

# 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: About 2 inches (5 cm) for adults and children over 1 year old
- Rate: 100-120 compressions per minute
- Recovery position: Lay the person on their back and tilt their head back
- Stop CPR if the person starts breathing or if you are too exhausted to continue

**Major Bleeding**

- Call 911 and put on gloves (or a plastic bag)
- Have person lie down with head lower than body
- Remove obvious objects from wound, but don't dig
- If object has been displaced, do not push them back in, simply cover the wound
- Apply direct pressure with gauze / clothing until bleeding stops (Don't "test" for at least 10 min)
- and apply pressure around deeply embedded objects, not over them
- Do not remove gauze / bandage, simply keep adding more as needed
- If limb torn / flap is bleeding, elevate it

**Major (not minor) Burns:**

- Call 911
- Do not remove clothing
- Do not immerse in cold water
- Begin CPR if needed
- Elevate burned parts of body above heart if possible
- 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 anything that is wet
- Do not use hot water / heating pad and do not apply anything that is warm to limbs
- Apply warmth to center of body only

**Conventional CPR**

- Call 911
- Adults: Place 2-3 fingers below nipple line, 30 (1/2 - 1 in) compressions, 2 gentle breaths until chest rises, 100 comp/min
- Children: Use 1-2 hands in center of chest, 30 (1/2 - 1 in) compressions, 2 gentle breaths until chest rises, 100 comp / min
- Infants: Use 2 hands, 30 (1/2 - 1 in) compressions in center of chest
- 2 long breaths until chest rises, 100 comp / min
- Stop CPR if the person starts breathing or if you are too exhausted to perform CPR

**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 any obvious injuries and give CPR if needed
- Keep person warm - give blankets
- Keep person as still as possible and encourage them, do not let the person eat / drink

**Choking**

- Give 5 back blows between the shoulder blades w/ heel of hand
- Give 5 thrusts (Heimlich)
- Repeat until object is dislodged
- Call 911 once done is dislodged or after 1-2 minutes
- Heimlich on someone who is pregnant or after 1-2 minutes
- Heimlich on someone who is obese: One arm around person's waist, push hand up just above their navel and grab it with other hand. Push hard w/ quick, upward thrust.
- Heimlich on pregnant / obese: Place hands higher at base of stomach
- Heimlich on unresponsive: Do not perform, lie on back and give 5 back blows, then do CPR instead.
- Heimlich on infant: Give 5 back blows with thumb knuckle, one your forearm over thigh. Flip over onto back and use 2 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 or caffeine