

# 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 fully between compressions
  - Do not breathe on anyone
- Major Bleeding**
  - Call 911 and put on gloves (or a plastic bag)
  - Apply direct pressure to the wound with your hand
  - Use a clean cloth or sterile gauze
  - Apply pressure around deeply embedded objects, not over them
  - Do not remove gauze / bandage. Simply keep adding more as needed
  - If limb bleeds, apply a tourniquet above the wound
- Major (unwinded) Burns:**
  - Call 911
  - Do not remove clothing
  - Do not immerse in cold water
  - Begin CPR if needed
  - Cover burn with a cool, moist cloth bandage or cloth or sheet
- 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 nippleline, 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
  - 2 long breaths until chest rises, 100 comp / min
  - STOP! Check for a pulse for 5 seconds. If no pulse, resume from the beginning of CPR
- Shock**
  - Call 911
  - Have person lie down (on their side if vomiting) with head lower than body unless it causes pain, then raise them to flat
  - Place any obvious wounds and give CPR if needed
  - 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 an unresponsive victim: One arm around person's neck, fist on their belly 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 Heimglich on person's back, then do CPR instead
  - on your forearm over thigh. Hit over other 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