

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
- Recovery position: Lay on your side

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 the wound if needed
- Do not remove gauze / bandage. Simply keep adding more as needed
- If limb is bleeding, elevate it

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 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 (1/2" - 1") compressions, 2 gentle breaths until chest rises, 200 comp / min
- Adults: Use 2 hands, 30 (2" - 2 1/4") compressions in center of chest

Call 911

- Head down (to drain on their side if vomiting) with head lower than body unless it causes pain, then raise them to 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 done is blocked 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 w/ quick upward thrust
- Heimlich on pregnant / obese: Place hands higher at base of stomach
- Heimlich on oneself: Do not perform, use on back or stomach
- Heimlich on yourself: Then, do CPR instead
- Use your forearm over thigh. Hip 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
- Head down (to drain anything in stomach)