

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 (5 cm) for children & 2.4 inches (6 cm) for adults
- Rate: 100-120 compressions per minute
- Let the chest rise fully after each push
- Minimize interruptions

Major Bleeding

- Call 911 and put on gloves (or a plastic bag)
- Apply direct pressure to the wound with your hand
- Use a clean cloth or sterile gauze
- Apply firm, steady pressure
- If blood soaks through, add more layers
- Do not remove the dressing
- Apply a bandage over the dressing
- Do not use a tourniquet unless instructed

Major (Severe) Burns

- Call 911
- Do not remove clothing
- Do not immerse in cold water
- Begin CPR if needed
- Cover burn with a cool, moist cloth or bandage or a clean sheet

Hypothermia

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

Conventional CPR

Call 911

- Infants: Place 2-3 fingers below nipple line, 30 (1/2" - 1") compressions, 2 gentle breaths until chest rises, 200 compressions
- Children: Use 2-3 hands in center of chest, 30 (2" - 1.5") compressions, 2 gentle breaths until chest rises, 200 comp / min
- Adults: Use 2 hands, 30 (2" - 2.4") compressions in center of chest, 2 gentle breaths until chest rises, 100 comp / min
- Do not perform rescue breaths unless you are trained to do so

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
- 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 between shoulder blades w/ heel of hand
- Give 5 Thrusts (Heimlich)
- Repeat until object is dislodged
- Call 911 once person is dislodged or after 1-2 minutes
- Reinstate an unresponsive victim: One knee around person's neck, perform thrusts along their neck and give 5 with other hand
- Push hard w/ back, upward thrust
- Recheck for progress / object: Place hands higher at base of neck
- Reinstate an unresponsive: Do not perform, lie on back w/ head tilted down if possible, then do CPR instead
- Reinstate an alert: Give 5 Back Blows with them lying down, on your forearm over thigh. Hip over ankle, back and use 2 fingers at center of neck
- 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