

EMERGENCY

FIRST AID GUIDE

The Cardinal Rule of First Aid



1. **ASSESS THE SCENE**
Check for danger to yourself and the victim.
2. **CALL FOR HELP**
Call 911 or the local emergency number.
3. **PROVIDE CARE**
Provide first aid until help arrives.
4. **TRANSPORT THE PATIENT**
Transport the patient to a hospital if necessary.

Steps to Take When Helping

1. **Check for Danger**
Make sure the scene is safe for you and the victim.
2. **Check for Response**
Tap the victim's shoulder and shout, "Are you okay?"
3. **Check for Breathing**
Look for chest movement and listen for breaths.
4. **Check for Pulse**
Feel for a pulse at the neck or wrist.

If the victim is unresponsive and not breathing, call 911 and begin CPR.

How to Perform CPR

1. **Check for Response**
Tap the victim's shoulder and shout, "Are you okay?"
2. **Check for Breathing**
Look for chest movement and listen for breaths.
3. **Check for Pulse**
Feel for a pulse at the neck or wrist.

How to Perform AED

1. **Check for Response**
Tap the victim's shoulder and shout, "Are you okay?"
2. **Check for Breathing**
Look for chest movement and listen for breaths.
3. **Check for Pulse**
Feel for a pulse at the neck or wrist.
4. **Attach Pads**
Place the pads on the victim's chest.
5. **Analyze Rhythm**
Press the analyze button.
6. **Deliver Shock**
Press the shock button if advised.
7. **Repeat**
Repeat the cycle until help arrives.



INJURY TYPE	SYMPTOMS	FIRST AID
HEAVY BLEEDING	Visible blood, pain, swelling	Apply direct pressure, use a tourniquet if necessary
SHOCK	Pale, clammy skin, rapid pulse, confusion	Lie flat, elevate legs, keep warm
HEAVY BURN	Red, swollen, painful skin	Cool with water, cover with sterile cloth
FIRST AID FOR BREASTFEEDING	Red, swollen, painful breasts	Apply warm compresses, use pain relievers

SAFETY