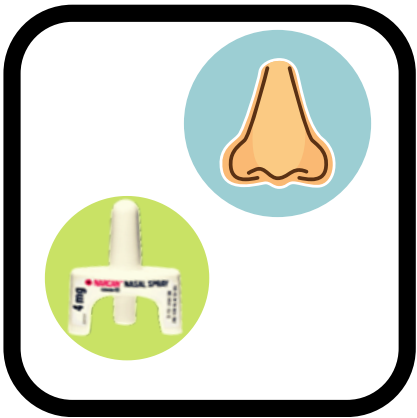


# ARE YOU PREPARED TO ACT IN AN EMERGENCY?



Administer  
an  
Antidote



Perform  
CPR



Apply a  
Tourniquet  
or Pack a  
wound

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SOUTH COUNTY FIRE



## ACT TO SAVE A LIFE FIRST AID & CPR

# WHAT IS ACT?

***“ACT is how citizens can help firefighters save more lives in the first 5 minutes of an emergency.”***  
– Shaughn Maxwell, Deputy Chief, South County Fire

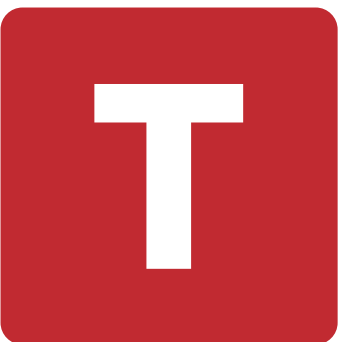
ACT stands for the top 3 things that will kill someone within the first 3-5 minutes:



**A** is for \_\_\_\_\_  
for an opiate overdose



**C** is \_\_\_\_\_  
for sudden cardiac arrest.



**T** is for \_\_\_\_\_  
and wound packing for severe bleeding.

**Each intervention follows steps to:**

**CALL**

**SEND**

**ACT**

# Antidote

for suspected opiate overdose

Opiate overdose is the leading cause of preventable death for people under 50

## Suspect an overdose when:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

In more than 90% of cases where an antidote was used the person survived. This could be somebody you know and love.

## Examples of Narcan:

Opiates can cause breathing to slow/stop.

This can be quickly reversed with an antidote such as Narcan/Naloxone.



Most common



Electronic version

## CALL

- Call 1. \_\_\_\_

Fill in the Blank

## SEND

- Send for 2. \_\_\_\_
- Ask for **antidote**  
(Narcan®, Evzio®, or naloxone)

## ACT

- Check for signs of life or adequate breathing
- Administer 3. \_\_\_\_\_
- Recheck breathing
- If no signs of life or adequate breathing: switch to CPR checklist

### NOTE

**Ensure your own personal safety:**

Victims and scenes are unpredictable

**Narcan is safe** for patients not suffering an opiate overdose

**Severe overdose may require more than one dose**



# CPR/AED

for cardiac arrest

Nearly 80% of cardiac arrest happens in the home, most likely a friend or family member.

## What are barriers to performing CPR?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**AED:**  
(Automated external defibrillator)



Do not stop or delay compressions to find an AED.

If you have other people around, SEND them for the AED.

# CALL

**Call 1. \_\_\_**

# SEND

**Send for help**  
 **Ask for 2. \_\_\_**

# ACT

**Begin chest compressions**  
 **Push hard and fast**  
 **Attach AED if available, and follow instructions**  
 **Perform 3. \_\_\_ until help arrives**  
 **If you suspect opiate overdose, administer antidote and follow antidote checklist**

### NOTE

If someone else with CPR training can help, trade off performing compressions every two minutes without interruption



# Tourniquet

for severe bleeding

*.A person who has severe bleeding can die from blood loss in as little as 3-5 minutes.*

## Wound Packing:



Never unpack a wound or remove a tourniquet.

Look for a military-grade tourniquet with a windlass (metal bar) design. Tourniquets and bleeding control kits can be found online.

## Signs of severe bleeding:

1. \_\_\_\_\_

2. \_\_\_\_\_

## CALL

- Call 1. \_\_\_

## SEND

- Send for 2. \_\_\_\_\_
- Ask for bleeding control kit

## ACT

- Identify the source of the bleeding
- Apply 3. \_\_\_\_\_ pressure
- Pack wound for torso/trunk injury
- Apply tourniquet for leg or arm injury
- If no signs of life or adequate breathing: switch to CPR checklist

### NOTE

**Ensure your personal safety:**

Victims and scenes are unpredictable

**Remove or cut clothes** to identify bleeding

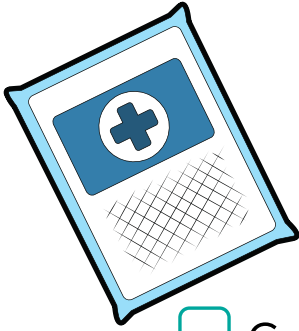
**Apply the tourniquet** between torso and bleeding location

**Tighten the tourniquet** to obtain bleeding control

**Mark the time** of the tourniquet application

**A second tourniquet** may be required

# SUPPLY LIST



Gauze



Tourniquet



Extra T-Shirts



Towels

## RESOURCE LIST

*South County Fire encourages everyone to complete a nationally recognized first aid and CPR/AED course in addition to our ACT class.*

### For Certification Courses:

American Heart Association:  
[www.heart.org](http://www.heart.org)

American Red Cross  
[www.redcross.org](http://www.redcross.org)

### Community Resources:

Information on Narcan:  
<https://snohomishcountywa.gov/3657/Opioids>

## BYSTANDER HELP

**Two Washington State Laws help protect bystanders who act to help.**

### Good Samaritan Law

(summary)

RCW 4.24.300

Immunity from liability for certain types of medical care. Any person who renders care at the scene of an emergency, or who participates in medical treatment shall not be liable for civil damages. As long as you stay within your level of training you will be protected.

### Medical assistance-drug related overdose-prosecution for possession

RCW 69.50.315

# NOTES PAGE



VISIT WEBSITE: [WWW.SOUTHSNOFIRE.ORG/ACT](http://WWW.SOUTHSNOFIRE.ORG/ACT)  
EMAIL: [ACT@SOUTHSNOFIRE.ORG](mailto:ACT@SOUTHSNOFIRE.ORG)

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