

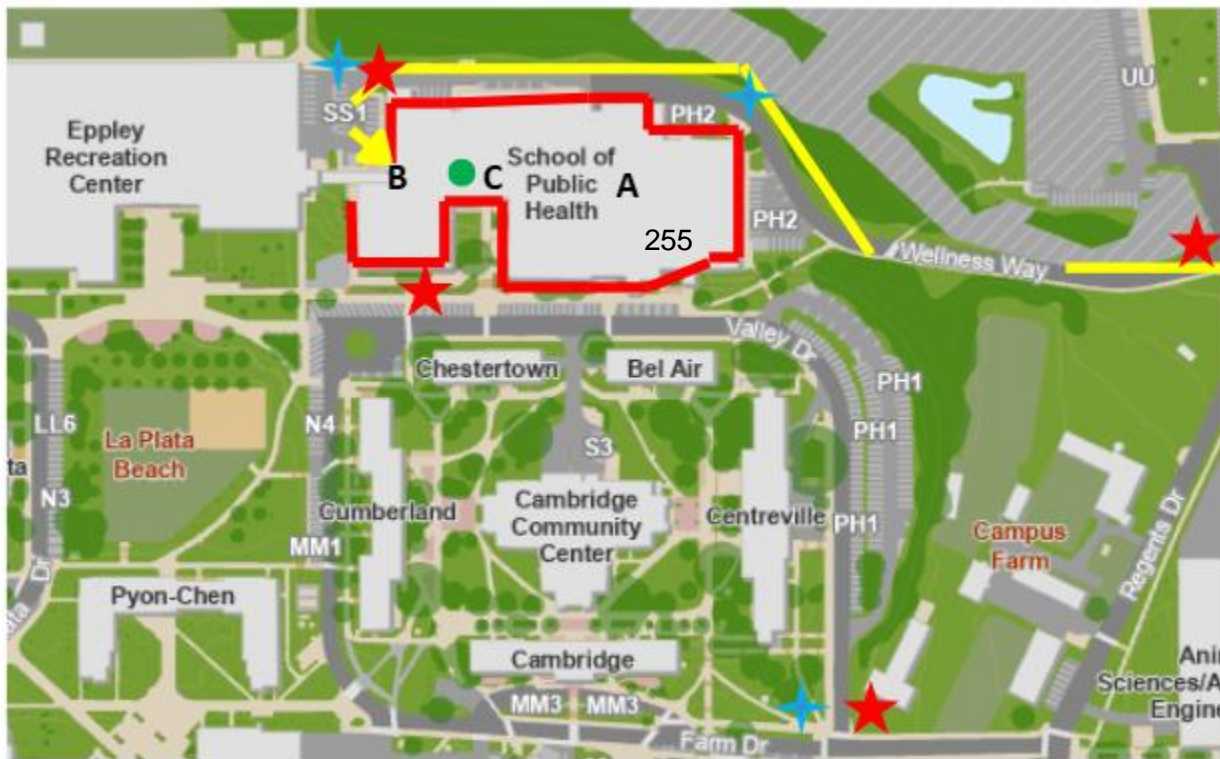
UNIVERSITY OF MARYLAND RECWELL

School of Public Health (SPH)/Weight Room 0103 Emergency Action Plan (EAP)

Emergency Communication: Call campus emergency services (301) 405-3333 (#3333).
Emergency phone located in weight room, room 0103. Call back number is: 301-405-7550.

Address: School of Public Health (campus bldg. 255) 4200 Valley Drive, College Park, MD 20742.

Venue Directions: Primary EMS entrance to weight room through doors at access point B, off of Wellness Way on the back side of the School of Public Health. If entering from off of Valley Drive, go through the doors at access point C and take the elevator down to the first floor room 0103.



A = School of Public Health B= Primary Emergency Access Point

C = Secondary Emergency Access Point

→ = EMS Entrance ★ = Public Phone ★ = Personnel to meet EMS ● = Elevator

Lay First Responder Management of Common and Catastrophic Injuries

Chain of Command:

If no healthcare professional (athletic trainer, paramedic, physician, etc.) is around to assist in an emergency, the guidelines below are available for a lay first responder to follow. Always call campus emergency services if unsure of what to do and yield immediate emergency care to those with the highest medical authority on site.

1. **Check:** Attend to the injured participant and assess the scene, situation, and ABC's (airway, breathing, circulation(heartbeat)).
2. **Call:** Alert campus emergency services 301-405-3333 for advanced medical help, providing the dispatcher with all requested information.
3. **Care:**
 - A. Locate and obtain any available emergency equipment (AED/first aid kit). When campus emergency services are called, a UMPD officer will bring these items to the scene with them.
***Closest public AED is located on ground level of SPH next to men's bathroom.**
 - B. Ensure that all door, gates, and entry ways are open so that available and designated personnel (red stars on map) can lead EMS to the scene/injured participant
 - C. Providing care for common/catastrophic injuries:
 - **Breathing emergencies:** unconscious, non-breathing participants will need CPR administered and an AED applied until EMS arrives and takes over.
 - **Bleeding:** apply direct pressure to the wound until EMS arrives and takes over.
 - **Heat Illness:** Immediately begin cooling the participant first with all available water/ice and transport them with EMS second.
 - **Fracture:** Do not move the injured area, monitor, and keep the participant calm until EMS arrives and takes over.
 - **Cervical Spine/Neck:** Do not move the injured participant. Have the participant remain still, calm, and monitor until EMS arrives and takes over.
4. **Report:** All injuries/incidents occurring on or in RecWell spaces should be reported in one of the following forms:

A. Accident report-



B. Incident report-

