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09. Accidents

	Chapter	Attach. B No.
Possible consequences		
* **Shock**	**B.2.1.**	
* **Bone fractures, bruises, dislocations, pulled muscles**	**B.2.1.1.**	
* **External bleeding**	**B.2.1.2.**	
* **Internal bleeding**	**B2.1.3.3.2.**	
* **Pains**	**B.2.1.3.3.1.**	
Rescue	**C.5.**	
* **Bring the victim away from the danger zone as quickly as possible.**	**B.2.1.**	
* **Attention must be paid to one's own safety.**		
* **Be prepared for heart and lung resuscitation.**	**C.1.1.**	
* **Provide adequate freedom from pain before beginning the treatment.**		**5.08, 5.07**
* **Haemostasis:** Wear gloves, use pressure bandage, avoid constriction.	**C.1.3.**	
* **Bone fractures:** Set and splint before transporting.	**B.2.1.1.**	**19.23**
* **Open bone fractures:** Immediately bind with sterile bandage.		**19.01, 19.11, 1904/5**
* **Use rescue stretcher:** It is better to use a vacuum mattress.	**B.2.1.2.**	**25.01**
* **Cervical vertebrae injuries, already suspected:** Apply neck tie, it is better to use "stiffneck".	**B.2.1.2.3.1.**	**19.24** **144.1**
* **Spinal injuries, already suspected:** Rescue patient with sufficient helpers. Minimise movements in the spine. Fix trunk to hard support. It is better to use a vacuum mattress.	**B.2.1.2.3.2.**	**25.01**
First Aid		
* **Prepare for heart – lung resuscitation**.	**C.1.1.**	**23.02 - 23.08, 25.02**
* **Apply infusion.**		**11.01**
* **Keep respiratory tracts free:**	**C.1.5.**	**23.04, 23.05**
* **Ensure freedom from pain.**	**C.1.2.**	**5.07, 5.06**
* **Talk with the victim and convey calmness**		
* **Positioning: In the case of circulation shock:** shock position = head deep, legs high	**C.1.6.**	
In the case of head injuries: Upright, about 25^0 slanting position, with head pointing upwards. .	**C.1.7.6.**	
In the case of stomach traumas: Bend knees and support with rolls.	**C.1.7.4.**	
In the case of chest injuries with rib fractures: Position patient on injured side.		
Further treatment		
*** Write down and document results of accident**		
*** Essential functions:** Check **c**onsciousness, respiration, circulation in intervals of at least 10 minutes until a stable condition has been reached (Emergency protocol)		
*** Shock treatment:** Continue persistently with infusions and pain treatment	**C.1.6.**	**11.01, 5.07**
*** Open wounds: Final care:** Wound stitches, clip plaster, pressure bandage in the case of heavy bleeding, finally sterile bandage	**B.2.1.3** **B.2.1.3.1 ff**	**21.04/5, 21.11, 21.17** **21.18-23, 19.01, 19.04**
*** Bone fractures:** Final stabilisation, splints, plaster cast.	**B.2.1.2. ff**	**19.23,**
Check skin temperature (compared to the healthy side) and pulse below the fracture. Measure size, especially in the case of thigh fractures.		**124,125**
* Internal bleeding: **Strict bed rest, large doses of infusions.**	**B.2.1.3.3.1.**	**11.01**
***** Ensure freedom from pain.		**5.06, 5.08**

Further Measures:
Frequent checking of respiration, consciousness, circulation **(RCC-rule : R**espiration, **C**onsciousness, **C**irculation)
Check elimination for quantity and colour and make medical appointment