

## INITIAL ASSESSMENT

| PROCEDURES                     | CRITICAL SKILL   |
|--------------------------------|--|
| 1. SCENE SIZE UP               | <input type="checkbox"/> *A. Observe area to ensure safety<br><input type="checkbox"/> *B. Call for help   |
| 2. MECHANISM OF INJURY         | <input type="checkbox"/> *A. Determine causes of injury, if possible<br><input type="checkbox"/> *B. Triage: Immediate, <b>Delayed</b> , Minor, or Deceased<br><input type="checkbox"/> *C. Ask patient (if conscious) what happened   |
| 3. INITIAL ASSESSMENT          | <input type="checkbox"/> *A. Verbalize general impression of the patient(s)<br><input type="checkbox"/> *B. Determine responsiveness/level of consciousness (AVPU) Alert, Verbal, Painful, Unresponsive<br><input type="checkbox"/> *C. Determine chief complaint/apparent life threats                      |
| 4. ASSESS AIRWAY AND BREATHING | <input type="checkbox"/> A. Correctly execute head-tilt/chin-lift or jaw thrust maneuver, depending on the presence of cervical spine (neck) injuries<br><input type="checkbox"/> B. Look, listen, and feel for breathing (3-5 seconds)<br><input type="checkbox"/> C. If present, treat sucking chest wound |
| 5. ASSESS FOR CIRCULATION      | <input type="checkbox"/> A. Check for presence of a carotid pulse (5-10 seconds)<br><input type="checkbox"/> B. If present, control life threatening bleeding<br><input type="checkbox"/> C. Start treatment for all other life threatening Injuries/conditions (reference Rule 2)                           |

**IMMEDIATE:** Rapid Patient Assessment treating all life threats Load and Go. If the treatment interrupts the Rapid Trauma Assessment, the **assessment** will be completed at the end of the **treatment**.

**Delayed:** Detailed Patient Assessment treating all injuries and conditions and prepare for transport.

**MINOR:** Detailed Patient Assessment treating all injuries and conditions and prepare for Transport. After all IMMEDIATE and DELAYED patient(s) have been treated and transported.

**DECEASED:** Cover

**NOTE:** Each critical skill identified with an (\*) shall be clearly verbalized by the team as it is being conducted. After initially stating what DOTS stands for, the team may simply state "DOTS" when making their checks.

- Teams may use the acronym "CSM" when checking circulation, sensation, and motor function.

## PATIENT ASSESSMENT

| PROCEDURES |                          |                          | CRITICAL SKILL  |
|------------|--------------------------|--------------------------|---|
| 1. HEAD    | <input type="checkbox"/> | <input type="checkbox"/> | *A. Check head for DOTS: Deformities, Open wounds, Tenderness and Swelling  |
|            | <input type="checkbox"/> | <input type="checkbox"/> | *B. Check and touch the scalp   |
|            | <input type="checkbox"/> | <input type="checkbox"/> | *C. Check the face  |
|            | <input type="checkbox"/> | <input type="checkbox"/> | *D. Check the ears for bleeding or clear fluids   |
|            | <input type="checkbox"/> | <input type="checkbox"/> | *E. Check the eyes for any discoloration, unequal pupils, reaction to light, foreign objects and bleeding                           |
|            | <input type="checkbox"/> | <input type="checkbox"/> | *F. Check the nose for any bleeding or drainage   |
|            | <input type="checkbox"/> | <input type="checkbox"/> | *G. Check the mouth for loose or broken teeth, foreign objects, swelling or injury of tongue, unusual breath odor and discoloration |
| 2. NECK    | <input type="checkbox"/> | <input type="checkbox"/> | *A. Check the neck for DOTS   |
|            | <input type="checkbox"/> | <input type="checkbox"/> | *B. Inspect for medical ID  |
| 3. CHEST   | <input type="checkbox"/> | <input type="checkbox"/> | *A. Check chest area for DOTS   |
|            | <input type="checkbox"/> | <input type="checkbox"/> | *B. Feel chest for equal breathing movement on both sides   |
|            | <input type="checkbox"/> | <input type="checkbox"/> | *C. Feel chest for inward movement in the rib areas during inhalations  |
| 4. ABDOMEN | <input type="checkbox"/> | <input type="checkbox"/> | *A. Check abdomen (stomach) for DOTS  |
| 5. PELVIS  | <input type="checkbox"/> | <input type="checkbox"/> | A. Check pelvis for DOTS  |
|            | <input type="checkbox"/> | <input type="checkbox"/> | *B. Inspect pelvis for injury by touch (Verbally state inspection of crotch and buttocks areas)                                     |
| 6. LEGS    | L                        | R                        |   |
|            | <input type="checkbox"/> | <input type="checkbox"/> | *A. Check each leg for DOTS   |
|            | <input type="checkbox"/> | <input type="checkbox"/> | *B. Inspect legs for injury by touch  |
|            | <input type="checkbox"/> | <input type="checkbox"/> | *C. Unresponsive: Check legs for paralysis (pinch inner side of leg on calf)  |
|            | <input type="checkbox"/> | <input type="checkbox"/> | *D. Responsive: Check legs for motion; places hand on bottom of each foot and states "Can you push against my hand?"                |
|            | <input type="checkbox"/> | <input type="checkbox"/> | *E. Check for medical ID bracelet   |

### 6 INCH LACERATION ON LEFT THIGH

## DRESSINGS AND BANDAGING - OPEN WOUNDS

| PROCEDURES                    |                          |                          | CRITICAL SKILL  |
|-------------------------------|--------------------------|--------------------------|---|
| 1. EMERGENCY CARE FOR AN OPEN | <input type="checkbox"/> | <input type="checkbox"/> | *A. Expose wound                                      |
|                               | <input type="checkbox"/> | <input type="checkbox"/> | *B. Prevent further contamination                     |
|                               | <input type="checkbox"/> | <input type="checkbox"/> | *C. Bandage dressing in place after bleeding has been |

|                   |  |   |
|-------------------|--|---|
| WOUND             | <input type="checkbox"/>   | controlled<br>*D. Keep patient lying still  |
| 2. APPLY DRESSING | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/>   | A. Use sterile dressing<br>B. Cover entire wound<br>C. Control bleeding<br>D. Do not remove dressing  |
| 3. APPLY BANDAGE  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/> | *A. Do not bandage too tightly<br>*B. Do not bandage too loosely<br>*C. Do not leave loose ends<br>*D. Cover all edges of dressing<br>*E. Do not cover the tips of fingers and toes, unless they are injured<br>*F. Bandage from the bottom of the limb to the top (distal to proximal) |

## OPEN FRACTURE TIB FIB RIGHT LEG

### DRESSINGS AND BANDAGING - OPEN WOUNDS

| PROCEDURES                          |  | CRITICAL SKILL  |
|-------------------------------------|--|---|
| 1. EMERGENCY CARE FOR AN OPEN WOUND | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/>   | *A. Expose wound<br>*B. Prevent further contamination<br>*C. Bandage dressing in place after bleeding has been controlled<br>*D. Keep patient lying still   |
| 2. APPLY DRESSING                   | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/>   | A. Use sterile dressing<br>B. Cover entire wound<br>C. Control bleeding<br>D. Do not remove dressing  |
| 3. APPLY BANDAGE                    | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/> | *A. Do not bandage too tightly<br>*B. Do not bandage too loosely<br>*C. Do not leave loose ends<br>*D. Cover all edges of dressing<br>*E. Do not cover the tips of fingers and toes, unless they are injured<br>*F. Bandage from the bottom of the limb to the top (distal to proximal) |

## SPLINTING (RIGID OR SOFT) PELVIC GIRDLE, THIGH, KNEE, AND LOWER LEG

| PROCEDURES                      | CRITICAL SKILLS   |
|---------------------------------|---|
| 1. DETERMINE NEED FOR SPLINTING | <input type="checkbox"/> *A. Assess for: <ul style="list-style-type: none"> <li>• Pain</li> <li>• Swelling</li> <li>• Deformity</li> </ul> <input type="checkbox"/> B. Determine if splinting is warranted  |
| 2. APPLY MANUAL STABILIZATION   | <input type="checkbox"/> A. Support affected limb and limit movement <ul style="list-style-type: none"> <li>• Do not attempt to reduce dislocations</li> </ul>  |
| 3. SELECT APPROPRIATE SPLINT    | <input type="checkbox"/> A. Select appropriate splinting method depending on position of extremity and materials available<br><input type="checkbox"/> B. Select appropriate padding material   |
| 4. PREPARE FOR SPLINTING        | <input type="checkbox"/> A. Remove or cut away clothing as needed<br><input type="checkbox"/> *B. Assess distal circulation, sensation, and motor function<br><input type="checkbox"/> C. Cover any open wounds with sterile dressing and bandage<br><input type="checkbox"/> D. Measure splint<br><input type="checkbox"/> E. Pad around splint for patient comfort  |
| 5. SPLINT                       | <input type="checkbox"/> A. Maintain support while splinting<br><br>Living splint: <ul style="list-style-type: none"> <li><input type="checkbox"/> A. Immobilize site of injury</li> <li><input type="checkbox"/> B. Carefully place a pillow or folded blanket between the patients knees/legs</li> <li><input type="checkbox"/> C. Bind the legs together with wide straps or cravats</li> <li><input type="checkbox"/> D. Carefully place patient on long spine board</li> <li><input type="checkbox"/> E. Secure patient to the long spine board (if primary splint)</li> </ul> <input type="checkbox"/> *F Reassess distal circulation, sensation, and motor function<br><br><b style="color: red;">Other Splint:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> A. Immobilize site of injury</li> <li><input type="checkbox"/> B. Pad as needed</li> <li><input type="checkbox"/> C. Secure splint distal to proximal</li> <li><input type="checkbox"/> D. Carefully place patient on long spine board</li> <li><input type="checkbox"/> E. Secure patient to the long spine board (if primary splint)</li> </ul> <input type="checkbox"/> *F Reassess distal circulation, sensation, and motor function |

|             |                          |   |
|-------------|--------------------------|---|
| 6. REASSESS | <input type="checkbox"/> | *A Assess patient response and level of comfort |
|-------------|--------------------------|---|

## CONTINUE PATIENT ASSESSMENT

|         |                          |                          |  |
|---------|--------------------------|--------------------------|--|
| 7. ARMS | L                        | R                        |  |
|         | <input type="checkbox"/> | <input type="checkbox"/> | *A. Check each arm for DOTS  |
|         | <input type="checkbox"/> | <input type="checkbox"/> | *B. Inspect arms for injury by touch   |
|         | <input type="checkbox"/> | <input type="checkbox"/> | *C. Unresponsive: Check arms for paralysis (pinch inner side of wrist)   |
|         | <input type="checkbox"/> | <input type="checkbox"/> | *D. Responsive: Check arms for motion (in a conscious patient; team places fingers in each hand of patient and states "Can you squeeze my fingers?") |
|         | <input type="checkbox"/> | <input type="checkbox"/> | *E. Check for medical ID bracelet <b>PATIENT HAS ID BRACELET ON LEFT WRIST</b>   |

## 2 INCH LACERATION IN RIGHT ARM PIT

### DRESSINGS AND BANDAGING - OPEN WOUNDS

| PROCEDURES                          | CRITICAL SKILL  |
|-------------------------------------|---|
| 1. EMERGENCY CARE FOR AN OPEN WOUND | <input type="checkbox"/> *A. Expose wound<br><input type="checkbox"/> *B. Prevent further contamination<br><input type="checkbox"/> *C. Bandage dressing in place after bleeding has been controlled<br><input type="checkbox"/> *D. Keep patient lying still   |
| 2. APPLY DRESSING                   | <input type="checkbox"/> A. Use sterile dressing<br><input type="checkbox"/> B. Cover entire wound<br><input type="checkbox"/> C. Control bleeding<br><input type="checkbox"/> D. Do not remove dressing  |
| 3. APPLY BANDAGE                    | <input type="checkbox"/> *A. Do not bandage too tightly<br><input type="checkbox"/> *B. Do not bandage too loosely<br><input type="checkbox"/> *C. Do not leave loose ends<br><input type="checkbox"/> *D. Cover all edges of dressing<br><input type="checkbox"/> *E. Do not cover the tips of fingers and toes, unless they are injured<br><input type="checkbox"/> *F. Bandage from the bottom of the limb to the top (distal to proximal) |

## 4 INCH LACERATION ON RIGHT BICEPT

### DRESSINGS AND BANDAGING - OPEN WOUNDS

| PROCEDURES                          | CRITICAL SKILL  |
|-------------------------------------|---|
| 1. EMERGENCY CARE FOR AN OPEN WOUND | <input type="checkbox"/> *A. Expose wound<br><input type="checkbox"/> *B. Prevent further contamination<br><input type="checkbox"/> *C. Bandage dressing in place after bleeding has been controlled<br><input type="checkbox"/> *D. Keep patient lying still   |
| 2. APPLY DRESSING                   | <input type="checkbox"/> A. Use sterile dressing<br><input type="checkbox"/> B. Cover entire wound<br><input type="checkbox"/> C. Control bleeding<br><input type="checkbox"/> D. Do not remove dressing  |
| 3. APPLY BANDAGE                    | <input type="checkbox"/> *A. Do not bandage too tightly<br><input type="checkbox"/> *B. Do not bandage too loosely<br><input type="checkbox"/> *C. Do not leave loose ends<br><input type="checkbox"/> *D. Cover all edges of dressing<br><input type="checkbox"/> *E. Do not cover the tips of fingers and toes, unless they are injured<br><input type="checkbox"/> *F. Bandage from the bottom of the limb to the top (distal to proximal) |

### TRIANGULAR SLINGS ARE REQUIRED FOR ALL WOUNDS OF UPPER EXTREMITIES INCLUDING SHOULDER AND ARMPIT WOUNDS

|                             |  |
|-----------------------------|--|
| 3. SECURING WITH SLING      | <input type="checkbox"/> A. Place sling over chest and under arm<br><input type="checkbox"/> B. Hold or stabilize arm<br><input type="checkbox"/> C. Triangle should extend behind elbow on injured side<br><input type="checkbox"/> D. Pull sling around neck until hand is elevated and tie on uninjured side<br><input type="checkbox"/> E. Pad at neck at the (except when C-Collar is present)<br><input type="checkbox"/> F. Secure excess material at elbow<br><input type="checkbox"/> G. Finger tips should be expose<br><input type="checkbox"/> *H. Reassess distal circulation, sensation and motor function |
| 4. SECURE SLING WITH SWATHE | <input type="checkbox"/> A. Use triangle cravat or factory swathe<br><input type="checkbox"/> B. Swathe is tied around chest and injured arm<br><input type="checkbox"/> *C. Reassess distal circulation, sensation, and motor function  |

## CONTINUE PATIENT ASSESSMENT

|                  |                          |                         |
|------------------|--------------------------|-------------------------|
| 8. BACK SURFACES | <input type="checkbox"/> | *A. Check back for DOTS |
|------------------|--------------------------|-------------------------|

### 4 INCH LACERATION ON BACK BELOW RIGHT SHOULDER BLADE

#### DRESSINGS AND BANDAGING - OPEN WOUNDS

| PROCEDURES                          | CRITICAL SKILL  |
|-------------------------------------|---|
| 1. EMERGENCY CARE FOR AN OPEN WOUND | <input type="checkbox"/> *A. Expose wound<br><input type="checkbox"/> *B. Prevent further contamination<br><input type="checkbox"/> *C. Bandage dressing in place after bleeding has been controlled<br><input type="checkbox"/> *D. Keep patient lying still   |
| 2. APPLY DRESSING                   | <input type="checkbox"/> A. Use sterile dressing<br><input type="checkbox"/> B. Cover entire wound<br><input type="checkbox"/> C. Control bleeding<br><input type="checkbox"/> D. Do not remove dressing  |
| 3. APPLY BANDAGE                    | <input type="checkbox"/> *A. Do not bandage too tightly<br><input type="checkbox"/> *B. Do not bandage too loosely<br><input type="checkbox"/> *C. Do not leave loose ends<br><input type="checkbox"/> *D. Cover all edges of dressing<br><input type="checkbox"/> *E. Do not cover the tips of fingers and toes, unless they are injured<br><input type="checkbox"/> *F. Bandage from the bottom of the limb to the top (distal to proximal) |

### 6 INCH LACERATION MIDDLE OF BACK ABOVE THE BELT LINE

#### DRESSINGS AND BANDAGING - OPEN WOUNDS

| PROCEDURES                          | CRITICAL SKILL  |
|-------------------------------------|---|
| 1. EMERGENCY CARE FOR AN OPEN WOUND | <input type="checkbox"/> *A. Expose wound<br><input type="checkbox"/> *B. Prevent further contamination<br><input type="checkbox"/> *C. Bandage dressing in place after bleeding has been controlled<br><input type="checkbox"/> *D. Keep patient lying still |
| 2. APPLY DRESSING                   | <input type="checkbox"/> A. Use sterile dressing<br><input type="checkbox"/> B. Cover entire wound  |

|                  |   |
|------------------|---|
|                  | <input type="checkbox"/> C. Control bleeding<br><input type="checkbox"/> D. Do not remove dressing  |
| 3. APPLY BANDAGE | <input type="checkbox"/> *A. Do not bandage too tightly<br><input type="checkbox"/> *B. Do not bandage too loosely<br><input type="checkbox"/> *C. Do not leave loose ends<br><input type="checkbox"/> *D. Cover all edges of dressing<br><input type="checkbox"/> *E. Do not cover the tips of fingers and toes, unless they are injured<br><input type="checkbox"/> *F. Bandage from the bottom of the limb to the top (distal to proximal) |

### IMMOBILIZATION- LONG SPINE BOARD (BACKBOARD)

| PROCEDURES  | CRITICAL SKILL   |
|---|--|
| 1. MOVE THE PATIENT ONTO THE LONG SPINE BOARD     | <input type="checkbox"/> A. One First Aid Provider at the head must maintain in-line immobilization of the head and spine<br><input type="checkbox"/> B. First Aid Provider at the head directs the movement of the patient<br><input type="checkbox"/> C. Other First Aid Provider control movement of the rest of body<br><input type="checkbox"/> D. Other First Aid Provider position themselves on same side<br><input type="checkbox"/> E. Upon command of First Aid Provider at the head, roll patient onto side toward First Aid Providers<br><input type="checkbox"/> F. Quickly assess posterior body, if not already done<br><input type="checkbox"/> G. Place long spine board next to the patient with top of board beyond top of head<br><input type="checkbox"/> H. Place patient onto the board at command of the First Aid Provider at head while holding in-line immobilization using methods to limit spinal movement<br><input type="checkbox"/> I. Slide patient into proper position using smooth coordinated moves keeping spine in alignment |
| 2. PAD VOIDS BETWEEN PATIENT AND LONG SPINE BOARD | <input type="checkbox"/> A. Select and use appropriate padding<br><input type="checkbox"/> B. Place padding as needed under the head<br><input type="checkbox"/> C. Place padding as needed under torso  |
| 3. IMMOBILIZE BODY TO THE LONG SPINE BOARD        | <input type="checkbox"/> A. Strap and secure body to board ensuring spinal immobilization, beginning at shoulder and working toward feet   |
| 4. IMMOBILIZE HEAD TO THE LONG SPINE BOARD        | <input type="checkbox"/> A. Using head set or place rolled towels on each side of head<br><input type="checkbox"/> B. Tape and/or strap head securely to board, ensuring cervical spine immobilization   |

|             |  |   |
|-------------|--|---|
|             |  |   |
| 5. REASSESS | <input type="checkbox"/><br><input type="checkbox"/> | *A. Reassess distal circulation, sensation, and motor function<br>*B Assess patient response and level of comfort |

## SHOCK

### PROCEDURES

### CRITICAL SKILL

|  |  |   |
|--|--|---|
| 1. CHECK FOR SIGNS AND SYMPTOMS OF SHOCK | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/>                             | *A. Check for pale (or bluish) skin (in victim with dark skin examine inside of mouth and nail beds for bluish coloration.<br>*B. Check for cool, clammy skin<br>*C. Check for weakness   |
| 2. TREATMENT                             | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/> | A. Keep victim lying down<br>B. Cover with blanket to prevent loss of body heat and place a blanket under the patient. (Do not try to place blanket under patient with possible spinal injuries)<br>C. Elevate according to injury<br>*D. Reassure and calm the patient |

**Option 1: Elevate the lower extremities or foot end of backboard.** This procedure is performed in most cases. Place the patient flat, face up and elevate the legs of foot end of backboard 8 to 12 inches. Do not elevate any limbs with possible fractures or pelvic injuries until they have been properly splinted. Remember to consider the mechanism of injury for every patient.

**Option 2: Lay the patient flat, face up.** This is the supine position, used for patients with a spinal injury and patients who have serious injuries to the extremities that have not been supported. If the patient is placed in this position, you must constantly be prepared for vomiting.

**Option 3: Slightly raise the head and shoulders.** This position should be used only for responsive patients with no spinal injuries, life threatening chest or abdominal injuries and only for patients having difficulty breathing, but who have an open airway. A semi-seated position can also be used for patients with a history of heart problems. It is not recommended for moderate to severe cases of shock. Be certain to keep the patient's head from tilting forward.