



5-minute safety talk

6 Steps to Take During Any Medical Emergency

1. Recognize the emergency.
2. Check the scene for safety issues.
3. Check the person. If no response, move to Step #4.
4. Call 9-1-1 when appropriate.
5. Obtain consent and care for person until help arrives.
6. Have the person seek medical attention when appropriate.

Asthma

Asthma is a chronic respiratory condition where the airway becomes inflamed, resulting in breathing difficulty, coughing and wheezing. Symptoms can be mild to severe.

SIGNS AND SYMPTOMS

- Wheezing, difficulty breathing and speaking
- Dry persistent cough, fear or anxiety
- Gray-blue/ashen skin, changing levels of responsiveness

STEPS TO TAKE

1. If the victim does not know he or she has asthma (first attack), call 9-1-1 immediately.
2. If the victim identifies the breathing difficulty as an asthma attack and has been prescribed medication (usually an inhaler), help the victim use the prescribed inhaler as directed by his or her health care provider.
 - Remove the cap.
 - Shake the inhaler several times.
 - Connect the spacer (if needed).
 - The victim places the inhaler or spacer end in mouth.
 - The victim presses the applicator down while slowly inhaling.
 - Remind the victim to hold his or her breath with the medication for about 10 seconds.
3. Help the victim rest in a position for easiest breathing (usually sitting up).
4. If needed, the victim may use the prescribed inhaler again as directed by his or her health care provider. If the breathing difficulty persists after use of the inhaler, call 9-1-1.



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