

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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