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.

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 ½ 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 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 displace, 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.

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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:

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

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.

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

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 CPR 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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