

FIRST AID GUIDE

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HEAD INJURY

Head injuries can be serious and may lead to long-term complications. If you suspect a head injury, call 911 immediately. Do not move the person unless they are in immediate danger. Check for consciousness and breathing. If the person is unconscious, place them in the recovery position. Do not give them anything to eat or drink.



NECK INJURY

Neck injuries can be life-threatening. If you suspect a neck injury, call 911 immediately. Do not move the person unless they are in immediate danger. Support the head and neck with your hands. Do not give them anything to eat or drink.



BACK INJURY

Back injuries can be serious and may lead to long-term complications. If you suspect a back injury, call 911 immediately. Do not move the person unless they are in immediate danger. Support the head and neck with your hands. Do not give them anything to eat or drink.



LEG INJURY

Leg injuries can be serious and may lead to long-term complications. If you suspect a leg injury, call 911 immediately. Do not move the person unless they are in immediate danger. Support the leg with your hands. Do not give them anything to eat or drink.



CHEST INJURY

Chest injuries can be serious and may lead to long-term complications. If you suspect a chest injury, call 911 immediately. Do not move the person unless they are in immediate danger. Support the head and neck with your hands. Do not give them anything to eat or drink.



ARM INJURY

Arm injuries can be serious and may lead to long-term complications. If you suspect an arm injury, call 911 immediately. Do not move the person unless they are in immediate danger. Support the arm with your hands. Do not give them anything to eat or drink.



HAND INJURY

Hand injuries can be serious and may lead to long-term complications. If you suspect a hand injury, call 911 immediately. Do not move the person unless they are in immediate danger. Support the hand with your hands. Do not give them anything to eat or drink.



FOOT INJURY

Foot injuries can be serious and may lead to long-term complications. If you suspect a foot injury, call 911 immediately. Do not move the person unless they are in immediate danger. Support the foot with your hands. Do not give them anything to eat or drink.

For more information, visit www.redcross.org

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