

S.T.A.R.T.
Simple Triage And Rapid Treatment

- a. For the first responder, no medical equipment needed initially
- b. Start where you stand and walk either clockwise or counter clockwise
- c. As you approach, identify the uninjured or "walking wounded"
 - Move them out of danger or use them:
 - a. To control bleeding.
 - b. Maintain an airway.
- d. Proceed to the victims that cannot move.

Triage assessment:

Step 1. Respiration (Breathing)

- a. None, open airway, still no breathing, tag DECEASED
- b. Respiration's greater than 30/min. or less than 10/min. tag IMMEDIATE
- c. Respiration between 10-30/min. go on to Step 2.

Step 2. Perfusion Check (Radial Pulse) or use a Capillary blanch test, squeeze

- Nail bed
 - Palm of hand or pad of finger
- B . If color regains in greater than 2 seconds, tag IMMEDIATE
C If the color returns in less than 2 seconds go onto Step 3 - Mental Status
D In poor lighting, attempt to find the radial pulse. If radial pulse is present precede to Step 3

Step 3. Mental Status

- A . Altered mental status is the inability to follow simple commands, tag IMMEDIATE.
B Able to follow simple commands, tag DELAYED.
C Example of simple commands: " can you squeeze my hands?" " Can you open and close your eyes?" and close your eyes?
D All steps have been passed for patient to be tagged (DELAYED)"
E Rapid Treatment
 - Ventilation
 - a. Open airway, clear obstructions or blood from airway
 - b. No heroics i,e mouth to mouth
 - Circulation
 - a. Apply a quick bandage" walking wounding" can assist.
 - b. Raise legs to return blood to the heart

Note: If victim is unconscious mark as IMMEDIATE