

# Recognizing and Treating Shock

Shock is a disorder resulting from ineffective circulation of blood. Remaining in shock will lead to the death of:

- Cells.
- Tissues.
- Entire organs.

The body will initially compensate for blood loss and mask the symptoms of shock. Therefore, it is important to continually evaluate patients for shock and monitor their condition.

**The main signs of shock that CERT members look for are:**

- Rapid and shallow breathing.
- Capillary refill of greater than 2 seconds.
- Failure to follow simple commands, such as, "Squeeze my hand."
- Changes in skin color.

**Capillary refill is how long it takes for the color to return. This is called the "blanch test."**

## Procedures For Controlling Shock

- Lay the victim on his or her back.
- Elevate the feet 6-10 inches above the level of the heart.
- Maintain an open airway.
- Control obvious bleeding.
- Maintain body temperature (e.g., cover the ground and the victim with a blanket if necessary).
- Avoid rough or excessive handling unless the rescuer and victim are in immediate danger.