

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
- Let the chest rise fully between compressions
- Do not stop until told to do so

Major Bleeding

- Call 911 and put on gloves (or plastic bag)
- Apply direct pressure to the wound with your hand
- Use a clean cloth or sterile gauze
- Apply firm, steady pressure
- Do not remove the dressing until bleeding has stopped
- Apply a second dressing if needed
- Do not use a tourniquet unless instructed to do so

Major (Severed) 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 cloth or towel

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 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 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
- Do not stop until told 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 arm around person's neck, forearm (thumb) across their neck and grab 2 with other hand. Push hard w/ thumb, upward thrust.
- Reinstate an pregnant / obese: Place hands higher at base of breastbone.
- Reinstate an unresponsive: Do not perform, lie on back and dislodge object if possible, then do CPR instead.
- Reinstate an alert: Give 5 Back Blows with thumb (one hand) on your forearm over thigh. Flip over onto back and use 2 fingers at center of breastbone. 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 or caffeine