YOUR COMPANY LOGO

FIRST AID BASICS

Emergency Response Quick Reference

Bleeding

- **Press hard** with a dressing or cloth and keep pressing. Wear gloves.
- Limb bleeding that firm pressure does not stop: if you are trained, apply a **tourniquet** per your course
- Note the time it was applied. Do not loosen it.

Burns

- Cool under **clean cool running water for at least 10 minutes**
- No ice, butter or creams
- Remove rings and tight items before swelling
- Cover loosely with a clean non-stick dressing

Fractures

- **Support** it in the position found; do not straighten it
- Cold wrapped in cloth, never on bare skin
- Suspected head, neck or back injury: **do not move** the person unless they are in immediate danger

Shock

- **Call 911.** Lay the person flat.
- **Keep them warm** and control bleeding
- Nothing to eat or drink

CPR Basics (Adult)

- No response and not breathing normally: **call 911** (on speaker if alone) and start CPR
- Hard and fast in the centre of the chest: at least 2 in (5 cm), not more than 2.4 in (6 cm), 100 to 120 a minute
- Trained: **30 compressions, 2 breaths**. Not trained: compressions only.
- Use the AED as soon as it arrives and follow its prompts

☎ 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. Per current AHA / Heart and Stroke guidelines, as taught in your first aid course.