

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 vein needle and drip • Reassess ABC • Consider consulting Radio Medical

Radio Medical

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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 RM's 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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