



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.

Severe Allergic Reaction

Severe allergic reactions are an extreme response to allergens. Some causes include peanut butter, a bee sting or a medication. The allergic reaction is quick and can be life-threatening.

SIGNS AND SYMPTOMS

- Difficulty breathing, wheezing, tightness in throat or chest
- Swelling of the face and neck and puffy eyes
- Anxiety, agitation, nausea or vomiting

STEPS TO TAKE

1. Call 9-1-1.
2. Help a responsive victim use his or her emergency epinephrine auto-injector. If the victim cannot use the prescribed auto-injector, you may administer it yourself if permitted by state law. Always follow the directions on the auto-injector.

RECOVERY POSITION STEPS

1. Extend one of the victim's arms above the victim's head.
2. Carefully roll the victim's body onto its side so that the victim's head is supported on the extended arm.
3. Bend both legs so the victim's position is stabilized.
4. With victim now in position, open the mouth to allow drainage and monitor breathing.

3. Take the auto-injector out of its case and remove the cap or protective cover.
4. To administer the medication, press the auto-injector firmly against the outer thigh and hold it there while the medication is injected (follow the product instructions for how long). You should feel a "click" when the injection starts.
 - The medication should provide relief for 15-20 minutes.
 - If symptoms continue after the first dose of epinephrine has been given, and if EMS personnel are not expected to arrive within 5-10 minutes, administer a second dose of epinephrine, using a second auto-injector.
5. Monitor the victim's breathing and be ready to give CPR if needed. (**Note:** Only employees with CPR training should administer CPR.)
6. Help a responsive victim sit up in a position of easiest breathing. Put an unresponsive victim who is breathing in the Recovery Position.

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