



Quick First Aid guide

ProSafety NZ

Topic: Shock

Shock is a life-threatening condition that occurs when the body is not getting enough blood flow. This can damage multiple organs. Shock requires IMMEDIATE medical treatment and can get worse very rapidly.

Shock can be caused by any condition that reduces blood flow, including:

- Heart problems (such as heart attack)
- Low blood volume (as with heavy bleeding)
- Changes in blood vessels (as with infection or allergic reaction)

A person in shock has extremely low blood pressure. Depending on the specific cause and type of shock, symptoms will include one or more of the following:

- Anxiety or agitation
 - Confusion
 - Pale, cool, clammy skin
 - Bluish lips and fingernails
 - Dizziness, light-headedness, or fainting
 - Profuse sweating, moist skin
 - Rapid but weak pulse
 - Shallow breathing
 - Chest pain
 - Loss of consciousness
- Call for medical help.
 - Check the person's airway, breathing, and circulation.
 - Even if the person is able to breathe on his or her own, continue to check rate of breathing at least every 5 minutes until help arrives.
 - If the person is conscious and DOES NOT have an injury to the head, leg, neck, or spine, place the person in the shock position. Lay the person on the back and elevate the legs about 12 inches. DO NOT elevate the head. If raising the legs will cause pain or potential harm, leave the person lying flat.
 - Give appropriate first aid for any wounds, injuries, or illnesses.
 - Keep the person warm and comfortable. Loosen tight clothing.
 - Turn the head to one side so he or she will not choke. Do this as long as there is NO suspicion of spinal injury.
 - If a spinal injury is suspected, "log roll" him or her instead. Keep the person's head, neck and back in line and roll him or her as a unit.

DO NOT

- DO NOT give the person anything by mouth, including anything to eat or drink.

- DO NOT move the person with a known or suspected spinal injury.
- DO NOT wait for milder shock symptoms to worsen before calling for emergency medical help.

Convulsions

Convulsions are when a person's body shakes rapidly and uncontrollably. During convulsions, the person's muscles contract and relax repeatedly. Convulsion can be unsettling to watch. Despite their appearance, most seizures are relatively harmless. They usually last from 30 seconds to 2 minutes. However, if a seizure is prolonged, or if multiple seizures happen and the person doesn't awaken in between, this is a medical emergency.

1. When a seizure occurs, the main goal is to protect the person from injury. Try to prevent a fall by laying the person on the ground in a safe area. The area should be cleared of furniture or other sharp objects.
2. Cushion the person's head.
3. Loosen tight clothing, especially around the neck.
4. The person should be turned on his or her side in case vomiting occurs. This keeps the vomit from being inhaled into the lungs.
5. Stay with the person until help arrives. Meanwhile, monitor the person's vital signs (pulse, rate of breathing)

Disclaimer. ProSafety NZ has taken care in preparing the guide. However, care should be taken in diagnosing and applying first aid treatment. Where possible professional help should be called.
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