

QUICK REFERENCE FIRST AID GUIDE

• ESSENTIAL EMERGENCY FIRST AID STEPS •

⊕ GENERAL FIRST AID STEPS ⊕

D - Danger: Check for dangers to yourself and the victim

R - Response: Check if the person is responsive

S - Send for help: Call emergency services (112 / 911)

A - Airway: Ensure the airway is clear

B - Breathing: Look, listen, and feel for breathing

C - CPR: Start CPR if not breathing

BLEEDING

- Press with clean cloth
- Elevate if possible
- Bandage firmly
- Call for help if severe



BURNS

- Cool with water (10–20 min)
- No toothpaste
- Cover with clean cloth
- Seek medical help if serious



FAINTING

- Lay flat, lift legs
- Loosen clothing
- Check breathing
- Call help if unresponsive



VENOMOUS BITE

- Don't cut or suck wound
- Keep still
- Bandage with pressure
- Call emergency services



HYPOTHERMIA

- Move to warmth
- Remove wet clothes
- Give warm drink if alert
- Don't rub the body



STROKE

- F** - Face drop?
- A** - Arm weakness?
- S** - Slurred speech?
- T** - Call 112 / 911!



EMERGENCY NUMBER: 112 / 911

ALWAYS HAVE: FIRST AID KIT, EMERGENCY CONTACTS, AND BASIC TRAINING