

Medical Services



BASIC FIRST AID

Controlling Bleeding:

1. Check the scene for safety first, then check the victim.
 - a. Identify yourself and ask the victim for permission to help.
 - b. Use basic precautions to prevent disease transmission.
2. Cover the wound with a dressing, such as a gauze pad, and apply firm pressure.
3. Cover the dressing with a roller bandage, not so tight as to restrict blood flow to the extremity. Tie the knot directly over the wound.
4. Elevate the injured area if necessary to reduce the blood flow to the injury. Do this only if no broken bones are suspected and if not causing further pain.
5. If bleeding does not stop:
 - a. Apply traditional dressing/bandages over first dressing.
 - b. Apply pressure to pressure points in victim's arms or legs.
 - c. Ensure 9-1-1 is called.

CHOKING

1. If the person is unable to speak, cough or breathe, call 9-1-1.
2. Identify yourself and ask victim for permission to help.
3. Stand directly behind the person.
4. Place the thumb side of your fist against the middle of the victim's abdomen just above the navel.
5. Grasp and cover your fist with your other hand.
6. Give quick upward thrusts.
7. Continue until the object is coughed up. Stop if the victim becomes unconscious.
8. If the victim becomes unconscious, lower him/her onto their back and give 5 abdominal thrusts. Look inside their mouth after each set of 5 thrusts to see if the object has been dislodged. If you see the object, use your fingers to remove it.



**In an emergency,
dial 9-1-1 for an ambulance.**

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OPENING THE AIRWAY / RESCUE BREATHING

If the victim does not appear to be breathing:

1. Ensure 9-1-1 is called.
2. Gently tilt the head back and lift the chin.
3. Look, listen and feel for breathing for 5 seconds.
4. Use a CPR mask or other protective breathing barrier if one is available.
5. Pinch person's nose shut, open your mouth wide and make a tight seal around the person's mouth. (For an infant, cover both the mouth and the nose with your mouth.)
6. Give 2 slow breaths, only enough to see the chest clearly rise.
7. Check for breathing or any movement for 10 seconds.
8. Continue rescue breathing if necessary, at a rate of one breath every 5 seconds (3 seconds for a child). Re-check for breathing and movement every minute.

If the victim is breathing but remains unconscious:

1. Place the victim on their side in case they vomit and monitor breathing and movement.

SHOCK Going into shock can be fatal. Ensure 9-1-1 is called if you suspect shock.

Signs of shock:

- Breathing is fast and shallow. Victim seems to be panting.
- Capillary refill is longer than :02. (Pinch the victim's nail-bed or the palm of the hand at the base of the thumb. The color returns to normal only after more than two seconds.)
- The victim is unable to follow a simple command such as "squeeze my hand."

Treatment of shock:

- Call 9-1-1.
- Lie victim flat on their back with their legs raised 8-10" above the ground.
- Keep victim's temperature normal, not too hot, not chilled.
- Treat victim very gently and give nothing by mouth in case she/he becomes unconscious.



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