

More Severe Emergencies and Suggestions:

Choking: Listen carefully to the prompts from the 911 Dispatcher. If the person can cough, talk, or is breathing, allow them to continue to cough. Stay with them.

Unconscious but breathing: If they are vomiting, roll them on their side. Stay with them.

Unconscious, **not** breathing: Listen carefully to the prompts from the 911 Dispatcher. Help is on the way.



Sources:

The National Highway Traffic Safety Administration (NHTSA) uses the information that is contained in this brochure for training their 911 Emergency Medical Dispatchers (EMD).

Also referenced is the American Red Cross Emergency Response Course.

EMMCO West EMS Regional Council

Suite 101
16271 Conneaut Lake Road
Meadville, PA 16335

814-337-5380
Fax: 814-337-0871
mail@emmco.org

EMMCO WEST

**Before EMS
Arrives**



Information on what to do before the **Emergency Medical Services** arrive. The ambulance, the quick response units, the first responders, the emergency medical technicians or the paramedics, it seems like a long time, but what should you do while you are waiting?

The Bottom Line is Patient Care.

What to do before the Emergency Medical Service Arrives

Called 911

Have you called 911 already?

If not do so **now** via cellular phone, home phone or some other means.

While you are awaiting the Emergency Medical Services try to remain **calm**. The 911 dispatcher will talk to you and help you through some of these suggestions to ease the injured or ill persons condition.

Make sure the person is breathing and listen to the prompts of the 911 Dispatcher.

Remember, help is on the way.

Medical Emergency:

Heart Attack/Chest Pain: Keep person calm and in position of comfort, loosen any tight clothing.

Diabetic: If the person can take it by themselves, give sugar or something very sweet, regular orange juice, nondiet soft drink.

Short of Breath/Difficulty Breathing: Keep them calm, do not have them exert themselves, keep them in position of comfort, possible sitting up.

Stroke/Weakness: Keep person calm, don't let them move around. If they are unconscious and having trouble breathing, remove any pillows and monitor their breathing; listen to the 911 Dispatcher.

Help Is On The Way!

Traumatic Emergency:

Bleeding/Cuts: If they are bleeding, use a clean cloth and apply pressure directly over the wound. If there is an impaled object, leave it in the wound, apply pressure with the cloth in place around the impaled object. Keep warm.

Falls: Do not move the person unless there is a hazard. Advise them not to move. Cover them with a blanket, but **do not** use a pillow.

Car Accidents: Do not move the person unless there is a hazard. If they are bleeding, use a clean cloth and apply pressure directly over the wound.

DEPARTMENT OF
HEALTH

Edward G. Rendell, Governor
Calvin B. Johnson, M.D., M.P.H., Secretary of Health