

# 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 completely between compressions
  - Do not stop until told to do so
- Major Bleeding**
  - Call 911 and put on gloves (or plastic bag)
  - Apply direct pressure with gauze or cloth
  - Use a clean cloth or bandage to cover the wound
  - Apply pressure around the wound
  - Do not remove gauze or bandage unless told to do so
- Major (Severe) Burns**
  - 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 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 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 (Heimlich)
  - Repeat until object is dislodged
  - Call 911 once person is dislodged or after 1-2 minutes
  - Heimlich on pregnant women: Wrap arms around person's waist, push hard up/over their navel and grab 2 with other hand
  - Heimlich on pregnant / obese: Place hands higher at base of breastbone
  - Heimlich on unresponsive: Do not perform, lie on back and give 5 Back Blows, then do CPR instead
  - Heimlich on infants: Give 5 Back Blows with thumb and index 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