Emergency Medical Responder (EMR) Cheat Sheet

1. Vital Signs (Normal Ranges)

Vital Sign	Adult	Child (1-8 years)	Infant (0-12 months)
Pulse (BPM)	6-0-100 bpm	80-120 bpm	100-160 bpm
Respiratory Rate	12-20 breaths per minute	15-30 breaths per minute	25-50 breaths per minute
Blood Pressure	90-140 systolic / 60-90 diastolic	80-110 systolic	70-95 systolic

2. Patient Assessment: DCAP-BTLS

DCAP-BTLS is an acronym used during the physical assessment to remember the key points to look for:

- D: Deformities
- · C: Contusions (brulses)
- · A: Abrasions
- · P: Punctures/Penetrations
- B: Burns
- T: Tenderness
- · La Lacorations
- S: Swelling

3. Medical Terminology

Term	Definition	
Tachycardia	Fast heart rate, typically > 100 bpm in adults	
Bradycardia	Slow heart rate, typically <60 bpm in adults	
Dyspnes	Difficulty breathing	
Hypoxia	Low oxygen levels in the body	
Cyanosis	Bluish discoloration of the skin due to lack of oxygen	
Hypotension	Low blood pressure, typically <90/60 mmHg	
Hypertension	High blood pressure, typically > 140/90 mmHg	
Anaphylaxis	Severe allergic reaction that can cause airway obstruction and shock	
Cerebrovascular Accident (CVA)	Stroke; interruption of blood flow to the brain	
Myocardial Infarction (MI)	Heart attack; blockage of blood flow to the heart muscle	
Hemorrhage	Excessive bleeding	
Selzure	Uncontrolled electrical activity in the brain	

Medical First Responder Guide Sheet

Jin-Ying Zhang

Medical First Responder Guide Sheet:

Exam Prep: Medical First Responder Ben A. Hirst, 2006 Exam Prep Medical First Responder is designed to prepare you to sit for a First Responder certification promotion or training examination by including the same type of multiple choice questions you are likely to encounter The manual follows the Systematic Approach to Examination Preparation developed by Performance Training Systems Inc to help improve examination scores The practice examinations were written by fire and emergency service personnel and the content was validated through current reference materials and technical review committees Your exam performance will improve after using this system The First Responder's Field Guide to Hazmat and Terrorism Emergency Response ,2006-09 First Responder's Guide to Agricultural Chemical Accidents Charles R. Foden, Jack L. Weddell, 2018-02-06 First Responder's Guide to Agricultural Chemical Accidents provides emergency safety and health information for 452 toxic and hazardous products These products frequently used by pest exterminators and farmers include those insecticides pesticides rodenticides herbicides and fertilizers commonly transported on highways and by rail carriers The book lists products alphabetically and includes the manufacturer and telephone number chemical identification physical properties hazard ratings neutralizing agents when known fire fighting agents special warnings evacuation distances protective clothing health hazard information and emergency first aid for exposure This important information allows any First Responder to establish a safe plan of action without having to reference the library of chemical books normally carried by a Hazardous Materials Emergency Response Team HERT First Responder s Guide to Agricultural Chemical Accidents is an essential reference that provides critical hazardous materials data for personnel at fire departments law enforcement agencies and emergency medical agencies. The book will also be useful for business or individuals that store sell or use agricultural chemicals **ERG 2012: Ouick Lookup** U.S. Department of Transportation (DOT), Transport Canada, Secretariat of Transport and Communications, 2012-09-08 We regret to announce that we at Sheridan Programmers Guild will not produce a 2016 adaptation of the ERG ebook but we will direct our users to the official NIH ERG 2016 app which should work as well as or better than an ebook on many mobile devices Thank you to everyone who has supported the ERG 2012 Quick Lookup About This ebook takes the Department of Transportation data published in the Emergency Response Guidebook ERG 2012 and presents it in a familiar form reflecting the print ERG As an ebook this ERG is searchable It also includes internal links for quick access to information For example if an entry in the yellow section substances by ID references the green isolation distances tables you can tap click to jump right to the table The color coding of the official ERG is preserved for a familiar experience and ease of use The ebook table of contents can be used to jump immediately to any section This edition is up to date based upon the ERG 2012 and includes all the corrections released by the DOT through April 10 2013 which are not found in physical copies or other digital versions of the ERG We strive to be not only the most convenient version available but also the most accurate The ERG 2012 Quick Lookup offers a

speedy and easy platform for accessing the official DOT data The technical implementation and presentation are unique to our edition Now available in Spanish and French The GRE 2012 and GMU 2012 are both available on Play See more from author below or click The team at Sheridan Programmers Guild at the top of this page to see the Spanish and French editions

Guidelines for Haz Mat/WMD Response, Planning and Prevention Training; Guidance for Hazardous Materials Emergency Preparedness (HMEP) Grant Program, Implementing EMDR Early Mental Health Interventions for Man-Made and Natural Disasters Marilyn Luber, 2013-11-25 In this latest insightful volume gathered and edited by Marilyn Luber the authors have combined the lessons learned with personal accounts of how they proceeded There is still much to be done to integrate mental health care effectively into disaster response worldwide but this volume will help to point the way to best practices Robert Gelbach PhD Past Executive Director at EMDR Humanitarian Assistance Programs Eye Movement Desensitization and Reprocessing EMDR is a method of psychotherapy that has been extensively researched and proven effective for the treatment of trauma This book presents EMDR early response intervention protocols for such traumatic events as earthquakes mining accidents tsunamis and ongoing warfare It also provides concise summary sheets to facilitate quick information retrieval in perilous circumstances The book is authored by several of the first generation of therapists who successfully employed EMDR as a clinical treatment for acute stress following massive trauma events They vividly describe their experiences and the protocols and models they developed to respond to disaster The book describes two of the most commonly used resources the Butterfly Hug and the Four Elements Exercise for Stress Management Includes new information on acute stress secondary PTSD and vicarious traumatization growing out of interventions subsequent to natural disasters warfare and massacres in Turkey Asia the Middle East South and Central America and the United States Interventions that can be put to use on site and posttrauma are presented for groups including work with children adolescents and adults and with special populations Additionally the book addresses working with first responders such as firefighters EMS workers and others when using EMDR It facilitates the gathering and organizing of client data and contains updated and new scripted protocols as well as summary sheets from EMDR Scripted Protocols Basics and Special Situations and EMDR Scripted Protocols Special Populations Also included are templates for repeat use and an interactive PDF Key Features Provides EMDR early intervention procedures for man made and natural catastrophes Addresses EMDR and early interventions for groups of all ages and special populations Highlights international perspectives on how to organize a mental health response for recent traumatic events Includes early intervention scripts and summary sheets for individuals groups and special populations as well as self care scripts for clinicians Offers concise summary sheets for quick information retrieval **Training Emergency Responders** Applied Science Associates, 1979 **Emergency Response Guidebook** ,2004 Guidelines for Public Sector Hazardous Materials Training ,1998 **ODP WMD Training Program Enhancing** State and Local Capabilities to Respond to Incidents of Terrorism, Hazardous Materials Guide for First

Responders United States Fire Administration, 1998 First Responders Handbook Michael L. Madigan, 2017-09-13 The objective of this handbook is to make available in a quick reference form the information to enhance and support the response capabilities of firefighters emergency medical technicians hazardous materials response teams law enforcement officers bomb squads medical doctors and nurses emergency managers schools and others This handbook is dedicated and committed to disaster prevention preparedness readiness response mitigation and recovery efforts This is an ideal book for newcomers to the field and can be used for fast knowledge for application to any areas of response Industrial Toxicology and Hazardous Materials Nicholas P. Cheremisinoff, 1999-01-12 Providing vital safety information on over 1000 commercial chemicals this work explores up to date data on fire and chemical compatibility response methods for incidents involving chemical spills and fires and personnel and worksite safety monitoring and sampling The book includes more than 700 illustrations structures equations and tables and a glossary with over 700 definitions Medical Responder: Your First Response in Emergency Care David Schottke, 2016-10-25 Previous editions published with title First responder your first response in emergency care Sanders' Paramedic Textbook Mick J. Sanders, Kim McKenna, American Academy of Orthopaedic Surgeons (AAOS), 2024-01-17 Based on current guidelines standards and medical research in the EMS field Sanders Paramedic Textbook Sixth Edition is both a comprehensive learning tool for paramedic students and reliable desk reference for emergency physicians This critical resource includes in depth explorations of key subjects such as pathophysiology pharmacology airway management medical disorders patient assessment and trauma Aehlert's EMT-basic Study Guide Barbara Aehlert, 1998-01-01 The author a well known and respected specialist in the field provides the reader with authoritative coverage of what the EMT needs to know perfectly balanced between the question bank and the more comprehensive traditional text The presentation is clear and concise making the text an excellent addition to the EMT student's resources as well as a perfect tool to use in reviewing for refresher courses 2004 emergency response guidebook United States. Department of Transportation. Research and Special Programs Administration, 2004 1996 North American Emergency Response Guidebook, 1996 Reference in Medicine and Health Christa Modschiedler, Denise Beaubien Bennett, 2014-04-26 Drawn from the extensive database of Guide to Reference this up to date resource provides an annotated list of print and electronic biomedical and health related reference sources including internet resources and digital image collections Readers will find relevant research clinical and consumer health information resources in such areas as Medicine Psychiatry Bioethics Consumer health and health care Pharmacology and pharmaceutical sciences Dentistry Public health Medical jurisprudence International and global health Guide to Reference entries are selected and annotated by an editorial team of top reference librarians and are used internationally as a go to source for identifying information as well as training reference professionals Library staff answering health queries as well as library users undertaking research on their own will find this an invaluable resource

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Table of Contents Medical First Responder Guide Sheet

- 1. Understanding the eBook Medical First Responder Guide Sheet
 - The Rise of Digital Reading Medical First Responder Guide Sheet
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Medical First Responder Guide Sheet
 - Exploring Different Genres
 - o Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Medical First Responder Guide Sheet
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Medical First Responder Guide Sheet
 - Personalized Recommendations
 - Medical First Responder Guide Sheet User Reviews and Ratings
 - Medical First Responder Guide Sheet and Bestseller Lists

- 5. Accessing Medical First Responder Guide Sheet Free and Paid eBooks
 - o Medical First Responder Guide Sheet Public Domain eBooks
 - Medical First Responder Guide Sheet eBook Subscription Services
 - Medical First Responder Guide Sheet Budget-Friendly Options
- 6. Navigating Medical First Responder Guide Sheet eBook Formats
 - o ePub, PDF, MOBI, and More
 - Medical First Responder Guide Sheet Compatibility with Devices
 - Medical First Responder Guide Sheet Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - o Adjustable Fonts and Text Sizes of Medical First Responder Guide Sheet
 - Highlighting and Note-Taking Medical First Responder Guide Sheet
 - Interactive Elements Medical First Responder Guide Sheet
- 8. Staying Engaged with Medical First Responder Guide Sheet
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - \circ Following Authors and Publishers Medical First Responder Guide Sheet
- 9. Balancing eBooks and Physical Books Medical First Responder Guide Sheet
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Medical First Responder Guide Sheet
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Medical First Responder Guide Sheet
 - Setting Reading Goals Medical First Responder Guide Sheet
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Medical First Responder Guide Sheet
 - Fact-Checking eBook Content of Medical First Responder Guide Sheet
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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