

# Shock Management Protocol

This playbook outlines the steps to recognize and manage shock in individuals, providing necessary first aid measures while awaiting professional medical assistance.

## Step 1: **Assess Safety**

Ensure the scene is safe before approaching the individual. This includes checking for potential hazards such as traffic, fire, electricity, and so on.

## Step 2: **Check Responsiveness**

Attempt to determine the consciousness level of the individual by gently tapping and speaking to them to see if there's a response.

## Step 3: **Call for Help**

If the person is unresponsive or showing signs of shock, call emergency services immediately or ask a bystander to call for help.

## Step 4: **Position Person**

Carefully lay the person down on their back and elevate their legs approximately 12 inches if there are no injuries preventing you from doing so and it's safe.

## Step 5: **Loosen Clothing**

Loosen any tight or constrictive clothing to ensure it is not hindering breathing or circulation.

## Step 6: **Maintain Temperature**

Keep the person warm by covering them with blankets or layers of clothing, but avoid overheating them.

## Step 7: **Monitor**

Watch for changes in the person's condition. Regularly check their breathing, pulse, and level of consciousness until help arrives.

## Step 8: **Provide Comfort**

Reassure the person. Stay calm and provide emotional support to help reduce anxiety, which can worsen shock.

## Step 9: **Do Not Give**

Avoid giving the person anything to eat or drink, even if they request it, as shock may impair their ability to swallow.

## Step 10: **Administer CPR**

If the person is not breathing or does not have a pulse, begin CPR if you are trained and it's safe to do so, and continue until professional help arrives.

# **General Notes**

## **Shock Signs**

Symptoms of shock may include clammy skin, pale or ashen complexion, rapid pulse, rapid breathing, nausea or vomiting, weakness, or confusion.

## **CPR Certification**

Only perform CPR if you are properly trained and certified, and familiar with the current guidelines.

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