

FIRST AID REMINDERS

PRIMARY SURVEY

- **A** = **AIRWAY OPEN?**
- **B** = **BREATHING? – (If not breathing go straight to CPR)**
- **C** = **CIRCULATION? (CAROTID PULSE? SEVERE BLEEDING? SKIN CONDITION?)**
- **D** = **DISABILITY?
A.V.P.U.**

LEVELS OF CONSCIOUSNESS

- **A** = **ALERT, KNOWS NAME, PLACE, TIME.**
- **V** = **RESPONDS TO VOICE.**
- **P** = **RESPONDS TO PAIN**
- **U** = **UNRESPONSIVE**

SECONDARY SURVEY

- **D** = **DEFORMITY**
- **O** = **OPEN WOUNDS**
- **T** = **TENDERNESS**
- **S** = **SWELLING**

S.A.M.P.L.E. HISTORY

- **S** = **SIGNS AND SYMPTOMS**
- **A** = **ALLERGIES**
- **M** = **MEDICATIONS**
- **P** = **PRIOR ILLNESS**
- **L** = **LAST MEAL**
- **E** = **EVENTS LEADING UP TO ILLNESS/INJURY**

RICE TREATMENT

- **R** = **REST**
- **I** = **ICE PACK (ON SKIN OVER INJURY)**
- **C** = **COMPRESSION (WITH ELASTIC BANDAGE)**
- **E** = **ELEVATE**