

Printable First Aid Quick Guide

Basic First Aid Quick Guide

Hands Only CPR

- Call 911
- Push hard and fast in the center of the chest
- Depth: 2 inches (5cm) for children & 2.4 inches (6cm) for adults
- Rate: 100-120 compressions per minute
- Recovery position: Lay on your side

Major Bleeding

- Call 911 and put on gloves (use plastic bag)
- Apply direct pressure with hand (avoid thumb)
- Use a clean cloth or sterile gauze
- Apply pressure around deeply embedded objects, not over them
- Do not remove gauze / bandage. Simply keep adding more as needed
- If limb torn / flap in bleeding, elevate it

Major (unwinded) Burns:

- Call 911
- Do not remove clothing
- Do not immerse in cold water
- Begin CPR if needed
- Flare: Burned parts of body (e.g. feet) if possible
- Cover burn with a cool, moist cloth bandage or cloth or sheet

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 eat anything hot or warm to drink
- Apply warmth to center of body only

Conventional CPR

Call 911

- Infants: Place 2-3 fingers below nippleline, 30 (1/2" - 1") compressions, 2 gentle breaths until chest rises, 200 compressions
- Children: use 1-2 hands in center of chest, 30 (2" - 1.5") compressions, 2 breaths until chest rises, 200 comp / min
- Adults: Use 2 hands, 30 (2" - 2.4") compressions in center of chest
- 2 long breaths until chest rises, 100 comp / min
- STOP! Check for a pulse for 10 seconds. If no pulse, resume CPR

Shock

Call 911

- Have person lie down (on their side if vomiting) with head lower than body unless it causes pain, then raise them to flat
- Place any obvious objects and give CPR if needed
- Keep person warm, give blankets
- Keep person as still as possible and reassure them
- Do not let the person eat / drink

Choking

- Give 5 Back Blows (Heimlich)
- Place hand on upper abdomen
- Call 911 once done is blocked or after 1-2 minutes
- Heimlich an unwitnessed victim: Wrap arms around person's waist, perform thrusts along their back and give 5 with other hand. Push hard w/ back, upward thrust
- Heimlich on pregnant / obese: Place hands higher at base of stomach
- Heimlich on unwitnessed: Do not perform, use on back w/ 5 back blows if possible, then do CPR instead
- on your forearm over thigh. Hip over other back and use 2 fingers at center of stomach. Give 5 compressions

Heat Stroke

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