



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.



Diabetes: High Blood Sugar

SIGNS AND SYMPTOMS

- Frequent urination, drowsiness, dry mouth, thirst
- Shortness of breath, deep rapid breathing, breath that smells fruity
- Nausea, vomiting, eventual unresponsiveness

STEPS TO TAKE

1. If you suspect high blood sugar, call 9-1-1 immediately and monitor the person.
2. If you are unsure whether the victim suffers from high or low blood sugar, it is okay to give sugar.
3. Call 9-1-1 if the victim becomes unresponsive or continues to have significant signs and symptoms.

Diabetes: Low Blood Sugar

SIGNS AND SYMPTOMS

- Sudden dizziness, shakiness or mood change (even combativeness)
- Headache, confusion and difficulty paying attention
- Pale skin, sweating, hunger, clumsy, jerky movements, possible seizure

STEPS TO TAKE

1. Confirm the victim has diabetes. Talk to the victim and look for a medical ID tag.
2. Give the victim glucose tablets if available. If not available, give another sugar source such as candy or orange juice. Only give the victim sugar if he or she is conscious, can follow simple commands and is able to swallow.
3. If the victim still feels ill or has signs and symptoms after 15 minutes, give more sugar.
4. Call 9-1-1 if the victim becomes unresponsive or continues to have significant signs and symptoms.



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