

SOUTHERN OREGON CPR
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SAMPLE HISTORY:

- S- Signs/symptoms
- A- Allergies
- M-Medication
- P- Past medical history
- L- Last oral intake
- E- Events

DOTS:

- D- Deformities
- O- Open Wounds
- T- Tenderness
- S- Swelling

STROKE:

- F- Face
- A- Arm
- S- Speech
- T- Time

Treat closed wounds with R.I.C.E.

R- Rest: Rest injured body part

I-Immobilize: Stabilize injured area in the same position found (only splint if

Patient needs to be moved and it doesn't cause more pain)

C- Cold: Apply ice pack for no more than 20 minutes

E- Elevation: Elevate above heart. DO NOT elevate the area if it causes more Pain or if you suspect a Head, Neck or back injury.

BURNS:

Do not remove any clothing stuck to a burn

Stop the burning by running cool water **DO NOT** apply water to a 3rd degree burn. (Never use butter) (Never use ICE).

Cover 1st & 2nd degree burns with a clean sterile dressing.

Remove jewelry and separate fingers and toes with a sterile dressing.

POSION CONTROL: 1-800-222-1222