

# 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 breathe on anyone

**Major Bleeding**

- Call 911 and put on gloves (use 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
- Do not use a tourniquet unless instructed by a medical professional

**Major (unwitnessed) 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 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
- Do not breathe on anyone

**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 (Heimlich)
- Place hand on upper abdomen
- Call 911 once person is strangled or after 1-2 minutes
- Heimlich on someone's waist: One arm around person's waist, fist on their belly above their navel and grab it with other hand. Push hard up / back, upward thrust.
- Heimlich on pregnant / obese: Place hands higher at base of stomach.
- Heimlich on oneself: Do not perform, use on back or stomach if possible, then do CPR instead.
- Do not perform on child: Give 5 Back Blows with them lying down, 5 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