

First Aid Quick Guide

HANDS-ONLY CPR

- ✓ Call 911
- ✓ Push hard and fast at the center of the chest
- ✓ **IMPORTANT:** Hands-Only CPR is most effective if used after you SEE a teen or adult suddenly collapse. If you are trained in conventional CPR, you should use it if victim is found unconscious or is a child / infant, or is a victim of drowning, drug overdose or collapse due to breathing problems.

MAJOR BLEEDING

- ✓ Call 911 and put on gloves (or a plastic bag)
- ✓ Have person lie down with head lower than body.
- ✓ Remove obvious objects from wound, but don't clean it.
- ✓ If organs have been displaced, do not push them back in, simply cover the wound.
- ✓ Apply direct pressure with gauze / clothing until bleeding stops (don't "look" for at least 20 min), and apply pressure around deeply embedded objects, not over them.
- ✓ Do not remove gauze / bandage. Simply keep adding more as needed
- ✓ If limb (arm / leg) is bleeding, elevate it.

CONVENTIONAL CPR

- ✓ Call 911
- ✓ **Infants:** Place 2-3 fingers below nipple line. 30 (1/2 - 1 in) compressions. 2 gentle breaths until chest rises. 100 comp/min
- ✓ **Children:** Use 1-2 hands in center of chest. 30 (1-1 1/2 in) compressions. 2 breaths until chest rises. 100 comp / min
- ✓ **Adults:** Use 2 hands. 30 (1-2 in) compressions in center of chest. 2 long breaths until chest rises. 100 comp / min
- ✓ **IMPORTANT:** This list is only a reminder for those certified in CPR. It is not meant to train how to properly perform CPR.

MAJOR (not minor) BURNS:

- ✓ Call 911
- ✓ Do not remove clothing
- ✓ Do not immerse in cold water
- ✓ Begin CPR if needed
- ✓ Elevate burned parts of body above heart if possible
- ✓ Cover burn with a cool, moist, sterile bandage or cloth or towel



Not meant as medical advice. Please do your own research and get quality training. For more information, including references please visit:

www.SimpleFamilyPreparedness.com/first-aid-quick-guide/

HEAT STROKE

- ✓ Move into shady / air conditioned space and call 911
- ✓ Do not immerse in cold water
- ✓ Cover with damp sheets, spray with water and fan
- ✓ Have person drink anything without alcohol or caffeine

SHOCK

- ✓ Call 911
- ✓ Have person lie down (on their side if vomiting) with head lower than body unless it causes pain, then have them lie flat
- ✓ Treat any obvious injuries and give CPR if needed
- ✓ Keep person warm....give blankets
- ✓ Keep person as still as possible and encourage them.
- ✓ Do not let the person eat / drink

CHOKING

- ✓ Give 5 back blows between shoulder blades w/ heel of hand
- ✓ Give 5 thrusts (Heimlich)
- ✓ Repeat until item is dislodged
- ✓ Call 911 once item is dislodged or after 1-2 minutes.

- ✓ **Heimlich on conscious victim:** Wrap arms around person's waist. Position your fist above their navel and grab it with other hand. Push hard w/ quick, upward thrust.

- ✓ **Heimlich on pregnant / obese:** Place hands higher at base of breastbone.

- ✓ **Heimlich on unconscious:** Do not perform. Lie on back and dislodge item if possible. Then, do CRP instead.

- ✓ **Choking infant:** Give 5 back blows with them lying facedown on your forearm over thigh. Flip over onto back and use 2 fingers at center of breastbone. Give 5 compressions

HYPOTHERMIA

- ✓ Call 911
- ✓ Begin CPR if necessary
- ✓ Protect from wind & cover head
- ✓ Remove wet clothing, but do not massage / rub
- ✓ Do not use hot water / heating pad and do not apply anything hot or warm to limbs.
- ✓ Apply warmth to center of body only



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