

Medical Emergencies

Basic Medical Emergency Information

- Keep calm, act immediately.
- Summon medical help. If possible, do not leave victims alone.
 - Activate the Emergency Medical System by calling 911 and then call University officials at EXT 34754.
- Be prepared to give the following information:
 - what happened
 - number of victims
 - kind of injury
 - exact location of the emergency
 - what help is being given
 - your name and phone number
- Do not transport seriously injured persons to the hospital and do not hang up until the dispatcher hangs up.

Specific Emergency Procedures

Inhalation Exposure

- Activate the Emergency Medical System by calling 911, and then call University officials at EXT 34754.
- Check the scene to make sure it is safe to enter.
- Remove the victim as quickly as possible to fresh air if it can be done safely.
- Never enter a confined space to attempt a rescue.
- Keep the victim at rest and warm.
- If the patient is unconscious, keep the airway clear.
- Start rescue breathing if breathing has stopped.
- Do not leave unconscious victims unattended.

Skin Exposure

- Activate the Emergency Medical System by calling 911, and then call University officials at EXT 34754.
- Act quickly; corrosive chemicals can damage the skin very rapidly.
- If only a small area of the skin is exposed, flood promptly with water and wash gently with soap.
- If large areas of skin are involved, flood with large amounts of water for 15 minutes.
- Remove clothing while standing in the shower.
- If chemicals are splashed on the head, eye protective equipment should be left on until the chemical has been washed away.
- Do not use chemical neutralizers on the skin.

Eye Exposure

- Activate the Emergency Medical System by calling 911, and then call University Officials at EXT 34754.
- If a chemical is splashed into the eye, spread the eyelid open with the fingers and flood the eye with water for at least 15 minutes.
- If no eye wash station is available, lay the victim on his/her back, turn the head, and pour water into the eye, directing the stream to the side of the head.
- Do not attempt to remove foreign objects from the eye, cover the eye with a sterile pad and seek medical care immediately.

Poisoning

- Activate the Emergency Medical System by calling 911, and then call University Officials at EXT 34754.
- Call the North Dakota Poison Control Center at 1-800-732-2200 and describe any containers or substances found at scenes, and follow their instructions.
- Care for shock and monitor breathing while waiting for emergency help.
- Do not give anything by mouth unless instructed to do so by medical professionals.

External Bleeding

- Activate the Emergency Medical System by calling 911 if the wound is serious, and then call University officials at EXT 34754.
- Put on a pair of latex gloves if available.
- Cover wound with dressing and press firmly against the wound with your hand. Apply additional dressings if bleeding doesn't stop. Do not remove blood soaked bandages.
- Elevate the wound above the level of the victim's heart if the bleeding does not stop and the wound does not involve a broken bone.
- Squeeze the artery against the bone.
- Remove foreign materials from small cuts and carefully wash with soap and water, apply an antiseptic and bandage.
- For minor wounds, patients may be transported to the Sanford Hospital or Clinic at their request..
- Call the Sanford Hospital at 788-3800 or Sanford Clinic at 788-4500 before transporting patients to ensure they are open and the injury can be treated there.

Shock

- Activate the Emergency Medical System by calling 911, and then call University officials at EXT 34754.
- Victims may go into shock following severe injuries. Shock is life threatening.
- Signs of shock include extreme paleness, cold and clammy skin, perspiration on the fore-head or hands, weakness, nausea, vomiting, shallow breathing and a weak rapid pulse.
 - Have the victim lie down.
 - Control external bleeding
 - Maintain normal body temperature.
 - If there are no head or neck injuries elevate the legs about 12 inches.
 - Do not give the victim anything to eat or drink.

Fractures or Broken Bones

- Activate the Emergency Medical System by calling 911, and then call University officials at EXT 34754.
- Do not move the patient unless it is necessary to prevent further injury.
- Splint the body part, if the patient must be moved.
- Check for proper circulation before and after splinting.
- Treat for bleeding and shock.

Strains and Sprains

- Have the victim sit or lie down and elevate the extremity.
- Apply ice to the injured area (15-20 minutes every 1 1/2 to 2 hours).
- Transport to Sanford Clinic or Hospital if patients are unable to bear weight or move injured extremities
- Call the Sanford Hospital at 788-3800 or Sanford Clinic at 788-4500 before transporting patients to ensure they are open and the injury can be treated there.

Electrical

- Activate the Emergency Medical System by calling 911, and then call University officials at EXT 34754.
- Do not touch victims until they have been removed from electrical circuits.
- Disconnect the power and cautiously remove the current source with an insulator such as a dry stick or board.
- Do not use metal or anything that is wet.
- Check for breathing and pulse.
- Give appropriate supportive care until Emergency Medical System arrives.

Clothing Fire

- Activate the Emergency Medical System by calling 911, and then call University officials at EXT 34754.
- Proceed to a safety shower if immediately available.
- If not, fall to the floor and roll to smother the flames.

- Fire extinguishers should not be used on the skin because they can freeze the skin or increase the likelihood of infections.
- Do not remove clothing that adheres to burnt skin.

Sudden Illnesses

- Activate the Emergency Medical System by calling 911, and then call University officials at EXT 34754.
- Care for life threatening conditions first.
- Help the victim rest comfortably.
- Keep the victim from getting chilled or overheated.
- Reassure the victim.
- Watch for changes in consciousness and breathing.
- Do not give anything to eat or drink unless the victim is fully conscious.
- Place on left side if the victim vomits, is nauseated or is not fully conscious.
- Position victim on back and elevate legs if no head or spine injury is suspected and the victim has fainted or feels light headed.

Seizure

- Activate the Emergency Medical System by calling 911, and then call University officials at EXT 34754.
- Do not hold or restrain the victim or place anything between the teeth.
- Remove any objects that may cause injury.
- Cushion the victims head.
- Place victims on their side to prevent aspiration in case of vomiting.

Diabetic Emergency

- Diabetics frequently recognize signs of sugar level emergencies and will ask for assistance obtaining sugar. They may appear shaky and clammy. Give them some kind of real sugar, preferably in a liquid form.
- If the victim doesn't get better in about five minutes or goes unconscious, activate the Emergency Medical System by calling 911, and then call University officials at EXT 34754.
- Patients may be transported to the Sanford Hospital or Clinic at their request.
- Call the Sanford Hospital at 788-3800 or Sanford Clinic at 788-4500 before transporting patients to ensure they are open and the injury can be treated there.

Heat & Cold Related Illnesses and Injuries

- **Heat Exhaustion** is caused by a loss of body fluids and overheating of the body
 - A victim will have symptoms of normal to high body temperature, cool, moist skin, nausea, headache, dizziness, and weakness.
 - To treat heat exhaustion:
 - Move the victim to a cool area;

- Remove excessive clothing;
- Give the victim a cool drink if not feeling nauseous and if fully conscious; and
- If the victim refuses water, vomits, or starts to lose consciousness, activate the Emergency Medical System by calling 911, and then call University officials at EXT 34754.
- **Heat Stroke** is a more serious result of heat exposure is caused by a high body temperature. Heat stroke can be FATAL.
 - A victim will have symptoms of high body temperature, NO SWEATING, and poor circulation.
 - To treat heat stroke:
 - Activate the Emergency Medical System by calling 911, and then call University officials at EXT 34754.
 - Get the victim out of the heat;
 - Remove the victim's outer clothing; and
 - Apply cool, wet cloths to the skin and/or ice packs to areas such as wrists, armpits, back of neck, back of knees, and abdomen.
- **Hypothermia**
 - In mild cases:
 - If unconscious, activate the Emergency Medical System by calling 911, and then call University officials at EXT 34754.
 - Remove any wet clothing from the victim;
 - Wrap the victim in a warm blanket or dry clothing;
 - Give the victim warm non-alcoholic drinks if fully conscious; and
 - In moderate and severe cases:

Hypothermia: Shivering, numbness, lack of coordination, and lowered body temperature;

Frostbite: Lack of feeling in the affected area, skin appears waxy, and skin is cold to the touch;

 - Activate the Emergency Medical System by calling 911, and then call University officials at EXT 34754.
 - Provide care to the victim:
 - Handle the victim gently;
 - Remove any wet clothing;
 - Wrap the victim in warm blankets or dry clothing;
 - If the victim is fully conscious and not nauseated warm drinks may be given;
 - DO NOT apply a hot water bottle or hot pack; and
 - DO NOT massage the extremities.