

Medical Emergencies

IF YOU NEED AN AMBULANCE

1 Call 911 & 2 Call Security at **514-398-3000** (Downtown) or **514-398-7777** (Macdonald) so that they can provide the necessary escort.

IF YOU NEED FIRST AID, CPR OR AN AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

Call Security at **514-398-3000** (Downtown) or **514-398-7777** (Macdonald). They will send a trained patroller.

First aid tips

BLEEDING

Call for ambulance.

Press directly on wound with sterile gauze, sanitary napkin, clean handkerchief or bare hand.

Maintain steady pressure until the bleeding stops.

If an arm or leg is bleeding, keep it elevated until emergency personnel arrive.

CHOKING

Call for ambulance.

Do nothing if the victim is coughing or gasping.

If no air movement, apply abdominal thrusts. Hold the victim from behind with your hands over the “belly button” area; quickly squeeze in and up until the object is expelled.

SEIZURE

Call for ambulance.

Protect victim from self-injury.

After the seizure, place the victim in recovery position.

Watch for vomiting to prevent the victim from choking.

Keep victim comfortable in recovery position until emergency personnel arrive.

SHOCK

Call for ambulance.

Keep victim warm and calm, with legs slightly elevated, until emergency personnel arrive.

UNCONSCIOUS / UNRESPONSIVE

Call for ambulance.

Check for breathing: If the victim is not breathing, initiate CPR. Gently tilt the head back and lift the chin to open the airway; watch chest and listen for air from mouth. If not breathing, pinch the nose and give two slow, full breaths.

Watch the chest rise and fall during each breath.

If an **AED** is available, follow instructions and apply. Administer CPR as required.

To administer CPR: press down with the palm of your hand on the middle of chest 30 times and give two breaths. Repeat until help arrives.