Shock

**Shock** is a progressive, life-threatening condition in which the circulatory system fails to deliver enough oxygen-rich blood to the body's tissues and organs. As a result, organs and body systems begin to fail. Common causes of shock include severe bleeding and severe allergic reactions (anaphylaxis), but shock can develop quickly after any serious injury or illness. A person who is showing signs and symptoms of shock needs immediate medical attention.

### Signs and Symptoms of Shock

A person who is going into shock may show any of the following signs and symptoms:

- Restlessness or irritability
- Altered level of consciousness
- Nausea or vomiting
- Pale, ashen (grayish), cool, moist skin
- Rapid breathing
- Rapid, weak heartbeat
- Excessive thirst

### First Aid Care for Shock

When a person who has been injured or is ill shows signs and symptoms of shock, call 9-1-1 or the designated emergency number immediately, if you have not already done so. Shock cannot be managed effectively by first aid alone, so it is important to get the person emergency medical care as soon as possible. While you are waiting for help to arrive:

- Have the person lie flat on his or her back.
- Control any external bleeding.
- Cover the person with a blanket to prevent loss of body heat.
- Do not give the person anything to eat or drink, even though he or she may complain of thirst. Eating or drinking increases the person's risk for vomiting and aspiration (inhalation of foreign matter into the lungs). Aspiration can cause serious complications, such as pneumonia.
- Provide reassurance, and help the person rest comfortably. Anxiety and pain can intensify the body's stress and speed up the progression of shock.
- Continue to monitor the person's condition and watch for changes in level of consciousness.
Generally speaking, you should avoid moving an injured or ill person to give care. Unnecessary movement can cause additional injury and pain and may complicate the person’s recovery. However, under the following three conditions, it would be appropriate to move an injured or ill person:

- You must move the person to protect him or her from immediate danger (such as fire, flood or poisonous gas). However, you should only attempt this if you can reach the person and remove him or her from the area without endangering yourself.
- You must move the person to reach another person who may have a more serious injury or illness.
- You must move the person to give proper care. For example, it may be necessary to move a person who needs CPR onto a hard, flat surface.

If you must move a person in an emergency situation, the goal is to do so without injuring yourself or causing additional injury to the person. The following common emergency moves can be done by one or two people and with minimal or no equipment. The situation will dictate which move you should use.

<table>
<thead>
<tr>
<th>Move</th>
<th>When to Use It</th>
<th>How to Do It</th>
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</thead>
<tbody>
<tr>
<td>Walking Assist</td>
<td>To move a person who can walk but needs help*</td>
<td>1. Place the person’s arm around your shoulder or waist (depending on how tall the person is), and hold it in place with one hand.</td>
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<td>2. Support the person with your other hand around the person’s waist.</td>
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<td>(Another responder can also support the person in the same way on the other side.)</td>
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| **Two-Person Seat Carry** | To move a responsive person who is not seriously injured*                  | 1. Put one arm under the person's thighs and the other across his or her back, under his or her arms. Have a second responder do the same.  
2. Interlock your arms with the other responder's arms under the person's legs and across the person's back.  
3. Lift the person in the “seat” formed by your interlocked arms. |
| **Clothes Drag**     | To move a responsive or unresponsive person who may have a head, neck or back injury | 1. Grasp the person's shirt behind the neck, gathering enough material so that you have a firm grip.  
2. Cradle the person's head with the shirt and your hands, and pull the person to safety. |
| **Blanket Drag**     | To move a responsive or unresponsive person                                | 1. Fold the blanket in half lengthwise, and place it so that the fold is alongside the person's body.  
2. Take the top layer of the folded blanket, and roll it toward the person's body.  
3. Position yourself so that the person is between you and the blanket.  
4. Put one hand on the person's shoulder and the other on his hip and roll the person onto his or her side, toward you, and then pull the blanket toward you so that it is against the person's body.  
5. Roll the person onto his or her back, onto the blanket.  
6. Pull the side of the blanket that was rolled up toward yourself, so that the person is in the middle of the blanket.  
7. Gather the blanket at the person's head and pull the person to safety. |
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<td>Ankle Drag</td>
<td>To move a person who is too large to move another way</td>
<td>1. Cross the person’s arms over his or her chest.</td>
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<td>2. Firmly grasp the person’s ankles.</td>
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<td>3. Move backward, pulling the person in a straight line and being careful not to bump the person’s head.</td>
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*Do not use this emergency move if you suspect that the person has a head, neck or spinal injury.*