

This is a simple guide to first aid principles . Although this guide can not be considered a substitute for first aid training such as that offered by the American Red Cross, it can be used as a quick reference in emergency situations that you may encounter. If you think you need help, call 911. Never put yourself in danger to help others.

Start Here:

1. Remain calm. Check to make sure the scene is safe. Check victims for signs of life-threatening emergency.
2. Call (or have someone else call) 911. Do not hang up unless told to do so.
3. Care for any conditions you find (full list located below).

Bleeding and Wounds

Never use a tourniquet unless you can't control severe bleeding and life is threatened. Tourniquets may result in subsequent medical amputation.



1. Put clean cloth, gauze or a gloved hand over wound and apply firm steady pressure.
Call 911 or seek medical aid if bleeding is severe.
2. Elevate an injured arm or leg above the level of the victim's heart if possible.
3. Continue to supply pressure by securing the cloth with a bandage. Do not lift the cloth from the wound to check the bleeding. Be sure the bandage is not so tight that it cuts off the circulation.
4. Take steps to prevent [shock](#).

Broken Bones

1. DO NOT move the victim unless in immediate danger. DO NOT move the injured body parts or try to reset the bone.
2. Control bleeding (see [Bleeding and Wounds](#)).
3. Cover any protruding bone with a clean, moist dressing.
4. Take steps to prevent [shock](#).
5. Send someone to call 911 or seek medical aid as soon as possible.



If the victim must be moved without professional medical assistance, immobilize the injured area with a piece of wood or folded towel or blanket tied securely above and below the injury.

Burns

Chemical or Compressed Gas Burns

- Using cool, running water, flush away all traces of chemicals. Remove all contaminated clothing from the victim.
- Cover burn loosely with clean, dry cloth.
- Take steps to prevent [shock](#).
- Send someone to call 911 or seek medical aid as soon as possible.



Heat Burns

- Cool the burn. Immerse burn in cool water or gently apply cool compress until pain gone.
- Bandage with clean, dry dressing.
- DO NOT break a blister if one forms. DO NOT use ointments or remove embedded clothing.
- Take steps to prevent shock.

Electrical Burns

- Care for life threatening emergencies first!
- Send someone to call 911 or seek medical aid as soon as possible.
- Cover burn loosely with clean, dry cloth.
- Expect [shock](#) and treat it accordingly.

Check Breathing

Gently tip head back to open airway. Put your ear very near the victim's nose for about 5 seconds. Watch the victim's chest for rising, listen for breathing with your ear and try to "feel" the victim's breath against your cheek.



Check Pulse



Adults and Children Over 1 Year Old

The pulse is most easily felt at the neck. two fingers on the victim's Adam's apple into one of the grooves that lie on either side of the windpipe in this area.



Place the tips of your first and then slide them down side of the windpipe in

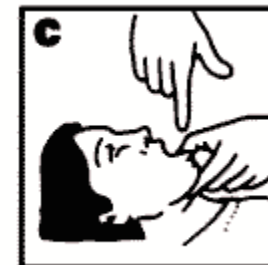
Infants (Up to 12 Months)

Put the tips of your first two fingers against the inside of the infant's upper arm.

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Choking

- If the victim can speak or cough forcefully and is getting sufficient air, do not interfere with attempts to cough obstruction out of the airway.
- If the victim cannot speak or is not getting sufficient air, have someone call 911 while you perform abdominal thrusts as follows:
- Stand behind the victim and wrap your arms around the waist (A)
- Make a fist with one of your hands and place it just above the victim's navel and below the ribs with the thumb and forefinger side toward you
- Grab this fist with the other hand and pull it quickly back and slightly upward
- Repeat until the victim breathes or becomes unconscious



If the Victim Becomes Unconscious

- Lay the victim on his or her back
- Check for object in the mouth. Try to sweep obstruction out of the victim's throat (C). If the victim is a child, sweep only if you can see it.
- Even if you are unsuccessful, tip the head back and attempt [rescue breathing](#).
- If rescue breathing is not working due to obstruction, sit straddling the victim's thighs and give up to 5 abdominal thrusts (pushing into the victim with the heel of the hand just above the belly button).
- Repeat sequence as needed.

Choking (Infants)

Infants (up to 12 months)

- If an infant is coughing and is getting sufficient air, DO NOT interfere with his attempts
- If infant cannot cough or cry, have someone call 911 while you do the following:
- Lay the infant face down on your forearm. Rest on your thigh for support (A)
 - Use the heel of your free hand to hit the infant's back 5 times sharply between the shoulder blades
 - Turn the infant over on your forearm keeping the head down. Place 2 fingers between nipples 1/2 inch below the nipple line and give 5 quick thrusts to the infant's chest (B)
 - Repeat until infant cries, breathes or becomes unconscious



If the Infant Becomes Unconscious

- Tip the head back and attempt [rescue breathing](#).
- If you cannot get air into the lungs, open the mouth and look for an obstruction. If you see one, carefully use your forefinger (or little finger) to sweep the obstruction out of the infant's throat.
- Tip the head back and attempt rescue breathing again.
- If this is unsuccessful, repeat back blows and thrusts as above.
- DON'T GIVE UP!

Convulsions/Seizures

Signals include jerking movements, bluish face and lips, rolled back eyes, clenched teeth and frothing at the mouth. Convulsions usually end safely within a couple of minutes, after which the victim enters a phase of unconsciousness or drowsiness.

- Try to keep the victim from hurting himself during convulsion, but don't restrain the victim, place an object between the teeth or give anything to eat or drink.
- If the victim stops breathing, start [rescue breathing](#).
- After the convulsion, place victim on his or her side and monitor breathing.
- Send someone to call 911 or seek medical aid as soon as possible.

Dog/Animal Bites

1. If wound is minor, wash the wound well with running water and control bleeding. If wound is bleeding heavily, [control bleeding](#).

2. Bandage with a clean, dry dressing.
3. Seek medical attention.
4. Identify or have a professional capture the specific animal to test for rabies.

Drowning

- If the victim is not breathing and has no pulse, begin [CPR](#).
- If the victim has a pulse but is not breathing, begin [rescue breathing](#).
- Send someone to call 911 or seek medical attention as soon as possible.
- Take steps to prevent [shock](#).



Drug Overdose

Alcohol

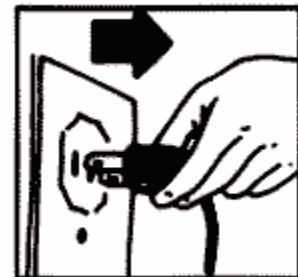
If the victim appears to be ill, has a rapid pulse or has difficulty breathing, care for shock. If these signals are not present and victim is resting normally, position on his or her side and monitor until recovery.

Drugs

- If the victim is not breathing and has no pulse, begin [CPR](#).
- If the victim has a pulse but is not breathing, begin [rescue breathing](#).
- Call the Poison Control Center or 911 as soon as possible.
- Keep windpipe clear and the victim warm. Wake the victim by lightly slapping face with wet cloth. Encourage walking.

Electric Shock

1. Send someone to call 911 or seek medical aid as soon as possible
2. DO NOT touch the victim until power has been disconnected.
3. Unplug or switch off source of electricity if possible.
4. If the victim is not breathing and has no pulse, start [CPR](#).
5. If the victim has a pulse but is not breathing, start [rescue breathing](#).



Eye Injury

Chemical

1. Hold the eyelids apart and flush the eyeball with running lukewarm water until ambulance arrives. Do not let run-off water get into other eye.
2. Place a gauze or cloth pad over injured eye and secure with a bandage.



Cut, Scratch or Embedded Object

1. Place a gauze or cloth pad over injured eye and loosely secure with a bandage.
2. DO NOT try to remove an embedded object.
3. Get to an eye specialist or an emergency room immediately.

Fainting

Fainting victims regain consciousness almost immediately. If this does not happen, the victim could be in serious danger and you should go to "[Start Here](#)" and call 911 as soon as possible.

1. Lay the victim on his or her back and make sure that he or she has plenty of fresh air.
2. Send someone to call 911.
3. Reassure the victim and apply a cold compress to the face.
4. If the victim vomits, roll onto side and keep airway clear.
5. DO NOT give the victim anything to eat or drink.

Head/Neck/Back/Pelvic Injury

1. DO NOT move the victim (unless in immediate danger).
2. Stabilize the victim's head and neck as they were found by placing your hands along both sides of the head.
3. Send someone to call 911 or seek medical assistance right away.
4. Keep the victim warm, but not hot, using blankets or clothes.

Unconsciousness

1. Check for responsiveness by gently tapping the victim's shoulder and asking "Are you OK?" DO NOT shake the victim.
2. If no response, shout "Help!" and look for a medic alert tag at the victim's neck or wrist. Send someone to call 911.
3. If the victim has a pulse but is not breathing, begin [rescue breathing](#).

4. If the victim is not breathing and has no pulse, begin [CPR](#).
5. Monitor pulse and breathing and continue care until ambulance arrives.