



FIRST AID BASICS

Emergency Response Quick Reference

Bleeding



- Apply **direct pressure** with a clean cloth or bandage
- **Elevate** the injured area above the heart if possible
- Add more dressings on top - do not remove blood-soaked ones
- Apply a **tourniquet** as a last resort for life-threatening limb bleeding

Burns



- Cool the burn under **cool running water for 10+ minutes**
- Remove jewelry or tight clothing near the burn before swelling
- **Do NOT pop blisters** - cover loosely with a sterile bandage
- Do not apply ice, butter or ointments to serious burns

Fractures



- **Immobilize** the injured area - do not attempt to straighten
- **Do not move** the victim unless in immediate danger
- Apply ice wrapped in cloth to reduce swelling
- Monitor for shock symptoms and keep victim comfortable

Shock



- Have the person **lie flat on their back**
- **Elevate legs** about 12 inches (unless head, neck or back injury)
- **Keep warm** with a blanket - prevent heat loss
- Do not give food or drink. Monitor breathing continuously.

CPR Basics (Adult)



- Call 911 first. Place heel of hand on center of chest.
- **30 compressions** - push hard and fast (2 inches deep, 100-120/min)
- **2 rescue breaths** - tilt head back, lift chin, pinch nose
- Continue 30:2 cycle until EMS arrives or an AED is available

 **Call 911 for any life-threatening emergency**

i Remember: Ensure the scene is safe before approaching. Wear gloves when treating bleeding. Do not move a person with a suspected spinal injury. An AED can be used by anyone - follow the voice prompts.