

First Aid Tips

CPR and first aid are often required in emergencies. Administer CPR only if you are trained. Contact the American Red Cross, American Heart Association, or the YMCA for information about training.

IMMEDIATE ACTIONS

- 1. Breathing and Circulation.** Begin rescue breathing if the victim is not breathing; begin CPR if there is no pulse and you are trained.
- 2. Bleeding.** Apply direct pressure to the wound and elevate it to stop persistent bleeding.
- 3. Shock.** Lay the victim on his/her back and give assurance. Position the feet above the head. Monitor breathing and circulation. If neck or spinal injuries are evident or suspected, move the victim **only** if:
 - a. it is necessary to establish or maintain a vital function such as breathing, or
 - b. it must be done to avoid further injury
- 4. Chest Pain.**
 - a. Help a conscious victim into a comfortable position with the head raised. Loosen tight clothing.
 - b. Help the victim take prescribed medication if necessary
 - c. If the victim loses consciousness and is not breathing, proceed with the ABCs of rescue breathing. If victim has no pulse, begin CPR if you are trained.

FOLLOW-UP ACTIONS

- 1. STAY CALM!**
- 2. Call 911.** Have someone call 911. Rescuers must not leave victims before first aid is administered to relieve the crisis. (Exception: If you are alone with an unconscious, unresponsive adult, call 911 before beginning rescue breathing.)
- 3. Other Health Problems.** Check the victim for emergency medical ID tags and medications.
- 4. Food and Liquids.** Never give food or liquids to victims who are unconscious, semiconscious, nauseated, or severely injured.



WHEN CALLING 911 FOR MEDICAL HELP

- 1. Give the location.** Mention a landmark at or near the scene to help medics find it.
- 2. Give the facts.** If feasible, give information about what happened, the number of injured persons, first aid given, and additional equipment needed.

[NOTE: If someone else places the call for help, confirm that the call has been made.]

WHAT TO DO UNTIL HELP ARRIVES

Administer the ABCs of Rescue Breathing as follows:

Determine Responsiveness

- If the victim appears unconscious, gently tap a shoulder and shout "Are you OK?"
- If no answer, yell for help from someone near. If alone, call 911 for help, then proceed with the ABCs:

A is for AIRWAY

- Roll victim onto their back. Don't allow the body to twist.
- Open the airway by tilting the head and lifting the chin
- Look, listen, and feel for breathing for 3-5 seconds. If none, continue.

B is for BREATHING

- Pinch victim's nose. Put your mouth over victim's and make a good seal.
- Give two full breaths
- Allow victim's lung to deflate between breaths

C is for CIRCULATION

- Check the carotid pulse for 5-10 seconds
- If there is a pulse but no breathing, give one breath every five seconds until the victim revives
- If there is no pulse, begin CPR if you are trained.

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