



**PUBLIC  
ACCESS  
TRAUMA  
CARE**



# PUBLIC ACCESS TRAUMA CARE SKILLS



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## What to do in an Emergency

- Before offering any help, make sure YOU are safe. Look around at your surroundings and use all of your senses to determine if the scene is safe.
- Initiate care to the injured if the scene is safe for you to do so.
- If you feel at any time your safety is threatened, try to remove yourself from the situation and find a safer location.
- Protect yourself from blood-borne infections and wear gloves if they are available.

## Tourniquet

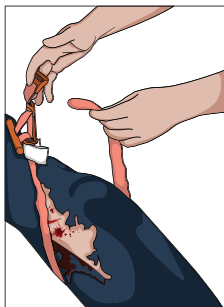
For Major Bleeding from the Arm or Leg



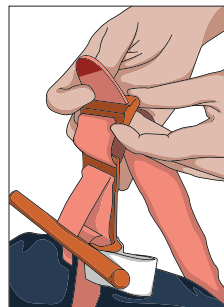
1. Locate the tourniquet in the PATC kit.



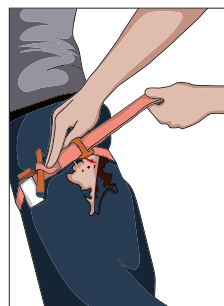
2. Unfasten the Velcro and straighten out the tourniquet. If another person is nearby have them apply direct pressure to the wound but this not a requirement.



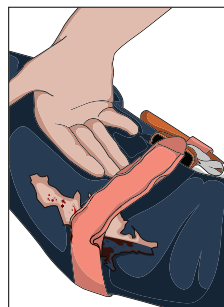
3. Wrap the tourniquet around the wounded extremity, placing it as high on the limb as possible.



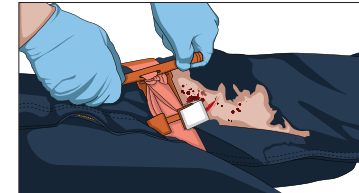
4. Pass the red tab on the end of the tourniquet through the opening on the buckle. Pull the remaining material of the self-adhering band as tight as possible.



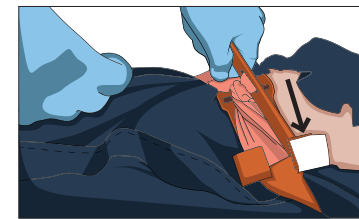
5. Pull the band back towards you and fasten it onto the Velcro, all the way around the limb.



6. The band should be tight enough that the tips of three fingers will not fit between the tourniquet and the skin. If the tips of three fingers fit under the band, retighten and re-secure.



7. Twist the rod until the bleeding stops. THIS WILL HURT and that is okay.



8. Place one end of the rod underneath the clip to secure it in place.



9. Unfasten the white time strap and place it over the rod. Note the time on the strap using your permanent marker located in the PATC kit.

## Direct Pressure

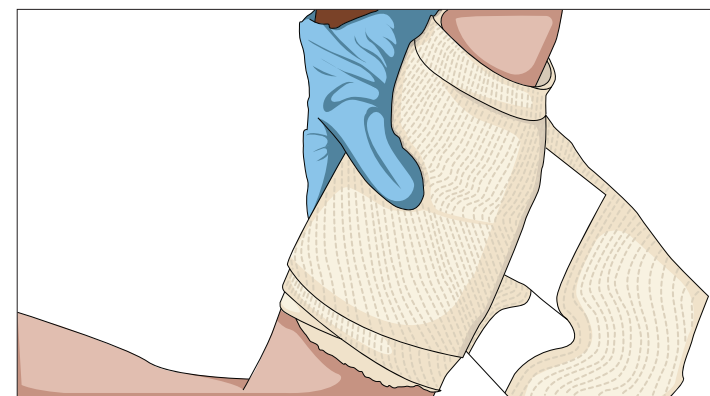
For any Bleeding Wounds



1. Locate the emergency trauma dressing in the PATC kit.



2. Use two hands to pull the Velcro apart on the dressing until you see the pad. Place the pad directly onto the wound with the label facing up.



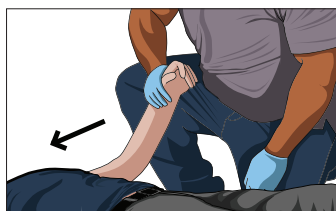
3. Tightly wrap the remaining dressing on top of the pad.



4. Press the Velcro fastener against the bandage to secure it.

## Preventing Shock

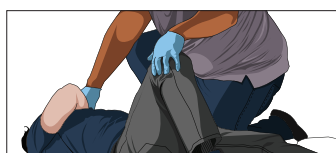
After Applying Aid



1. Lift the patient's arm closest to you and place it next to their head.



2. Lift the patient's other arm and place it across their chest, with the hand resting on the shoulder.



3. Bend the knee furthest from you. Grip the knee and the far shoulder of the patient. Gently roll the patient on their side.



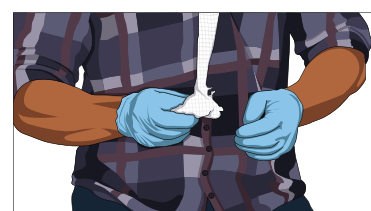
4. Cover the patient's entire body with the emergency blanket, carefully ensuring that the blanket wraps around the patient's head, while leaving their face uncovered.

## Wound Packing

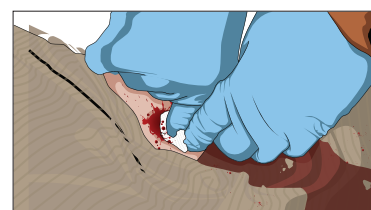
For Wounds to the Neck, Armpit, or Groin



1. Locate the compressed gauze in the PATC kit.



2. Find one end of the gauze and wrap the gauze around two fingers several times to make a small ball.



3. Firmly press the ball of gauze into the wound and continue to pack to fill the entire wound cavity.



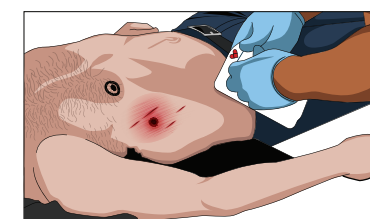
4. If the wound is not filled, use more gauze, and follow the same steps. Once the wound is filled secure the packing with an emergency trauma dressing.

## Chest Seal

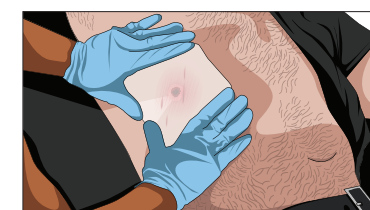
For Wounds to the Chest, Abdomen, or Back



1. Locate the chest seal in the PATC kit.



2. Separate the dressing from the lining and place the dressing on the patient's skin, adhesive side down, centered over the wound.



3. Firmly press the dressing against the skin to ensure a good seal.