那里找到应急物资
· 安抚病人，是他平静下来
· 防止病人过冷或过热而产生休克

BITES AND STINGS 咬伤

Insect Stings 昆虫叮咬

- Most of the time, insect stings are harmless. If the person is allergic, an insect sting can lead to anaphylaxis, a life-threatening condition.
- 大多数时候昆虫叮咬是无害的，如果昆虫叮咬导致病人过敏，这是一种危及生命的疾病。

What to Look For

注意事项

Signals of an insect sting include:

- Presence of a stinger.
- Pain.
- Swelling
- Signals of an allergic reaction.



昆虫叮咬的症状包括：

- 存在一个刺
- 痛苦
- 肿胀
- 过敏反应症状

- Remove any visible stinger. Scrape it away from the skin with a clean fingernail or a plastic card, such as a credit card.
- Wash the site with soap and water.
- Cover the site and keep it clean.
- Apply a cold pack to the area to reduce pain and swelling.
- Call 9-9-1 if the person has any trouble breathing or for any other signals of anaphylaxis

- 移除任何可见的刺，用干净的指甲或卡片把它刮掉，如信用卡。
- 用肥皂和水清洗伤口
- 把伤口清理干净并包扎
- 冷敷伤口区域，以减少疼痛和肿胀
- 如果病人有呼吸困难或其它任何过敏症状，应及时拨打991



VENOMOUS SNAKE BITES 毒蛇咬伤



- Most snakebites occur near the home, not in the wild.

- 大多数蛇咬伤发生在家的附近，而不是在野外。

WHAT TO LOOK FOR : 注意事项

Signals of a possibly venomous snakebite include:

一种可能是被毒蛇咬伤的状况:



- ✓ Bite mark. · 咬痕
- ✓ Pain. · 痛苦
- ✓ Swelling. · 肿胀

❖ Most deaths occur because the bitten person has an allergic reaction, is in poor health or because too much time passes before he or she receives medical care.

· 大多数死亡原因是由于被咬的人有过敏反应，健康状况不佳，或者因为他或她曾接受过医疗治疗

WHAT TO DO UNTIL HELP ARRIVES

救援人员到来前如何做

- Wash the wound · 清洗伤口
- Apply an elastic (pressure immobilization) bandage · 使用弹性（压力固定）绷带
- Do not apply ice. · 不要用冰
- Do not cut the wound. · 不要割伤伤口
- Do not apply suction. · 不要使用吸管
- Do not apply a tourniquet · 不要使用止血带



HEAT-RELATED ILLNESS

热相关病

Heat cramps, heat exhaustion and heat stroke

热痉挛，热衰竭和中暑

- are conditions caused by overexposure to heat, loss of fluids and electrolytes.
- 过度暴露于炎热天气下，身体失去水分和电解质

Heat Cramps
热痉挛



- are the least severe of the heat-related illnesses. They often are the first signals that the body is having trouble with the heat.
- 是最不严重的热相关疾病，他们经常是身体在高温下遇到麻烦的第一个信号。

What to Look For 注意事项

- Painful muscle spasms · 肌肉痉挛
- Think of them as a warning of a possible heat-related illness.
· 把它们看作是一种热相关疾病的警告

What to Do:

该做什么:

- ✓ help the person move to a cool place to rest.
帮助这个人去一个凉爽的地方休息
- ✓ Give an electrolyte- and carbohydrate-containing fluid.
· 给他补充一定的电解质和碳水化合物
- ✓ Water also may be given.
· 也可以给他水
- ✓ Lightly stretch the muscle and gently massage the area.
· 轻轻按摩, 帮助伸展肌肉



Heat Exhaustion 热衰竭

- is a more severe condition than heat cramps. It often affects athletes, firefighters, construction workers and factory workers.
- It also affects those who wear heavy clothing in a hot, humid environment.

· 比热抽筋更严重的条件, 它经常发生在运动员、消防员、建筑工人和工厂工人中。
· 它还影响到那些在炎热潮湿的环境中穿沉重衣服的人。

What To Look For:

注意事项:

Cool, moist, pale, ashen or flushed skin; headache; nausea; dizziness; weakness; and exhaustion.

寒冷、潮湿、苍白、灰暗或红润的皮肤, 恶心, 头晕, 虚弱和疲惫。



WHAT TO DO 处理方法

- Get the person out of the heat. Move the person to a cooler environment with circulating air.
· 用置换方法把冷空气吹入工作环境中, 把热空气置换出来。
- Loosen or remove as much clothing as possible and apply cool, wet cloths, such as towels or sheets.
· 尽量穿少量和宽松的衣服, 随身携带毛巾等。
- Spraying the person with water and fanning also can help.
· 用洒水的方法也可以帮助降温



- If the person is conscious and able to swallow, give him or her small amounts of a cool fluid such as a commercial sports drink or fruit juice to restore fluids and electrolytes.
 - 如果病人有意识并能吞咽，给他少量的液体，如商业运动饮料或果汁来恢复身体的水分。
- is the least common but most severe heat-related illness. It usually occurs when people ignore the signals of heat exhaustion.
 - 是最不常见但最严重的热相关疾病，当人们忽略热疲劳信号时，通常就会发生。

What to Look For 注意事项

- changes in consciousness; rapid, weak pulse; rapid, shallow breathing; confusion; vomiting; and seizures.
 - 意识的变化；快速、微弱的脉搏，快速、微弱的呼吸；混乱；呕吐；癫痫发作。



When to Call 9-9-1 何时拨打991

- ✓ Call 9-1-1 or the local emergency number immediately. Heat stroke is a life-threatening emergency.
 - 中暑是危及生命的紧急状况，应立即拨打991或当地紧急电话。

What to Do Until Help Arrives 救援到来之前应做什么



- Rapidly cool the body by immersing the person up to the neck in cold water, if possible.
 - 如果可能的话，将人浸入到脖子以下的冷水中，迅速冷却身体。
- Sponge the person with ice water-doused towels over the entire body, frequently rotating the cold, wet towels.
 - 用冰水浸湿的毛巾擦拭身体，反复擦拭。

NOSE INJURIES 鼻子出血

- usually are caused by a blow from a blunt object, often resulting in a nosebleed.
 - 通常是由钝物撞击引起的，导致流鼻血。
- High blood pressure or changes in altitude also can cause nosebleeds.
 - 高血压或海拔变化也会导致流鼻血。

WHAT TO DO : 应该怎么做:



- ✓ Lean head slightly forward while pinching the nostrils together for about 10 minutes
 - 头微微前倾，鼻孔并拢约10分钟。
- ✓ applying an ice pack to the bridge of the nose
 - 将冰袋敷在鼻梁上。

SOFT TISSUE INJURIES

软组织损伤

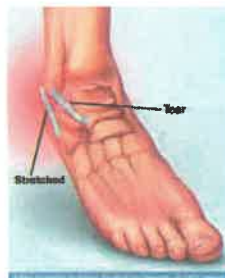


SPRAIN

扭伤

Stretching or tearing of the ligaments at a joint.

在关节上扭伤或撕裂韧带



S/S :

- Pain is intense and increase with movement
- Swelling and bruising

- 疼痛随着运动的增加而强烈
- 肿胀和瘀伤

STRAIN

扭伤

is a stretching or tearing of the muscle

是肌肉的拉伸或撕裂



S/S :

- Pain - usually sharp

- Tender on the affected part

- 通常是尖锐的疼痛
- 在受影响的部分体现

WHAT TO DO:

应该怎么做:

REST

休息

Ice

冰敷

Compression

压缩 (绷带)

Elevate

举起



DISLOCATION

脱臼



is the movement of a bone at a joint away from its normal position

骨头在关节处的运动是否偏离了正常的位置

WHAT TO DO: 应该怎么做:



ARM SLING

手臂打绷带



SPLINTS

用夹板固定

FRACTURES: 骨折

- is a complete break, a chip or a crack in a bone
- 是骨头有裂缝或完整的断裂



- **Open fracture** - involves an open wound.
开放性骨折-包括开放性伤口

- **Closed fracture** - the skin is not broken.
· 闭合骨折-皮肤没有破裂



SIGNS & SYMPTOMS
症状和迹象

- ✓ Pain · 疼痛
- ✓ Bruising · 瘀伤
- ✓ Swelling · 肿胀
- ✓ Obvious Deformity/ Mis-shapen · 明显的畸形

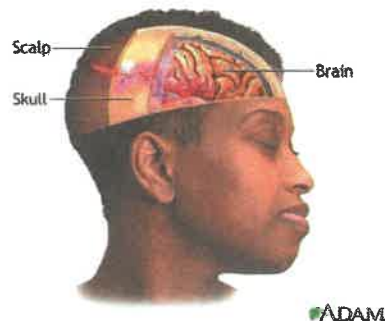
SPLINTING AN INJURY 用夹板固定受伤部位

- is a method of immobilizing an injured part to minimize movement and prevent further injury. · 是一种固定受伤部位的方法，以减少运动和防止进一步的伤害。



HEAD, NECK AND SPINAL INJURIES

头部，颈部和脊椎损伤



- Injuries to the head, neck or spine can cause paralysis, speech or memory problems or other disabling conditions.

· 头部，颈部或脊椎的损伤会导致瘫痪、语言或记忆问题或其它致残条件。

What to Look For:

注意事项：

- Involved in a motor vehicle crash
 - 卷入汽车车祸
- Complains of neck or back pain.
 - 脖子或背部疼痛
- Is wearing a safety helmet that is broken
 - 戴着被打破的安全帽
- Fallen from a significant height or struck his or her head while diving.
 - 从一个显著的高度下降或在跳水时撞击头部
- Has tingling or weakness in the extremities.
 - 四肢有刺痛或虚弱
- Is not fully alert.
 - 没有安全警觉
- Appears to be intoxicated.
 - 似乎喝醉了



WHAT TO DO UNTIL HELP ARRIVES

在救援人员到达前该做些什么

- ✓ Minimize movement of the person's head, neck and spine
 - 最大限度地减少病人头部、颈部和脊柱的运动



- ❖ As long as the person is breathing normally, support the head and neck in the position in which you found until EMS take over.

· 只要病人呼吸正常，就支撑起病人的头部和颈部，直到EMS接管。

WOUNDS 伤口

A break in the continuity of a tissue of the body either:
身体组织连续性的中断:



Internal
内部



External
外部

TYPES OF WOUND 伤口的类型

LACERATION 裂伤



PUNCTURE 穿刺



AMPUTATION 截肢



CHEST INJURY 胸部受伤

GENERAL CARE FOR OPEN WOUNDS

一般伤口护理

1. Cover the wound and apply direct pressure

1、盖上伤口，直接按压



2. Preventing infection

2、预防感染



**Tips: Wound with bleeding not severe, clean the wound
With soap and water.**

温馨提示：伤口出血不严重，可用肥皂和清水清洗伤口。

3. Cover dressings with bandage

3、用绷带盖住敷料



Place several dressings around an embedded object to keep it from moving. Bandage the dressings in place around the object.

在嵌入的物体周围放置几条敷料，使其保持运动。用绷带把敷料固定在物体周围。

If still bleeding, do not remove bandages, but apply additional dressing on top of the old one.

如果仍在流血，不要取下绷带，而是在旧绷带上再加一层敷料。

BURNS 烧伤

WHAT TO LOOK FOR: 注意事项:

Superficial burns: 表面的烧伤:

只涉及皮肤的表层
通常是疼痛的，这个部位可能会肿胀
通常在一周内愈合，不会留下永久疤痕

Involve only the top layer of skin.

usually painful and the area may swell.

Usually heal within a week without permanent scarring



Partial-thickness burns: 局部厚度烧伤:

have blisters that may open and weep clear fluid

Usually heal in 3 to 4 weeks and may scar.

水泡可能会打开并流出透明液体，通常在3-4周内愈合，并可能留下疤痕



BURNS 烧伤



Full-thickness burns: 全层烧伤

- May destroy all layers of skin and some or all of the underlying structures
 - 可能会破坏皮肤的所有层和一些底层结构
- The skin may be brown or black (charred)
 - 皮肤可能是棕色或者黑色
- Healing may require medical assistance; scarring is likely.
 - 愈合可能需要医疗援助，疤痕是可能的



WHAT TO DO: 要做什么:

Heat (Thermal) Burns 热烧 (烫) 伤



- ✓ As soon as possible, cool the burn with large amounts of cold running water, at least until pain is relieved
 - 尽快用大量冷水冷却烧伤处，至少要等到疼痛减轻
- ✓ Cover the burn loosely with a sterile dressing
 - 用无菌敷料轻轻覆盖烧伤处

DON'T'S : 不正确:

- Do not apply ice or ice water to any burn.
· 不要将冰或冰水应用于烧伤处
- Do not break blisters.
· 不要打破水泡
- Do not try to clean a severe burn.
· 不要自己清理严重的烧伤
- Do not use any kind of ointment on a severe burn.
· 不要在严重烧伤时使用任何药膏
- Do not remove pieces of clothing that stick to the burned area.
· 不要把衣服粘到烧伤处



CHEMICAL BURNS 化学烧伤

- Remove the chemical from the skin as quickly as possible
· 尽可能快的将化学物质从皮肤上取出
- Flush the burn with large amounts of cool running water.
· 用大量清水冲洗烧伤处
- If an eye is burned by a chemical, flush the affected eye with water
· 如果眼睛被化学物质烧伤，用水冲洗受伤的眼睛



Electrical Burns 电烧伤

WHAT TO DO : 应该怎么做:

- Never go near the person until you are sure he or she is not still in contact with the power source.
· 不要接近这个人，直到你确定他与电源没有接触
- Turn off the power at its source and care for any life-threatening conditions.
· 切断电源，并注意任何危及生命的条件
- Call 9-9-1. Any person who has suffered an electrical shock needs to be evaluated by a medical professional to determine the extent of injury.
· 拨打991，任何遭受电击的人都需要由医学专业人员评估，以确定受伤程度。

- **Be aware that electrocution can cause cardiac and respiratory emergencies.**
· 请注意，电击可以引起心脏和呼吸紧急情况
- **Look for entry and exit wounds and give the appropriate care**
· 寻找电击进入和导出身体的伤口，并给与重点照顾
- **Remember that anyone suffering from electric shock requires advanced medical care.**
· 请记住，任何受到电击的人都需要提前医疗



TYPES OF BANDAGES 绷带类型



- ✓ **Adhesive compresses**
· 胶粘剂压缩绷带
- ✓ **Bandage compresses**
· 压缩绷带
- ✓ **Roller bandages**
· 滚轮绷带

- **To hold dressings in place, to protect a wound from dirt & infection.**
· 为了保护伤口免受污垢和感染的影响
- **To apply pressure to control bleeding**
· 用绷带施加压力来控制出血
- **To protect a wound from dirt and infection**
· 保护伤口免受污垢和感染
- **To provide support to an injured limb or body part**
· 为受伤的肢体或身体部分提供支持

EMERGENCY RESCUE & TRANSFER

应急救助与转移



MOVING AN INJURED OR ILL PERSON 移动受伤或生病的人

3 SITUATIONS: 3种情况

1. When you are faced with immediate danger.

1、工作中当你面临迫在眉睫的危险时

2. When you have to get to another person who may have a more serious problem.

2、当你必须找到另一个可能有更严重问题的人的时候

3. When it is necessary to give proper care.

3、工作时应有必要给与适当的照顾



TECHNIQUES FOR MOVING AN INJURED OR ILL PERSON 移动受伤或病人的方法

Types of Non-Emergency Moves 非紧急行动的类型



Walking Assist 步行辅助

Two-Person Seat Carry 双人座抬方法



TYPES OF EMERGENCY MOVES

紧急情况时方法



Have the person stand or have a second responder support the person.

使病人站立或有人帮助病人站立

Position yourself with your back to the person, back straight, knees bent, so that your shoulders fit into the person's armpits.

把病人放在你的背上，膝盖弯曲微微下蹲，使肩膀拖住病人的腋窝

Pack-Strap Carry 背托方法

CLOTHES DRAG

拖拽衣服



Grasp the person's clothing behind the neck, gathering enough to secure a firm grip.

抓住病人脖子后面的衣服，抓住足够多的衣服以确保牢固

BLANKET DRAG

毛毯拖拽



ANKLE DRAG 脚踝拖拽



Firmly grasp the person's ankles and move backward
牢牢抓住病人的脚踝，向后移动

TRANSPORTING THE PERSON YOURSELF 自己盲目移动病人

NEVER transport a person:

不要盲目移动病人：

- **When the trip may aggravate the injury or illness or cause additional injury.**
· 当移动可能加重受伤、疾病或造成额外伤害时
- **When the person has or may develop a life threatening condition.**
· 当病人有或可能发生生命威胁状态时
- **If you are unsure of the nature of the injury or illness**
· 在你不确定受伤或疾病的性质时

Moving and lifting Casualties...

移动和提升受害者



General rule:

Leave casualties in
the position you have
found them until
expert help arrives.

一般规则：

在救援到来之前你已经找到了受害者

References: 参考文献



American
Red Cross

美国红十字协会

美国心脏协会

American Heart
Association



Learn and Live

学习和生活



Get CPR trained.
Save a life.



American
Red Cross

接受心肺复苏训练
挽救生命

美国红十字协会

Thank you