

Accident

Stop the Accident	<ul style="list-style-type: none"> • What happened? Quick survey • Is the site of injury safe for the medical examiner and the injured person? • Is the injured person conscious and alert? • Emergency evacuation?
A Airways	<ul style="list-style-type: none"> • Inline-stabilization: the position of the head is secured • Secure free airways • Place a cervical collar • Give oxygen
B Breathing	<ul style="list-style-type: none"> • Assess breathing ability (observe-listen-feel) • Possibly valve-bandage
C Circulation	<ul style="list-style-type: none"> • Do you feel a pulse? Frequency and quality? • Examine the capillary response • Assess the skin colour and temperature • Check for haemorrhage • Consider a venous needle and drip • Reassess ABC • Consider consulting Radio Medical
D Disability	<ul style="list-style-type: none"> • Assess the level of consciousness • Examine pupil reaction to light • Assess if treatment can continue on the site of injury
E Expose	<ul style="list-style-type: none"> • Possibly a top-to-toe examination on the site of injury • Fixation in the stretcher • Transfer to the medical cabin
Medical Cabin	<ul style="list-style-type: none"> • Reassess ABC • Write a Radio Medical-record and monitor the patient objectively • Consult Radio Medical • Continue observations and standard First Aid • Follow Radio Medicals prescription

NORMAL VALUES FOR ADULTS:

BP:	120-140/60-90
Pulse:	60 – 80
Breathing:	12 – 16
Capillary response:	less than 2 seconds

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