

## **CHOKING**

If the victim can cough, breathe, speak-do no interfere.

If the victim cannot cough, speak or breathe, have someone call 9-911.

For a conscious victim - Perform the Heimlich maneuver as follows:

1. Get behind the person, grasp your fist with your other hand, and press it into the victim's upper abdomen.
2. Repeat until effective or victim becomes unconscious.

If victim becomes unconscious:

1. Tilt head back and lift chin to open airway.
2. Try to ventilate by giving 2 rescue breaths. Flip to section on

## **HEART ATTACK / STOPPAGE OF BREATHING.**

3. Give 6-10 abdominal thrusts by placing the heel of one hand on the victim's abdomen between the rib cage and waist; with your shoulders directly over the victim's abdomen, press inward and upward with quick thrusts.
4. Look for obstruction in mouth or throat.
5. Repeat steps till effective or help arrives.

## **FOREIGN OBJECT IN EYE**

1. Keep person from rubbing their eye.
2. Have person blink and try to make tears. The tears may loosen and sweep away the object.
3. Refer to Health Center for evaluation, treatment, or referral. Health Center X 4270.

## **WOUNDS TO EYE**

1. Do not attempt to remove penetrating object from eye.
2. Have person lie quietly with both eyes lightly covered with a small paper cup or like object, not pressing on the lid.
3. Call College Nurse at X 4270 for on-site evaluation. If unavailable call 9-911.

## **CHEMICAL EXPOSURE TO EYE**

1. Immediately flush the eye with copious amounts of cool water
2. Assist the person to continue irrigating the eye while you call Health Center X4270.  
It is best to pour water gently in the inner corner of the injured eye with the head tilted to the side, allowing water to pass over the eyeball.
3. Irrigate for at least 15 minutes unless otherwise directed.
4. Determine what the substance was. Irrigate longer for alkaline solutions
5. In the event that the College Nurse is not available, Call 9-911.
6. Seek medical attention for further evaluation and treatment.

## **CHOKING / EYE WOUNDS**