



# 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.



## Breathing Difficulty

**Breathing difficulty** is when a person has difficulty in getting enough oxygen to breathe comfortably. The distress can be mild to severe.

### SIGNS AND SYMPTOMS

- Gasping or unable to catch one's breath, speaking in shortened sentences
- Very fast or very slow breathing, very deep or shallow breathing, wheezing or gurgling with breathing
- Dizziness or lightheadedness, pale or ashen skin

### STEPS TO TAKE

1. Call 9-1-1 for sudden unexplained breathing problems.
2. Help the victim rest in a position of easiest breathing. Calm and reassure the person.
3. If the victim is hyperventilating, ask him or her to breathe slowly.
4. Ask the victim about any prescribed medicine he or she may have and help the victim take it if needed.
5. Stay with the victim and be prepared to give CPR if breathing stops. (**Note:** Only employees with CPR training should administer CPR.)



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