

Before Help Arrives

When the ambulance crew arrives, it is helpful to have the following things available for them:

- A list of the patient's medications
- A list of the patient's allergies
- A list of the patient's medical history (What conditions do they see a doctor for? Diabetes, High blood pressure, have they ever had a heart attack or stroke, etc.)

If a patient is complaining of:

Abdominal pain - Place the patient in the position in which they are most comfortable. Do not give the patient anything to eat or drink.

Minor burns - Flush the area with cold water. Do not use butter or ointments. Keep the area clean.

Chest pain – Place the patient in the position in which they are most comfortable. If the patient is an adult and has never had an allergic reaction to aspirin, have them take aspirin. Try to keep the patient calm.

Choking – If the patient cannot cough, breathe or speak begin the Heimlich maneuver if you are trained to do so. If the patient is able to cough, breath or speak do not strike them on the back.

Convulsions/Seizures – Clear the area to keep the patient from injuring themselves. Do not place anything in the patient's mouth. Do not attempt to hold them still.

Bleeding – Apply direct pressure to the bleeding site. Keep the area as clean as possible.

Drowning – If the patient is not breathing, begin the steps of CPR if you are trained to do so or if you are being guided by an emergency medical dispatcher.

Electric Shock – Disconnect the electrical source if it is safe to do so. If the patient is not breathing, begin the steps of CPR if you are trained to do so or if you are being guided by an emergency medical dispatcher.

Fainting – Lie patient flat on his/her back with feet elevated if this position is comfortable for the patient.

Suspected broken bones or dislocated joints – Keep the injured area from moving. Ice can be applied however not directly on the patient's skin.

Fall – Keep the patient as still as possible. Instruct the patient not to move his/her head or neck.

Vehicle collision – Keep any injured patient as still as possible. Do not move patients from vehicle unless they are in danger.

Nosebleed – Keep head tilted forward. Consider applying a cold compress to nose or the back of the patient's neck.

* These instructions are intended to be general guidelines only. Always follow your doctor's orders first. You may also receive instructions from the dispatcher when you call for an ambulance.