

BASIC FIRST AID INSTRUCTIONS

BLEEDING:

- 1) APPLY DIRECT PRESSURE TO WOUND, USE A DRESSING OR YOUR HAND.
- 2) IF BLEEDING CONTINUES, ELEVATE THE WOUND ABOVE THE LEVEL OF THE HEART AND CONTINUE TO APPLY DIRECT PRESSURE.
- 3) IF BLEEDING STILL CONTINUES, APPLY PRESSURE AT A PRESSURE POINT.
ARMS/HANDS - WRIST WHERE PULSE IS CHECKED OR INSIDE OF UPPER ARM
LEGS - THE CREASE OF THE GROIN
- 4) APPLY A PRESSURE BANDAGE - A BANDAGE THAT IS WRAPPED WITH PRESSURE. MAKE SURE IT IS NOT TOO TIGHT AND HAS NOT AFFECTED THE CIRCULATION. CHECK FOR ANY CHANGES IN THE PULSE RATE.

SIGNS OF INTERNAL BLEEDING: * BRUISED, SWOLLEN, TENDER OR RIGID ABDOMEN - * BRUISES ON CHEST OR SIGNS OF FRACTURED RIBS - * BLOOD IN VOMIT - * WOUNDS THAT HAVE PENETRATED THE CHEST OR ABDOMEN - * BLEEDING FROM THE RECTUM OR VAGINA - * ABNORMAL PULSE AND DIFFICULTY BREATHING - * COOL, MOIST SKIN

BASIC CPR INSTRUCTIONS

CALL: CHECK FOR CONSCIOUSNESS. IF THERE IS NO RESPONSE, HAVE SOMEONE CALL 911 RIGHT AWAY.

BLOW: TILT THE HEAD BACK AND LISTEN, WITH YOUR EAR OVER THE VICTIM'S MOUTH AND LOOK FOR BREATHING, BY THE MOVEMENT OF THE CHEST. IF NOT BREATHING NORMALLY, COVER THE MOUTH WITH YOURS AND BLOW UNTIL YOU SEE THE CHEST RISE. GIVE (2) BREATHS. EACH BREATH SHOULD TAKE (1) SECONDS.

PUMP: IF THE VICTIM IS NOT BREATHING, MOVING OR COUGHING, BEGIN CHEST COMPRESSIONS. PUSH DOWN ON THE CHEST 1 1/2 TO 2 INCHES (30) TIMES RIGHT BETWEEN THE NIPPLES. PUMP AT THE RATE OF 100 / MINUTE.

FOR CHILDREN (AGES 1-8): THERE ARE FOUR DIFFERENCES FROM ADULTS - 1) IF ALONE WITH CHILD GIVE TWO MINUTES OF CPR BEFORE CALLING 911 2) USE THE HEEL OF ONE HAND FOR COMPRESSIONS 3) PRESS DOWN ONLY 1/3 DEPTH OF CHEST. 4) RATIO (30) COMP. TO (2) BREATHS.