

SHOCK

*Definition:*

- Poor circulation to the vital organs. Shock is very serious and life threatening. The casualty may not know that they are in shock.

*Causes:*

- Dilated blood vessels, bleeding, severe dehydration, all leading to a drop in blood pressure, which results in poor circulation. These can be caused by severe emotional trauma, physical injury, illness, etc.

*Warning signs:*

- Unusual behavior (e.g. very calm or very anxious), lack of pain to an injury, rapid breathing, rapid but weak pulse, bluish skin (cyanosis), unconsciousness.

*Helping:*

- Activate the ambulance right away. Assist the person to lie on their side to improve circulation, treat any injuries, help them take any medication for an illness.



Once someone goes into shock it is like a domino effect. The body tried to compensate by increasing the heart rate. But his leads to a fatigued heart, and blood loss if there is an injury. As a result the heart needs more blood so it speeds up even more. The best way to help is to treat the cause of the shock.

FAINTING

*Definition:*

- This is very similar to shock except it is a temporary condition.

*Causes:*

- It usually occurs because of a temporary decrease of blood flow to the brain, which can be caused by not eating properly, standing up too fast, or low blood pressure.

*Warning signs:*

- The casualty feels faint, or collapses.

*Helping:*

- If they feel faint have them lie down which will help with circulation. If they faint they will usually wake up in a few seconds. Encourage the person to stay lying down for a few minutes until they feel better. If they do not wake up within one minute, or they became injured during the fall then activate the ambulance, and treat any injuries.

*Notes:*

- If someone has fainted, even if they feel fine afterwards, they should still go see their doctor to rule out any major problem.

Recovery Position

(semi-prone)



The recovery position can be used with anyone that is unconscious but breathing, or is not feeling well, or is dizzy. It is a comfortable position that keeps the airway open and allows for easy circulation throughout the body. Use a blanket to keep them warm.