

EMT Cheat Sheet

by nickitarbell via cheatography.com/149330/cs/32452/

| Airway | |
|-------------------------------------|------------------------------------|
| NPA- nasal pharyngeal airway | Adjunct |
| OPA- Oral Pharyngeal airway | Adjunct |
| Head tilt chin lift (non traumatic) | Opening airway |
| Jaw thrust (Trauma) | Opening airway |
| Lung sounds | Wheezing- Bronch- oconstriction |
| | Crackles- fluid or mucous |

| Breathing | |
|--|-----------------------------|
| Ventilation | Oxygenation |
| - Equal chest rise and fall | BVM- 15lpm |
| - Breath every 5-6 (adult) | CPAP- 10lpm |
| PEEP- positive end expiratory pressure | Nasal canula- up to 6lpm |
| <i>5 dry</i> 10 wet | NRB- 10-15 lpm |

| Circulation continued | | |
|---|--------|--|
| BP- | 120/80 | |
| HR | 60-100 | |
| RR | 12-18 | |
| BG | 80-100 | |
| BP below 80 systolic will not have a radial | | |
| pulse | | |
| Brady- low | | |
| Tachy- high | | |
| Hypo-low | | |
| Hyper-high | | |

| Airway | | |
|---------------------|--|----------------------|
| Pharynx — Larynx | | oiglottis Frachea |
| | | |

| Circulation (CPR) | |
|--------------------------------------|---|
| ADULT- 30:2 | PED- single 30:2 double 15:2 |
| 100 bpm (another one bites the dust) | 2 fingers (single) 2 hand encircling (double) |
| CLEAR BEFORE SHOCKING | CLEAR BEFORE SHOCKING |
| Compress while charging | Compress while charging |
| 2 minute cycles | 2 minute cycles |
| Pulse check | Pulse check |



Bronchiole

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Alveolus

Bronchus

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