

## 'B' GROUP JG REVIEW SHEET

### BLEEDING & SHOCK

Types of Wounds:

- **Abrasion**- scrape off the surface of the skin; most common; light bleeding
- **Puncture**- deep, penetrating wound; a hole, most likely to get infected, little bleeding
- **Avulsion**- chunk of flesh or skin removed; pack cold and send to hospital; bloody
- **Incision**- clean, straight cut; bloody if deep
- **Laceration**- a jagged cut; usually bleeds freely

Treatment:

1. Put on GLOVES
2. Apply direct pressure with a sterile dressing
3. Elevate the injury if possible
4. Use pressure points – *brachial* in the arm an *femoral* in the leg

**Shock (Hypoperfusion)** - is depressed body condition due to lack of circulation; inadequate tissue perfusion

Types of Shock:

- **Anaphylactic Shock** – caused by an allergic reaction (bee sting, medication, food, etc)
- **Psychogenic Shock** - caused by overwhelming emotional factors
- **Hemorrhagic Shock** - caused by severe bleeding or loss of body fluid (ie. Trauma, burns, or dehydration)
- **Cardiogenic Shock** - the heart is unable to pump effectively (heart attack)
- **Metabolic Shock** – caused by body fluid chemical imbalance (diabetic emergency)
- **Neurogenic Shock** - Injury or trauma to the nervous system (spinal injury, head injury, stroke/aneurysm)
- **Respiratory Shock** - trauma to the respiratory tract (trachea, lungs)
- **Septic Shock** – caused by a system wide infection (illness, poison)

Signs and Symptoms:

- Weak, rapid pulse
- Short, shallow breathing
- Dilated (big) pupils
- Cool, clammy skin
- Nausea and vomiting

Treatment:

1. Lie the victim down
2. Raise victims legs 6-12 inches off the ground (unless there is a head injury)
3. Maintain body temperature (keep cool on hot days and warm on cold days)
4. Reassure the victim; communicate and encourage

## BURNS

Types of Burns:

- **Chemical**- caused by a liquid like “Draino” or battery acid
- **Thermal**- caused by hot objects such as an oven or hot coals
- **Radiation**- caused by too much heat exposure; sunburn

**Rule of Palms** - A method for estimating an extent of a burn by comparing the patient’s palm to the burned area. Patient’s palm equals approx. 1% of skin.

Severity/Degrees of Burns:

- **Superficial** (1<sup>st</sup> degree)- least severe burn, causes skin to turn red; sunburn
- **Partial thickness** (2<sup>nd</sup> degree)- most painful type of burn; causes skin to turn red and blister
- **Full thickness** (3<sup>rd</sup> degree)- very severe burn; less painful initially; charred black skin

Treatment for Burns:

- Superficial: Run cool water over the burn to relieve pain
- Partial Thickness: Soak burn in cool water for up to 20 minutes and wrap in a cool, moist dressing (Do NOT pop blisters)
- Full Thickness: Activate EMS, and wrap in a dry, sterile dressing

## MUSCLE/SKELETAL INJURIES

Types of Broken Bones:

- **Closed Fracture** (simple) - break is under the skin; most common
- **Open Fracture** (compound) - break goes through the skin, causing further injury

**Circulation Motor Sensory (CMS)** - Is a method used to determine the extent of damage to an injured area by checking basic body system functions.

**C** = Circulation (blood flow) – Pulse check and **capillary refill**

**M** = Motor (movement) – Wiggle, Wiggle, Wiggle! Can you move your toes/fingers?

**S** = Sensory (nerve response) – Which finger/toe am I touching?

Signs and Symptoms

- Pain
- Loss of function
- Swelling/Bruising
- Deformity (unnatural movement, shortening, irregularity)
- Shock

Treatment:

1. Splint the bone as it is. Do not attempt to move the injured area.
2. Splint the area well above and below the break; check CMS before and after.
3. Elevate the broken area if possible to reduce swelling
4. Put ice on the area to additionally reduce swelling

Joint Sprains & Muscle Strains:

**Sprain** - A joint injury caused by stretching/tearing of ligaments (bone to bone) or tendons (muscle to bone).

**Strain** - A muscle injury caused by overstretching or overexertion of the muscle.

### Signs and Symptoms of Sprains and Strains:

- Pain
- Swelling
- Loss of movement
- Discoloration (redness or bruising)

### Treatment (R.I.C.E):

1. **Rest**- Limit all movement on the injured joint/muscle
2. **Ice**- Use an ice pack to reduce internal bleeding, swelling, and pain
3. **Compression**- Wrap bandage over ice pack firmly, but comfortably, check CMS
4. **Elevation**- Raise the injury site to reduce circulation to the area.

## TEMPERATURE RELATED ILLNESS

**Heat Exhaustion** - generally caused by physical activities in a hot humid environment

### Signs and Symptoms:

- Headache
- Weakness, dizziness, or fainting
- Profuse sweating
- Thirsty
- Weak rapid pulse
- Muscle cramps

### Treatment:

1. Move the patient out of the hot environment
2. Sponge with water and fan the victim lightly
3. If the patient is conscious, give cool water to drink
4. Seek immediate medical assistance (call 911) if victim does not improve in five minutes or shows signs/symptoms of Heat stroke

**Heat Stroke** - Heat Exhaustion can quickly develop into a more serious condition known as heat stroke, which can cause death if left untreated.

### Signs and Symptoms of Heat Stroke:

- Altered mental status/behavior (confusion, anxiety, aggression and agitation)
- Hot, reddish, dry skin
- Dilated pupils
- Convulsions/seizures

### Treatment:

1. Seek immediate medical assistance (call 911)
2. Treatment is same as Heat Exhaustion

**Hypothermia** - a condition when the body is colder than the usual core temperature. It is caused by the excessive loss of body heat and/or the body's inability to produce heat.

### Signs and Symptoms:

- Uncontrollable shivering (may be absent in advanced stages)
- Skin that is cold to the touch
- Blue/grey colored skin
- Numbness
- Slow/slurred speech
- Disoriented, clumsy, confused, or exhausted

### Treatment:

1. Remove the patient from the cold environment
2. Remove any wet clothing
3. Wrap in blanket
4. Give warm beverage
5. If showing signs of shock, seek immediate medical assistance (call 911)

## SUDDEN ILLNESSES

**Heart Attack** (Myocardial Infarction) - a disruption of blood flow to the heart.

Signs and Symptoms:

- Persistent central chest pain, tightening, or discomfort
- Radiating pain to the jaw, neck, or arm
- Difficulty breathing
- Sweating
- Nausea and vomiting

Treatment:

1. Calm and reassure the victim
2. Place the patient in the most comfortable position
3. Seek immediate medical assistance (call 911)

**Stroke/Brain Aneurysm** (Cerebral Vascular Accident) - a disruption of blood flow to the brain.

Signs and Symptoms:

- Sudden weakness or numbness of the face, arm or body (usually on one side if the body)
- Facial droop or drooling
- Difficulty speaking or understanding speech
- Loss of coordination and balance
- Unequal pupils
- Incontinence

Treatment:

1. Calm and reassure the victim
2. Place the patient in the comfortable semi-seated position
3. Seek immediate medical assistance (call 911)

**Seizure** - caused by an interruption of the normal electrical activity to the brain. Seizures commonly occur in people with epilepsy, but they may also occur with any trauma or illness (head injury, stroke, heart attack, high fever, etc.)

Signs and Symptoms:

- Sudden collapse
- Uncontrolled shaking
- Vomiting and/or drooling
- Incontinence
- Unresponsive

Treatment:

1. Protect the person from any further injury during the seizure
2. DO NOT restrain the patient or put anything in the mouth
3. After the seizure, place the victim in the recovery position (lying on their side)
4. Seek immediate medical assistance (call 911)

## GENERAL ORDERS

### Surf Hazards

1. Rip Currents
2. Large Surf
3. Side Currents
4. Inshore Holes
5. Sand Bars
6. Pier
7. Sea Creatures – Jellyfish, Stingray
8. Hazardous Beach Practices

**Rip Currents** - a stream running from shallow water near the shore out to sea. They are usually present around fixed objects like jetties and piers, but those created in surf zones can be temporary and can instantly appear and disappear. The feeder leads to the neck of the rip and the neck proceeds to the head. The neck is the strongest part of the rip current. Rip currents are the number one cause of rescues on our beach. To get out of a rip current, swim parallel to shore and then swim in.

How to Identify a Rip Current: Brown and choppy looking water, and waves not breaking cleanly in the area

Types of Rip Currents:

- Permanent- at a pier or jetty
- Fixed- semi-permanent rip current due to ocean bottom conditions
- Flash- for example, it can be caused by a group of people
- Traveling- caused by large sets

### Possible Signs of a Rescue

1. Victims swimming with hair in their face
2. People swimming in jeans, shirts, sweatshirts, or other heavy clothing
3. Small children near inshore holes who are unsupervised
4. People jumping/falling off their body boards or other surf equipment
5. People with poor swimming strokes
6. People swimming against a rip current or the side current
7. Individuals swimming with head low in the water

**The Perimeter Defense System** - Before making the rescue, the tower lifeguard contacts communications (Station 52) to let them know that he/she is going out on a rescue. The tower guard leaves phone off the hook. Communications will then contact the boat (5240), the lifeguard truck (5210, 5211, 5220, or 5221), and the two flanking lifeguard towers. The truck and the boat respond to the area and the flanking towers stand. The tower guards are responsible for watching their water, the rescuer's water, and the rescue. Tower Zero also watches.

- The two most important words in lifesaving are **ANTICIPATION** and **COMMUNICATION**
- There are a total of 31 lifeguard towers on our beach; 10 odd numbered towers (1-19) in Area I south of the pier, 14 towers (2-28) in Area II north of the pier, 6 Towers in Area 3 (Sunset 4, 8, 12, 17, 22, 26), and Tower Zero located on the pier.
- 5240 is named 'The Sentinel'.

### Tower Zero

1. Lifeguards are in Tower Zero 365 days per year from sunrise to sunset.
2. Tower Zero functions as Communications in the Winter
3. Two phone lines: Line 1 for emergencies only and Line 2 for routine calls
4. Tower zero guard updates the Surf Report 3 times a day (714-536-9303)