

Cheat Sheet for Emergency Medical Technician (EMT) Certification

EMT Certification Cheat Sheet

1. **Basic Life Support (BLS)**

1.1 **Airway Management**

- **Head-Tilt Chin-Lift:** Position to open airway.
- **Jaw Thrust:** Use if cervical spine injury suspected.
- **Oropharyngeal Airway:** Insert if patient is unresponsive.
- **Nasopharyngeal Airway:** Alternative to oropharyngeal.

1.2 **Breathing**

- **Assess:** Look, Listen, Feel for breathing.
- **Bag-Mask Ventilation:** Use 100% oxygen, 1 breath every 6 seconds.
- **CPR:**
 - **Adult:** 30:2 (30 compressions to 2 breaths).
 - **Child:** 15:2.
 - **Infant:** 30:2.
- **Pulse Check:**
 - **Adult:** Carotid artery.
 - **Child/Infant:** Brachial/Femoral artery.

1.3 **Circulation**

- **Check Pulse:**
 - **Adult:** 10 seconds.
 - **Child/Infant:** 6 seconds.
- **External Bleeding Control:**
 - **Direct Pressure:** Apply pressure directly over wound.

- **Elevation:** Raise injured limb above heart level.
- **Tourniquet:** Use if direct pressure fails.

2. ****Patient Assessment****

2.1 ****Primary Survey****

- **ABCDE:**
 - **A:** Airway.
 - **B:** Breathing.
 - **C:** Circulation.
 - **D:** Disability (AVPU: Alert, Voice, Pain, Unresponsive).
 - **E:** Exposure/Environment.

2.2 ****Secondary Survey****

- **Head to Toe Assessment:**
 - **Head:** Inspect for trauma.
 - **Neck:** Palpate for tenderness.
 - **Chest:** Check for symmetry, breath sounds.
 - **Abdomen:** Inspect for distension, tenderness.
 - **Pelvis:** Palpate for stability.
 - **Extremities:** Check for deformities, pulses.

2.3 ****Vital Signs****

- **Pulse:**
 - **Normal:** 60-100 bpm.
 - **Tachycardia:** >100 bpm.
 - **Bradycardia:** <60 bpm.
- **Respirations:**
 - **Normal:** 12-20 breaths/min.
 - **Tachypnea:** >20 breaths/min.

- **Bradypnea:** <12 breaths/min.
- **Blood Pressure:**
 - **Normal:** 90-120/60-80 mmHg.
 - **Hypertension:** >140/90 mmHg.
 - **Hypotension:** <90/60 mmHg.
- **SpO2:**
 - **Normal:** 95-100%.
 - **Hypoxia:** <90%.

3. ****Trauma Management****

3.1 ****General Principles****

- **DRABC:**
 - **D:** Danger (assess scene safety).
 - **R:** Response (check responsiveness).
 - **A:** Airway.
 - **B:** Breathing.
 - **C:** Circulation.
- **C-Spine Precautions:**
 - **Log Roll:** Use to maintain alignment.
 - **C-Collar:** Apply if trauma suspected.

3.2 ****Specific Injuries****

- **Head Trauma:**
 - **GCS:** Assess Glasgow Coma Scale.
 - **Bleeding:** Apply pressure, consider tourniquet.
- **Chest Trauma:**
 - **Flail Chest:** Stabilize with manual pressure.

- **Tension Pneumothorax:** Needle decompression.
- **Abdominal Trauma:**
 - **Hemoperitoneum:** Tenderness, distension.
 - **Evisceration:** Cover with sterile dressing.
- **Extremity Trauma:**
 - **Deformities:** Splint fractures.
 - **Bleeding:** Direct pressure, tourniquet.

4. ****Medical Emergencies****

4.1 ****Cardiac Arrest****

- **CPR:**
 - **Adult:** 30:2.
 - **Child:** 15:2.
 - **Infant:** 30:2.
- **AED:**
 - **Use:** Follow voice prompts.
 - **Pad Placement:**
 - **Adult:** Right upper chest, left lower rib.
 - **Child:** Same, but use pediatric pads if available.

4.2 ****Respiratory Distress****

- **Asthma:**
 - **Oxygen:** Administer 100%.
 - **Albuterol:** Nebulizer treatment.
- **COPD:**
 - **Oxygen:** Titrate to SpO2 88-92%.
 - **Bronchodilators:** Nebulizer treatment.

4.3 ****Seizures****

- **Protection:** Clear area, protect head.
- **Monitoring:** Time seizure, observe for post-ictal state.
- **Post-Seizure:** Assess for responsiveness, airway.

5. ****Pharmacology****

5.1 ****Common Medications****

- **Epinephrine:**
 - **Use:** Anaphylaxis, cardiac arrest.
 - **Dose:** 0.3-0.5 mg IM/IV.
- **Albuterol:**
 - **Use:** Asthma, COPD.
 - **Route:** Nebulizer.
- **Aspirin:**
 - **Use:** ACS (Chest Pain).
 - **Dose:** 162-325 mg PO.
- **Naloxone:**
 - **Use:** Opioid overdose.
 - **Dose:** 0.4-2 mg IV/IM.

5.2 ****Administration Tips****

- **IV Access:**
 - **Site:** Antecubital, dorsal hand.
 - **Rate:** 10-20 mL/min.
- **IM Injection:**
 - **Sites:** Deltoid, Vastus Lateralis.
 - **Technique:** Z-Track, aspirate before injection.

6. ****Documentation****

6.1 ****Patient Care Report (PCR)****

- **Sections:**

- **Patient Info:** Name, DOB, Address.
- **Chief Complaint:** Brief description.
- **History:** Relevant medical history.
- **Assessment:** Vital signs, physical exam findings.
- **Treatment:** Medications, procedures performed.
- **Disposition:** Where patient was transported.

6.2 ****Tips for Accuracy****

- **Be Specific:** Use exact terms, avoid vague language.
- **Time Stamps:** Record times for key events.
- **Signatures:** Ensure all documentation is signed.

7. ****Miscellaneous Tips****

7.1 ****Scene Safety****

- **Assess:** Always check for hazards.
- **Protect:** Wear PPE (Gloves, Gown, Mask, Goggles).

7.2 ****Communication****

- **Clear:** Speak clearly, use simple language.
- **Consent:** Obtain verbal consent if possible.
- **Teamwork:** Communicate with other responders.

This cheat sheet provides a comprehensive overview of essential information for EMTs. Use it as a quick reference to ensure you are well-prepared for any emergency situation.

By Ahmed Baheeg Khorshid