



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.

Stroke

Strokes result when blood flow is either interrupted or reduced to the brain depriving tissue of oxygen and nutrients. Brain tissue dies as a result and can affect functions such as speech and mobility.

SIGNS AND SYMPTOMS

- Face drooping, arm weakness, speech difficulty
- Sudden weakness or numbness of face, arm or leg, especially on one side of the body
- Drooling and walking problems, sudden and severe headache, vomiting and loss of consciousness

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.

STEPS TO TAKE

1. Call 9-1-1.
2. Monitor the victim's breathing and be ready to give CPR if needed. (**Note:** Only employees with CPR training should administer CPR.)
3. Have the victim lie on his or her back with head and shoulders slightly raised.
4. Loosen constricting clothing.
5. If necessary, turn the victim's head to the side to allow drool or vomit to drain.
6. Keep the victim warm and quiet until help arrives.
7. Put a breathing, unresponsive victim (if no suspected trauma, especially a neck, back, hip or pelvic injury) in the Recovery Position.

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