

## Medical Emergency

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### Medical Emergency

Accidents and emergencies are unpredictable. While some emergencies may only need first aid care, others may require emergency medical attention. If unsure of the seriousness, call 911. Medical emergencies involving any student or employee must be reported to the professor or staff member immediately.

#### Staff Actions:

- Evaluate the scene to determine what assistance is needed. Students should be kept away from the scene of the emergency.
- Assess the victim's breathing.
- Stay calm. If a coat or blanket is available, use it to keep the victim warm.
- Do not move the individual unless there is danger of further injury.
- If **911** is called, remain calm and stay on the phone until the dispatcher hangs up. The dispatcher may provide instructions on how to care for the injured.
- Stay with the injured until medical assistance arrives.
- Don't hang up until you are told to do so by the 911 operator.

#### Students and Staff should be able to provide the dispatcher with:

College of Biblical Studies
Address - 7000 Regency Square Houston, TX. 77036
Exact location within the building
Nature of the emergency
Approximate age of the injured person
Your name and phone number

## Basic CPR instructions provided by Red Cross:

- **BLOW:** Tilt the head back and listen for breathing. If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 1 second.
- **PUMP:** If the victim is still not breathing normally, coughing or moving, begin chest compressions. Push down on the chest 1 1/2 to 2 inches 30 times right between the breasts. Pump at the rate of 100/minute, faster than once per second.
- **CONTINUE WITH 2 BREATHS AND 30 PUMPS UNTIL HELP ARRIVES - NOTE:** This ratio is the same for one-person & two-person CPR. In two-person CPR the person pumping the chest stops while the other gives mouth-to-mouth breathing.

## If the victim is choking:

- Make sure they are coughing and getting air.
- If the victim cannot speak or cough and you think something maybe lodged in their throat, from behind, slip your arms around the victim's waist. Make a fist with one hand and grasp with the other hand. Place your fist right above the navel area. Press into the abdomen with quick upward thrust. Repeat until the object is removed, or the victim starts breathing or coughing.

## If the victim is bleeding:

- First Aid kits are located in the CBS Campus Store (formerly "Bookstore").
- Use rubber gloves (contained in the first aid kit) and apply pressure to the area. If possible, elevate bleeding area above level of the heart.