

SFA-WI-026_復原臥位流程 Procedure of Recovery Position (2020-06-30)

D, (I)

現場環境安全 / The scene is safe
 有沒有人知道發生什麼事？在場有無醫生、護士或警察？我學過急救，我嚟幫佢！
 Anyone knows what happened? Is there any doctor or nurse? I am a first-aider, I can help.

R

先生/小姐，你應吓我啦！（向兩邊耳朵呼叫，然後拍雙肩）
 Sir/ Madam, Can you hear me? (Asking beside the ears and then tapping the shoulders)



指派現場一位人士報警：「這裡有人人事不省，請取 AED / 去顫器、報警後回來幫我！」
 Ask someone to call 999: "The person is unconscious, please call for help and bring AED back!"

A

檢查口腔異物及暢通氣道(按額托顎法)
 Check the mouth for foreign objects and open the airway (Head-Tilt-Chin-Lift)

B

檢查呼吸 10 秒
 Check Breathing for 10 seconds



C

檢查脈搏 10 秒
 Check pulse for 10 seconds



檢查休克徵象 Check for signs of Shock :
 ● 橈動脈 Radial Artery
 ● 掌心 Palm
 ● 指甲微循環再充血時間 Capillary refill time

成人及兒童
 Adult & Child



快速全身檢查 Rapid Body Survey (RBS) :
 2. 後檢查骨折/出血 Check for other injuries :
 頭、頸、胸、腹、背、盆、下肢及上肢。
 Head, neck, chest, belly, back, pelvis, lower & upper limbs



詳細全身檢查
 Secondary Survey



有呼吸和脈搏，移動不會加重其傷勢，置復原臥位
 Have breathing & pulse, moving will not cause further injury, Place recovery position



檢查背部，最後檢查呼吸、脈搏每分鐘「次數」。每隔 3 至 5 分鐘檢查呼吸和脈搏「次數」，禁食，保暖，準備送院。
 Check the back, final check for breathing & pulse. Count breathing & pulse very 3-5 minutes. No food/drink, keep warm, wait for the ambulance.