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By administering immediate care during an emergency, you can help an ill or injured person before EMS, Emergency Medical Services arrive. And you may be able to help save a life. However, even after training, remembering the right care at the
right time, we've created this simple step-by-step guide that you can print up and place on your refrigerator, in your bag or at your desk. Checking an Injured or Ill Person 1 CHECK the scene for safety, form an initial impression, obtain consent, and use personal protective equipment (PPE) 2 If the person appears unresponsive, CHECK for
responsiveness, breathing, life-threatening bleeding or other life-threatening bleeding or other life-threatening bleeding or other life-threatening conditions, call your esponds but is not fully awake, is not breathing or is only gasping, or has life-threatening bleeding or other life-threatening conditions, call your esponds but is not fully awake, is not breathing or is only gasping, or has life-threatening bleeding or other life-threatening conditions.
get equipment, or tell someone to do so. Then, give CARE based on the condition found and your level of training and continue your check to determine if additional care is needed Note: For a person who is unresponsive and not breathing, start CPR and use an AED immediately 3B If the person is responsive or responds to stimulation and is fully
awake and does not appear to have a life-threatening condition: Interview the person (or bystanders, if necessary), ask questions about signs and symptoms, allergies, and medical conditions (SAM) Do a focused check based on what the person told you, how the person is acting and what you see Note: Do not ask the person to move if
you suspect a head, neck or spinal injury. Do not ask the person to move any area of the body that causes discomfort or pain Note: As you check the person, take note of any medical identification tags 4 After completing the CHECK step, CALL 9-1-1 and get equipment, or tell someone to do so (if needed). Then, give CARE based on the condition found
and your level of training Be Prepared You can also sign up for a get First Aid/CPR/AED certified, where you'll learn the latest techniques and earn a two-year certification in first aid from the American Red Cross. Have a First Aid Kit on hand for when moments matter. For more information on First Aid Kits click here. The first moments after a person
is injured are the most critical. If no one intervenes and stabilizes their condition, the chances of survival decrease quickly over time. That is why everyone should be prepared to act in an emergencies, we encourage everyone
to get educated sooner rather than later. Inthis guide, were going to cover the basic steps of first aid and how you cansave someones life! When someone needs you, youll worry less and actconfidently within that vital window of time. The 5 Steps of Basic First AidTreatment When it comes to treating an injured or illperson in an emergency, following
the steps of first aid treatment is key. Itsimportant to remember the proper procedure to make sure you get it right. 1. Check the scene and form an impression Most people are tempted to jump into action assoon as they see someone with an injury. While you have the right
spirit, itsimportant to be cautious when attempting to assist anyone. To safely assess the situation more chaotic and confusing. Pause and observe your surroundings. It may be too unsafe to assist
person if: There are downed power lines inthe area. If you get near these power lines, you could be electrocuted. Thishelps no one its only a detriment to the situation so stay back if you seeany power lines on the ground. Traffic is too heavy. If you areattempting to assist a person by the roadside, pay close attention to the flowof traffic. If the road is
too busy to cross or if the person is in a placewhere it would be dangerous for you to stop, there isnt much you can safely dofor them. You are alone and the seemingly injured person is far away from the public eye. Unfortunately, some people enjoy taking advantage of the kindness of others. Criminals fake injuries to lure in an empathetic person.
Once they are alone, the criminal assaults or robs the good samaritan. If there no one available to help you and the person is suspiciously out of the way, it may be safer to call 911 and wait. Is the person seriously injured? Observe the injured person. Does the scene lookserious? Is the person bleeding? Do they look like they need assistance?
These are all questions that you should ask yourself to help you decide how to goabout aiding them and to weed out the aforementioned criminals. What happened? If you can piece together what happened, you gaina better understanding of how you should go about assisting. In some cases, putting together the events helps you know whether or not
you should stickaround. For instance, if a person is injured because of an active shooter, itis best to find cover for yourself and remove yourself and remove yourself and remove yourself are involved? Once you get a count of how many people are involved in an accident, you can come up with a plan and assist themaccordingly if possible. Is anyone else
available to help? If there is another person already on the scenewho can assist an injured person, then you may not be needed. If there is no life-threatening bleeding In a scenario where the injured person is responsive and does not seem to
be gravely injured, there is a specificprotocol that you should follow. Obtain consent You must obtain consent to treat a consciousperson. State your name, your level of training, what you think is wrong, andhow you plan to treat a consciousperson. State your name, your level of training, what you think is wrong, andhow you plan to treat them. Afterward, ask for permission to give themappropriate medical care. Get the AED and first aid kit If there is another
bystander around, ask them to get the AED and a first aid kit if available so you can properly treat the injured person swounds. Put on gloves first; put on gloves Your safety comes first; put on gloves Your safet
Findout what symptoms they are experiencing and what happened to cause theaccident. Examine the injured person fromhead to toe. Focus on these parts: HeadNeckShouldersChestAbdomenHipsLegsFeetArmsHands Based on what you find, you can execute a plan ofaction. Provide appropriate care Think
about what the person told you and provide the appropriate medical care according to your skill level and experience. If they need help that is beyond your skill set, you are better off not doing any guesswork. 3. Assisting if a person is unresponsive, follow these steps: Shout to get their attention, using their name if
possible. Tap the persons shoulder or thebottom of their foot if they did not respond to your initial calls forattention and try again. Check for signs of breathing If the unresponsive person is breathing If the unresponsive injured person is breathing of their foot if they did not respond to your initial calls forattention and try again. Check for signs of breathing If the unresponsive person is breathing If the unresponsive injured person is breathing If the unresponsive person is breathing.
oranother emergency number. Obtain an AED and a first aid kitif available. Ask bystanders the same questionsthat you would have asked the responsive person in the recovery position if there is no life-threatening
injury present. 5. If the unresponsive person is notbreathing If the unresponsive person that you are treatingisnt breathing, you need to act quickly. Follow these steps: Send someone to call 911 or theother designated emergency number. Obtain an AED and first aid kit ifavailable. Lay the person face up on flatground. Begin CPR or use the AED if one
isavailable and you know how to use it properly. Continue until the person isresuscitated or until emergency personnel arrive. A note: end CPR if it becomes unsafe for you tocontinue or if you are exhausted. Where to get CPR/first aid training If you read through these steps and were confused about some of the terminologies, dont worry. If you do not
know what an AED is or you dont know how to perform CPR, you should definitely consider getting CPR and first aid class with ProCPR! The course is easy to understand, interactive, and affordable. You pay when you pass so you have nothing to lose if you dont. Be the hero that someone
needs and get CPR certified today. Apr 03, 2025 TABLE OF CONTENTS In emergency first aid is the prompt care given to an ill or injured individual until professional medical assistance arrives. It is a crucial skill that can help
stabilise the situation, prevent further harm, and increase the chances of a positive outcome. Accidents, natural disasters, and medical emergencies can happen at any time, and being prepared to respond appropriately can save lives. By understanding the principles of emergency first aid and practising the necessary techniques, individuals can
become valuable assets in their communities, ready to spring into action and provide critical support during times of crisis. Subscribe to New First aid is necessary for both minor and serious injuries and illnesses
By providing the appropriate care, first aiders help to preserve life, stabilize a persons condition, or promote their recovery. You may be required to step in and assist a casualty in many situations. But whichever scenario you are faced with, its important to remember the four basic stepsto performing emergency first aid. These four first aid steps are
Assess Plan Implement Evaluate In this blog post, well take a closer look at the four basic first aid steps so that you can feel confident and prepared to implement them in an emergency. Before taking action, its crucial to perform a guick and calm assessment. Assess the situation for safety and gather information about what happened and who may
need help. Ask yourself the following questions: Before rushing toward the scene, check for potential dangers to yourself, bystanders, or the casualty located in the middle of a busy highway? If so, be sure to check for oncoming traffic before approaching, and move them only if
remaining where they are could cause more harm. Have a bystander block traffic while you assist the person and assess their injuries. If the situation is too dangerous, stay back and await assistance from the emergency services. Trying to intervene could result in you becoming injured. It will add more pressure on medics when they arrive, resulting
in poorer outcomes for everyone involved. While assessing the safety of a situation, consider any Personal Protective Equipment (PPE) that may be available, such as gloves, and wear them accordingly. Enquire with the casualty (if responsive) and any bystanders to discover the cause of the accident or illness. For example, if a person is lying on the
ground, were they hit by another person or object, or have they collapsed due to a medical condition? How many people are involved in the situation, and how many might require first-aid care and medical treatment from professionals? Are there any older people, children, or other vulnerable individuals involved? Ask yourself the following questions:
Is the victim suffocating or bleeding heavily? If this is the case, act immediately and appropriately to preserve life and stabilize their condition. Is the person conscious and responsive? If so, reassure them and help them stay calm. Ask for their consent to perform a first aid assessment, and try to gather more information about their condition. Is the
person breathing normally? Listen to and observe the casualty to check the quality of their breathing and identify any potential blockages or damage to their airway. Does the person show signs of injuries, shock, or psychological trauma? If so, respond using appropriate physical and psychological first aid skills. After a quick assessment of the
casualty and the situation, call for help straight away if needed. Call 911 (or your national equivalent) if the casualty is in immediate danger. In less serious situations, it may be more appropriate to locate a medic (such as an on-site nurse or doctor) or phone the patients doctor. If other bystanders are present, check to see if anyone has any first aid or
medical training. Once emergency services have been contacted, plan what first aid interventions are needed until professional help arrives. Conduct an initial or primary assessment of the casualty. Please read our blog post here for a complete and detailed lesson on conducting a primary assessment. Determine how much help you can give based on
what you know and what skills you have. If the patient is unconscious, the steps above should be completed as quickly as possible. It would be best if you began administering first aid. Now that you have assessed the situation
suspected broken arm and another is unresponsive or unconscious, treat the unresponsive or unconscious casualty as a priority. If emergency services are arriving very soon, do not splint injuries. Splints are used to immobilize fractures and broken bones, helping to prevent further damage. However, if medical help is soon to arrive, this task is best
left to the professionals. Talk to the person and give psychological first aid. Reassure the victim about their condition and what you do to help them. This kind of dialogue would help calm the casualty and distract them from their injury for a short while. If the person is conscious and responsive, administer psychological first aid as necessary until
medics arrive. For a detailed guide on how to give psychological first aid, click here. If necessary, prepare the person for transportation. Once all first aid has been administered, help to prepare the person to board an ambulance or other rescue vehicle. However, please do not move the casualty unless it is safe. Please explain what will happen next,
and, with their consent, gather personal belongings so they are ready to go when the transport arrives. Maintain safety and wait for assistance. Your number one priority is always your safety. Only remain with the casualty and administer first aid if it is safe. Otherwise, wait in a secure area for the emergency services to arrive. Always stay with the
casualty until professional help arrives. If all necessary first aid has been done, evaluate your actions and reassess to ensure everything has been noticed. Check that medical or professional assistance will arrive soon. If medical help has taken longer than expected, call the emergency number again or have another bystander call to ensure they are on
their way. Check that the scene remains safe. If not, consider moving the person as carefully as possible with help from bystanders or other rescuers. Use your best judgment to conduct a risk assessment for moving the patient vs. staying put. For example, if a spine or neck injury is suspected and the casualty is in the middle of a busy road, only move
them if their life is in danger. If traffic is stopped, remain where you are and do not attempt to move the casualty. Recheck the actions carried out after the initial assessment. An emergency first aid situation can be stressful. In a real-life scenario, missing crucial steps or forgetting key actions you learned during training is easy. So, if you are still
waiting for medics to arrive, recheck the actions you carried out in Step 3 to ensure everything has been noticed. Ensure that any bandages are still in place and bleeding continues, do NOT remove existing dressings. Add more dressings and apply pressure to the wound. If the casualty becomes unconscious, follow actions for
basic life support (BLS). Basic Life Support involves maintaining unobstructed airways and assisting a casualty with heart rate and breathing (e.g., CPR) without equipment. Read our in-depth blog post here for more information about BLS and how to perform this lifesaving intervention. Hand over the casualty to medical or professional personnel
when they arrive. Share all information you have about the casualty, including: What happened? Any injuries or abnormalities you found during your assessment. How the injury/illness was sustained? How long since the injury/illness occurred? How long (if at all) has the casualty, been unconscious? Any interventions you have administered. E.g.,
wound dressing, splints, CPR, and AED. Find out which hospital, clinic, or health center will provide care. Once you have this information, take the necessary steps to inform family and relatives of the casualtys condition and location. The four principles of first aid management are: Stay calm. Do not take risks for yourself, the injured person or any
witnesses. Manage the situation to give safe access to the person. Manage the patient in line with current first aid guidance Do things step by step Basic first aid is a way to prevent a person's condition from worsening
and keep them alive untilparamedicsarrive or they are taken to the hospital. The best way to prepare for these events is to get official first-aid training. In the meantime, there are some basic life-saving steps you can learn. Stevica Mrdja / Getty Images The first thing to do in any medical emergency is to assess the situation. Questions to ask and steps
to take include: Is the scene safe? Assess what is going on around the injured individual. Consider whether you can ask for consent. Is the person responsive
or unresponsive? The American Red Cross recommends the shout-tap-shout method to assess whether a person is conscious. Check if the person is responsive, if you see any life-threatening bleeding, if they are breathing, and if you notice any other significant injuries or conditions. Do you need emergency medical responders (EMS)? If the individual
does not respond, responds but is unable to remain fully awake, is not breathing or is gasping, or has significant bleeding, call 911 and begin CPR if there is a potential for cardiac arrest. Obtain an automated external defibrillator (AED) if possible. Do the same if you have concerns about any life-threatening medical condition, Is the person okay
 without emergency medical help? The individual may be OK after a minute or brief care. If the person is conscious and talking, you can offer continued assistance. Consider asking if any underlying medical conditions may require further care. If a possible head, neck, or spinal injury occurred, ask the person to remain still until emergency medica
personnel arrive. Continue to provide emergency medical care based on your level of training and comfort with the individual until help arrives. If someone is unconscious or unresponsive, the basic principles of first aid are the ABCs: airway, breathing, and
circulation. Airway: If someone is not breathing, you first need to open their airway, if possible. Breathing if you feel comfortable doing so. Circulation: As you perform rescue breathing, continue with chest compressionsto maintain the persons airway but they are still not breathing, so minute with chest compressionsto maintain the persons airway but they are still not breathing if you feel comfortable doing so. Circulation: As you perform rescue breathing, continue with chest compressionsto maintain the persons airway but they are still not breathing if you feel comfortable doing so. Circulation: As you perform rescue breathing, continue with chest compressionsto maintain the persons airway but they are still not breathing if you feel comfortable doing so. Circulation: As you perform rescue breathing, continue with chest compressionsto maintain the persons airway but they are still not breathing if you feel comfortable doing so. Circulation: As you perform rescue breathing if you feel comfortable doing so. Circulation is a still not breathing if you feel comfortable doing so. Circulation is a still not breathing if you feel comfortable doing so. Circulation is a still not breathing if you feel comfortable doing so. Circulation is a still not breathing if you feel comfortable doing so. Circulation is a still not breathing is a still not breathing in the still not breathing is a still not breathing in the still not breathing is a still not breathing in the still not breathing is a still not breathing in the still not breathing is a still not breathing in the still not breathing is a still not breathing in the still not breathing is a still not breathing in the still not breathing is a still not breathing in the still not breathing is a still not breathing in the still not
blood circulation. If the person is not responsive, check their pulse. If you do not feel a pulse, begin chest compressions. Some first aid courses also include D and E:Disability: In the acronym, disability refers to conditions that affect the level of consciousness. Consider if the person has an altered mental state, is experiencing a seizure, may have
overdosed, is experiencing hypoglycemia, or has another condition that affects their ability to remain fully conscious. Exposure to something if there is a risk of hypothermia and their clothes are wet. Make a note if they've another condition that affects their ability to remain fully conscious. Exposure to something harming them, remove the exposure if they've another condition that affects their ability to remain fully conscious. Exposure to something harming them, remove the exposure if they've another condition that affects their ability to remain fully conscious.
been exposed to a snake bite or other poisonous animal. Another example is removing constrictive items if necessary (e.g., jewelry or watches). Taking a formal CPR class will help you become familiar with doing chest compressions, rescue breathing, and using an AED. You can find courses from the American Red Cross, your local community first
responders, and online. Elva Etienne / Getty Images Cardiopulmonary resuscitation (CPR) is one of the most important emergency medical procedures that a person is in cardiac arrest (the heart is not beating), doing CPR and/or using an AED could restart their heart and/or recirculate blood until their heart can be restarted
with a defibrillator. This can restore their life. AEDs are available in many public areas and businesses. These first-aid devices are designed to be easy to use, even without prior training. If you think someone is in cardiac arrest, here's what to do next: Get help: Find a person nearby. Make eye contact, point to them, and say, Call 911. Chest
compressions: If there is no pulse, start chest compressions. Use both your hands and push down hard and fast in the center of the persons chest. Let their chest rise naturally between compressions. You may hear pops or snaps; this is normal. Keep going until help arrives. CPR: If your trained in CPR, you can use chest compressions and rescue
breathing.AED: If its available, use an AED. However, do not put off doing chest compressions to go look for an AED. If possible, instruct someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images If someone else to go find the device and bring it to you. Zero Creatives / Getty Images Imag
of the blood and how its leaving the body can look different depending on the injury: Capillaries: Bleeding from the smallest blood vessels (capillaries) looks like a trickle. This kind of bleeding usually stops on its own. Veins: Bleeding from the smallest blood vessels (capillaries) looks like a trickle. This kind of bleeding usually stops on its own. Veins: Bleeding from the smallest blood vessels (capillaries) looks like a trickle.
spurt. Arteries: Arteries are the largest blood vessels and carry a lot of oxygen. If they are injured, bright red blood will spurt out. Blood can be controlled with first aid. In cases of severe bleeding, an individual may go into shock and potentially die. While it is essential to
stop bleeding, begin with the ABCs of first aid. Here's what to do next:Gloves: Put on disposable gloves if you have them. This will protect you from infectious diseases like viral hepatitis and HIV/AIDS that can be spread in a persons blood. Cleanse: Rinse the wound with water. Cover: Protect the wound with gauze or cloth (e.g., towel, blanket, or
clothing). Stop the bleeding: Apply direct pressure to stop blood flow and encourage clotting become soaked. Removing the first layer may interfere with the clotting process and can result in more blood loss. Instead, add more
layers if needed.Protect: Once bleeding has stopped, put a clean bandage on the wound. Get medical help if:The wound has widely separated sides.The injury is a puncture, burn, or electrical injury.You think there is arterial bleeding
(spurting or pulsating blood from an injury). Blood is soaking through the bandages. The bleeding is not stopping. A body part of a body part like a fingertip, place it in a plastic bag and keep it chilled in a container with ice water, if available. Science Photo Library/ Getty Images Choking
happens when a persons airway becomes blocked by food or an object. It is a serious event that can lead to unconsciousness or even death. Signs of choking include: Gagging, gasping, or wheezing Inability to talk or make noise Turning blue in the face Grabbing at the throat Waving arms Looking panicked What to do next varies somewhat if the
individual is pregnant, obese, an infant, or you are alone and choking. The Heimlich maneuver is a series of abdominal thrusts that can help dislodge what a person is choking on. Before doing anything, ask the person if they are choking. Remember: If someone is coughing or talking, they are not choking. Here are the steps to do the Heimlich
maneuver: Stand behind the person and lean them slightly forward. Put your arms around their waist. Clench your fist and place it between their belly button (navel) and rib cage. Grab your fist with your other hand. Pull your clenched fist sharply backward and upward under the persons rib cage in five quick thrusts. Repeat until the object is coughed
up. For someone who is obese or pregnant, perform the thrusts around the chest instead of the abdomen. If someone is choking and becomes unconscious: Place them on their back and kneel over them. Place the belief your hand slightly above their back and kneel over them. Place the belief your hand slightly above their back and kneel over them. Place the belief your hand slightly above their back and kneel over them. Place the belief your hand slightly above their back and kneel over them. Place the belief your hand slightly above their back and kneel over them. Place the belief your hand slightly above their back and kneel over them. Place the belief your hand slightly above their back and kneel over them. Place the back and kneel over the back and kneel
baby under a year old is choking, you need to use different first aid techniques to help them. Start with back blows: Lay the baby across your forearm, face down. Support them with your lap or upper thigh. Hold their chest in your hand and jaw between your fingers (the babys head should be pointed down so its lower than their body). With the heel of
your free hand, give five quick, forceful blows to the babys back between the shoulder blades. If back blows dont work, try chest thrusts: Turn the baby face up, keeping them on your fingers in thee of your fingers in thee of your fingers in the baby face up, keeping them on your lap for support. Keeping them on your fingers in thee baby face up, keeping them on your fingers in thee baby face up, keeping them on your fingers in thee baby face up, keeping them on your fingers in the baby face up, keeping them on your fingers in the baby face up, keeping them on your fingers in the baby face up, keeping them on your fingers in the baby face up, keeping them on your fingers in the baby face up, keeping them on your fingers in the baby face up, keeping them on your fingers in the baby face up, keeping them on your fingers in the baby face up, keeping them on your fingers in the baby face up, keeping them on your fingers in the baby face up, keeping them on your fingers in the baby face up, keeping them on your fingers in the baby face up, keeping them on your fingers in the baby face up, keeping them on your fingers in the baby face up, keeping them on your fingers in the baby face up, keeping them on your fingers in the baby face up, keeping them on your fingers in the baby face up, keeping them on your fingers in the baby face up, keeping the baby fa
center of the babys chest just below the nipples. Give five quick thrusts downward so the breastbone gets pushed in about 1.5 inches. You can alternate between five back blows and five chest thrusts downward so the breastbone gets pushed in about 1.5 inches. You can alternate between five back blows and five chest thrusts downward so the breastbone gets pushed in about 1.5 inches. You can alternate between five back blows and five chest thrusts downward so the breastbone gets pushed in about 1.5 inches. You can alternate between five back blows and five chest thrusts downward so the breastbone gets pushed in about 1.5 inches. You can alternate between five back blows and five chest thrusts downward so the breastbone gets pushed in about 1.5 inches. You can alternate between five back blows and five chest thrusts downward so the breastbone gets pushed in about 1.5 inches. You can alternate between five back blows and five chest thrusts downward so the breastbone gets pushed in about 1.5 inches. You can alternate between five back blows and five chest thrusts downward so the breastbone gets pushed in about 1.5 inches. You can alternate between five back blows and five chest thrusts downward so the breastbone gets pushed in about 1.5 inches. You can alternate between five back blows and five chest thrusts downward so the breastbone gets pushed in about 1.5 inches.
obstruction, you can try to remove it, but only if you can visibly see what is blocking the child's airway. You can give yourself the Heimlich maneuver even if you are alone. Call 911 first, even though you will not be able to speak. Leave the phone connected. 911 can pinpoint your location and send emergency help. Use a landline if available. If a
landline isn't available, a cell phone can be used. Grasp one fist with the object is dislodged. You can also bend over a hard surface, such as the back of a chair. Use the hard surface, such as the back of a chair. Use the hard surface, such as the back of a chair. Use the hard surface to apply repeated thrusts to your abdomen. Repeat until the object is dislodged. You can also bend over a hard surface, such as the back of a chair. Use the hard surface, such as the back of a chair. Use the hard surface to apply repeated thrusts to your abdomen. Repeat until the object is dislodged. You can also bend over a hard surface, such as the back of a chair. Use the hard surface, such as the back of a chair. Use the hard surface above your abdomen. Repeat until the object is dislodged. You can also bend over a hard surface, such as the back of a chair. Use the hard surface is a chair with the object is dislodged. You can also bend over a hard surface is a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair with the object is dislogged. You can also be a chair
is dislodged. RUNSTUDIO / Getty Images The first step to treating a burn is to stop the burn only affects the outer layer of skin and causes redness. This might mean: Theseverity of a burnis based on stages. The depth and size of the burn only affects the outer layer of skin and causes redness.
and swelling. It is considered a minor burn. Second-degree burn: This kind of burn affects two layers of skin and causes blistering, redness, and swelling. It is considered a major joint. Third-degree burn: This kind of burn affects deeper layers of skin and
causes white or blackened skin that can be numb. It is always considered a major burns require emergency medical attention. Once youve stopped the burning process, call 911 or delegate someone else to call. Heres what to do next: You can take several first aid steps for burns that are not an emergency. Flush the burned area with cool
running water for several minutes. Do not use ice. Apply a light gauze bandage. If the burn is minor, you can put on an ointment, like aloe vera, before you cover it. Consider ibuprofen (e.g., Motrin) or acetaminophen (e.g., Tylenol) for pain relief. Do not break any blisters that form. Burns often cause blisters. Whether you need totreat a blisterdepends
on its severity and your overall health. Here are some general guidelines: If the blister is small, unopened, and doesnt hurt, its best to leave it alone. Do not pop a small blister. This could let bacteria get inside it and cause an infected, you may need
medical care from a healthcare provider. Odilon Dimier / Getty Images Any injury to your limbs, hands, and feet needs to be treated as a broken bone until an X-ray can be done. While broken bones or fractures do need medical treatment, they do not all require an emergency trip to the hospital. First aid steps can help stabilize the bone until you can
see a healthcare provider. In some cases, you will need emergency medical care to deal with a broken bone. Call 911 if:The person is bleeding a lot, is unresponsive, is not breathing, or has more than one injury. You think a person has a fracture or other serious injury in their spinal column, head, hip, pelvis, or thigh. In this case, do not move the
person. A broken bone is poking through the skin (open or compound fracture). The area below an injured joint feels cold and clammy or looks bluish. You cannot keep the injury from moving well enough to transport the person. Otherwise, you can use first aid, and then go to urgent care or contact your healthcare provider for guidance. Heres what to
do next:Do not try to straighten the bone.Use a splintand padding for a limbto keep it still, then elevate it.Put a cold pack on the injury, but not directly on the skin. Use a barrier between the ice and the skin to keep the tissue from being damaged. If all you have is ice, put it in a plastic bag and wrap it in a shirt or towel before applying it.Consider
giving the person anti-inflammatory drugs (NSAIDs) like Advil (ibuprofen) or Aleve (naproxen) for pain. Some research has shown that non-steroidal anti-inflammatory drugs (NSAIDs) like Advil and Aleve can slow bone healing. However, short-term NSAID use appears to have little or no effect on healing. You may use Tylenol (acetaminophen) as an
 alternative for pain relief. A sprain is an injury to the connective tissues that hold bones, cartilage, and joints together. Sprains are most often caused when the twisting of a sprain are similar to those of a broken bone. An X-ray can help
determine which injury a person has. Here's what to do next: The first thing to do is ensure that the injured person stops any unnecessary activity, as moving can worsen the injury. Sprains often dont require emergency treatment. However, you should get immediate medical care if the injured person: Has severe pain when they move or are
touchedCannot put any weight on the injured jointHas increased bruisingHas numbness or pins-and-needles near the sprainShows signs of infectionHas little or no improvement during the first week after the injury occurs If emergency care is not needed, follow these first aid steps:Keep the limb as still as possible.Apply a cold pack.Elevate the
injured part if you can do so safely. Use NSAIDs for pain. Ask your provider about any other treatment you might need. Nosebleed is digital traumabetter known as picking your nose. Other causes of a bloody nose include: Dry or hot air High altitudes Chemical fumes that
irritate the nasal passagesColds and allergiesBlowing your nose hard or oftenTrauma to the nasal cartilage)Nasal polyps (non-cancerous growths in the nasal passage and sinuses) or nasal tumorsBleeding disorders (e.g., hemophilia and leukemia)High blood pressurePregnancyFrequent use of nasal sprays
decongestants, and antihistaminesNSAIDsBlood thinners (e.g., warfarin)Cocaine and other drugs that are inhaled or snorted Many of these things dry out or damage the delicate membranes in your nostrils, causing them to get crusty and burst when irritated. Here's what to do next: First aid for a nosebleed has a few simple steps. If your nose is
bleeding: Lean slightly forward, not back. Pinch your nose just below the bridge. It needs to be high enough that the nostrils are not pinched closed. After another 10 minutes. Apply a cold pack to the bridge of your nose while youre pinching. In some cases,
you will need to let your provider know if you have a bloody nose. Call your provider if:You get frequent nosebleeds. You have a clotting or bleeding disorder. You just started a new medication. You also have unusual bruising. You might need to
seek emergency medical care for a bloody nose. Call 911 or go to the emergency room if: The bleeding will not stop even after more than 15 minutes of direct pressure. You lose about a cup of blood. You have a hard time breathing. Youve swallowed a lot of blood and vomited it up. Youve had a serious injury or a blow to the head. Dean Mitchell / Getty
Images Frostbite happens when the bodys tissues freeze deeply in the cold. This is the opposite of a burn, but the damage it does to your skin is almost the same. Here's what to do next: Treating frostbite involves carefully and gradually warming the affected area. If at all possible, it should only be done by a medical professional. The most important
reason to wait for rewarming is if there is any risk of refreezing. If thats not possible, or while youre waiting for an ambulance, you can begin first aid for frostbite. Get out of the cold. Put the affected area in warm water for 20 to 30 minutes. Do not use sources of dry heat (e.g., heating pads, fireplace). For fingers and toes,
you can put clean cotton balls between them after they have warmed up.Loosely wrap the area with bandages. Use acetaminophen (e.g., Tylenol) or ibuprofen (e.g., 
elses). Get emergency treatment if the skin is hard and begins turning white. Bee stings can hurt a lot but are only a minor problem for many people. However, for people who are allergic reaction after a bee sting. Signs of an
allergic reaction to a sting include: Swelling away from the area that was stungFlushingHives (raised, large red or skin-colored bumps) ItchingSigns of anaphylaxis (a life-threatening allergic reaction that can cause hives, swelling, chest pain, confusion, sweating, blue lips and nails, and trouble breathing) Here's what to do next: If someone has signs of
an allergic reaction to a bee sting, call 911 immediately or take them to the hospital. If the stung person has a known bee allergy while youre performing bee sting first aid: Get the stinger out immediately. This will prevent additional
venom from getting into the person. To remove a stinger, it is best to use a straight-edged object such as a credit card to scrape the skin. Avoid squeezing the venom sac with tweezers or your fingers, as this can inject venom into the skin. Wash the area with soap and water. Use a cold pack to help with the swelling at the site;
however, do not apply ice directly to the skin. Use an allergy medication or antihistamine (like Zyrtec) to reduce swelling and itching. Use acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Motrin) for pain. There are several different types of mental health crises. An individual may be thinking about or have a plan to kill or harm themselves or others
They could also be experiencing severe symptoms of a mental health condition. A mental health condition becomes a crisis when the individual's actions, feelings, or behaviors may lead them to harm themselves or others, or the severity of their symptoms does not allow them to participate in activities of daily living (e.g., getting up and gettingdus).
dressed, eating, brushing teeth, etc.). Signs that someone is having a mental health crisis may include, but are not limited to: Any signs or symptoms of suicide, such as collecting pills, having a plan with a method to carry out that plan (e.g., access to a firearm), and hopelessnessInability to perform daily tasks such as brushing teeth or changing
clothesRapid mood swings, such as a sudden increase in energy or depressionIncreased agitationParanoiaPsychosisIsolating from friends and familyAbusive behavior towards themselves, such as cutting or substance misuse Here's what to do next: Assess how severe the situation is.Call 911 if there is a risk of suicide, harm to property, or harm to
others.Consider calling the individual's mental health provider (if they have one). Call the 988 Suicide and Crisis Lifeline for help and support. Oftentimes, there are several different mental health care options available for those experiencing a crisis, such as mobile crisis teams, emergency psychiatric facilities, emergency departments, and more, and more, and more are several different mental health provider (if they have one). Call the 988 Suicide and Crisis Lifeline for those experiencing a crisis, such as mobile crisis teams, emergency psychiatric facilities, emergency psychiatric facilities, emergency departments, and more, and more, and more are several different mental health provider (if they have one). Call the 988 Suicide and Crisis Lifeline for those experiencing a crisis, such as mobile crisis teams, emergency psychiatric facilities, emergency departments, and more, and more are several different mental health provider (if they have one). Call the 988 Suicide and Crisis Lifeline for those experiencing a crisis of the second contract of the second c
depending on the availablity where you live. If you or someone you care about is experiencing a mental health crisis, call or text the 988 Lifeline. There is also an option for a chat and for those who are deaf or hard of hearing. First aid kits are sold at many pharmacies and department stores, but you can also make your own. You should keep one in
your vehicle and in your home. A basic first-aid kit may contain: Adhesive bandages in multiple sizes and shapesGauze pads in multiple 
oral thermometerAn emergency blanket Formal first aid training is the best way to know what to do if a medical emergency happens to you, a loved one, or even a stranger. Even without formal training, it helps to know the ABCs (airway, breathing, and circulation) and how to do CPR. Attempting to provide first aid care is often better than doing
nothing. Sometimes, acting quickly can save a persons life. Here are the 7 essential steps of first aid that can help you respond effectively in an emergency: Stay calm and quickly evaluate the scene for any potential dangers. Ensure your safety before helping others. Identify the type and severity of the injury or illness. If the situation is serious (e.g.
unconsciousness, severe bleeding, difficulty breathing), call emergency services immediately. Provide clear information about the location and condition of the victim. If the person is unconscious, gently shake or tap their shoulder and ask, Are you okay? If theres no response, check for breathing and a pulse. If the person is unconscious, gently shake or tap their shoulder and ask, Are you okay? If theres no response, check for breathing and a pulse. If the person is unconscious, gently shake or tap their shoulder and ask, Are you okay? If there is no response, check for breathing and a pulse. If the person is unconscious, gently shake or tap their shoulder and ask, Are you okay? If there is no response, check for breathing and a pulse. If the person is unconscious, gently shake or tap their shoulder and ask, Are you okay? If the person is unconscious, gently shake or tap their shoulder and ask, Are you okay? If the person is unconscious, gently shake or tap their shoulder and ask, Are you okay? If the person is unconscious, gently shake or tap their shoulder and ask, Are you okay? If the person is unconscious, gently shake or tap their shoulder and ask, Are you okay? If the person is unconscious, gently shake or tap their shoulder and ask, Are you okay? If the person is unconscious, gently shake or tap their shoulder and ask, are you okay? If the person is unconscious, gently shake or tap their shoulder and ask, are you okay? If the person is unconscious, gently shake or tap their shoulder and ask, are you okay? If the person is unconscious, gently shake or tap their shoulder and ask, are you okay? If the person is unconscious, gently shake or tap their shoulder and ask, are you okay? If the person is unconscious, gently shake or tap their shoulder and ask, are you okay? If the person is unconscious, gently shake or tap their shoulder and ask, are you okay? If the person is unconscious, gently shake or tap their shoulder and ask, are you okay? If the person is unconscious, gently shake or tap their shoulder a
pulse, start CPR (Cardiopulmonary Resuscitation) immediately. For adults: Give 30 chest compression depth and breathing based on their size. Use a clean cloth or bandage to apply direct pressure on the wound. Elevate the injured limb if possible. Avoid removing any deeply
embedded objects; instead, seek medical help. Lay the person down and keep them warm with a blanket. Elevate their legs slightly (unless theres a spinal injury). Keep them calm and reassured while waiting for medical help. Clean minor cuts and wounds with water. Apply antiseptic and cover with a sterile bandage. For burns, cool the area with running
water for at least 10 minutes before covering. Following these 7 first aid steps can make a life-saving difference in emergencies. Always seek medical help if needed and consider taking a certified first aid steps can make a life-saving difference in emergencies. Always seek medical help if needed and consider taking a certified first aid steps can make a life-saving difference in emergencies.
Step 1 will help you determine what course of action is the most suitable, allowing for Step 2: Plan. First, call for an emergency team on Triple Zero (000), if this hasnt been done already. Next, determine what you can do to help until paramedics arrive. Is the person unconscious and not breathing will you have to perform CPR? Does the person have an
        that is bleeding intensely will you need to stop this with pressure? Is the person choking? First Aid Step 3: ImplementOnce you've assessed the situation and you nave a plan, its time to implement it in Step 3: ImplementOnce you've assessed the situation and you nave a plan, its time to implement it in Step 3: ImplementOnce you've assessed the situation and you nave a plan, its time to implement it in Step 3: ImplementOnce you've assessed the situation and you nave a plan, its time to implement it in Step 3: ImplementOnce you've assessed the situation and you nave a plan, its time to implement it in Step 3: ImplementOnce you've assessed the situation and you nave a plan, its time to implement it in Step 3: ImplementOnce you've assessed the situation and you nave a plan, its time to implement it in Step 3: ImplementOnce you've assessed the situation and you nave a plan, its time to implement it in Step 3: ImplementOnce you've assessed the situation and you nave a plan it is time to implement it in Step 3: ImplementOnce you've assessed the situation and you nave a plan it is time to implement it in Step 3: ImplementOnce you've assessed the situation and you nave a plan it is time to implement it in Step 3: ImplementOnce you've assessed the situation and you nave a plan it is time to implement it in Step 3: ImplementOnce you've assessed the situation and you nave a plan it is time to implement it in Step 3: ImplementOnce you've assessed the situation and you nave a plan it is time to implement it in Step 3: ImplementOnce you've assessed the situation and you nave a plan it is time to implement it in Step 3: ImplementOnce you've assessed the situation and you nave a plan it is time to implement it in Step 3: ImplementOnce you've assessed the situation and you nave a plan it is time to implement it in Step 3: ImplementOnce you've assessed the situation and you nave a plan it is time to implement it
talk to the person, gather important information and soothe them as much as you can. Some situations, however, could necessitate more serious assistance. When the person is not breathing, youll have to administer CPR. Cardiopulmonary Resuscitation (CPR) is an emergency lifesaving procedure that can restore breathing through chest
compressions and, in some instances, artificial ventilation (mouth-to-mouth breathing). CPR can double and sometimes even triple survival rates! Being properly trained in first aid procedures will help you decide exactly what to do, the circumstances in which you will need to take action, and how involved you should get. Whilst implementing your
emergency assistance plan, continue to check for your safety and that of bystanders. Emergencies can mean the difference between life and death. Whether its a car crash, a fall, a choking incident, or a sudden cardiac arrest, having
basic first aid knowledge empowers you to act quickly and effectively. And it all begins with understanding seven essential steps. In this comprehensive guide, well break each step down clearly and practically, so you can remember them easily and apply them confidently, potentially saving lives in the process. Before you take action, the first and most
important thing is to assess the scene. Rushing to help without checking your surroundings can lead to more harm than good. Take a moment to scan the area. Are there live electrical wires, leaking fuel, fire, broken glass, or ongoing traffic? Your safety is just as important as the victims. You cannot assist if you become a casualty yourself. In some
situations, like chemical spills, unstable structures, or fires, its best to wait for trained professionals. Dont put yourself in a position where your life is at risk. If possible and safe, try to remove hazards or move the victim only if absolutely necessary and if youre confident in doing so. Once youve ensured the area is secure, call emergency services
without delay. Every second counts. Dial emergency services (e.g., 911 or your local emergency number) if: The person is unconscious or not responding They are not breathing or gasping They are bleeding heavily They have chest pain, seizures, or signs of a stroke Theres been a serious accident Never assume someone else has already called. When
calling, stay calm and provide clear information: Your exact location (address or landmarks) What happened How many people are involved the victims condition. Your exact location (address or landmarks) what happened the person is
conscious. Approach the person and speak loudly: Are you okay? Gently tap their shoulder or shake them. If theres no response, continue to check for breathing and begin first aid. If they respond, try to keep them calm, and do not move them unless necessary. In many situations, both physical touch and verbal cues can help assess a persons level of
consciousness. People who are semi-conscious may respond to sound even if they dont open their eyes or speak. If the person does not respond at all, they are considered unresponsive, and you must move quickly to the next steps. An unconscious person may not be able to maintain an open airway, which is critical for breathing. Kneel beside the
person Gently tilt the head back by placing one hand on the forehead Lift the chin using two fingers of your other hand This movement helps prevent the tongue from blocking the throat, allowing air to enter the lungs. If you suspect a head, neck, or spinal injury (e.g., due to a fall or vehicle crash), avoid moving the head. Use the jaw-thrust maneuver if
trained, or wait for emergency personnel. Once the airway is open, you need to determine if the person is breathing properly. Place your ear close to the persons nose and mouthWatch the chest for movementListen for breath sounds feel for air on your cheekDo this for no more than 10 seconds. If they are not breathing or are only gasping (agonal
breathing), they need immediate CPR. Do not delay. If they are breathing normally, place them in the recovery position while you wait for help, unless theres a suspected spinal injury. CPR (Cardiopulmonary Resuscitation) is vital for victims who are unresponsive and not breathing. If you are untrained or unsure, hands-only CPR is effective: Kneel
beside the victimPlace the heel of one hand in the center of the chestPlace your other hand on top and interlock fingersPush hard and fast, at least 2 inches deep and at a rate of 100120 compressions, give 2 rescue breathsTilt the head back, lift
the chin, pinch the noseSeal your mouth over theirs and breathe until you see the chest riseContinue CPR until professional help arrives or the person is breathing. Once the person is breathing or if CPR isnt needed, begin checking for other injuries. Apply direct pressure using a clean cloth or bandageElevate the injuried area if possibleIf bleeding
is severe and pressure doesn't stop it, a tourniquet may be used if youre trainedKeep the person warm using blankets or clothingLay them flat unless they have difficulty breathing or injuries that prevent thisElevate their legs if theres no trauma to the spine or legsDo not give them food or drinkBurns: Cool the area with cool (not cold) water for at
least 10 minutes. Never apply ice. Fractures: Immobilize using a splint or sling. Avoid moving the area. Wounds: Clean with clean water. Cover with a sterile dressing if available itemsscarves, towels, belts. Reassure the Victim: Talk to them
even if they are unconscious. Let them know help is coming. These small actions can make a significant psychological and physical difference. First aid isnt just for healthcare professionalsits a skill everyone should have. Imagine youre at a playground and a colleague collapses. If you know first aid isnt just for healthcare professionalsits a skill everyone should have. Imagine youre at a playground and a colleague collapses. If you know first aid isnt just for healthcare professionalsits a skill everyone should have. Imagine youre at a playground and a colleague collapses. If you know first aid isnt just for healthcare professionalsits a skill everyone should have. Imagine youre at work and a colleague collapses. If you know first aid isnt just for healthcare professionalsits a skill everyone should have. Imagine youre at work and a colleague collapses. If you know first aid isnt just for healthcare professionals it is a skill everyone should have. Imagine your extension in the profession is a skill everyone at a playground and a colleague collapses. If you know first aid isnt just for healthcare professionals it is a skill everyone at a playground and a colleague collapses. If you know first aid isnt just for healthcare profession is a skill everyone at a playground and a colleague collapses.
you could be the reason someone survives. From teachers, parents, and drivers to students and office workerseveryone can and should learn first aid. It builds confidence, responsibility, and community resilience. Remember: You might save the life of a loved one or they might one day save yours. The 7 steps of first aid provide a clear and effective plan
for handling emergencies. From checking the scene to calling for help, assessing breathing, performing CPR, and treating injuries, every action you take matters. Learn them. Practice them. Share them. Because knowing first aid isnt just helpfulits heroic. You never know when youll need it, but when that time comes, youll be glad you were
prepared. The 3 Ps are the guiding principles of first aid: Preserve lifePrevent worseningPromote recoveryMany organizations Courses are available in-person and online. Yes! CPR is a critical first aid skill used when a person is not breathing or has no pulse. In many organizations Courses are available in-person and online. Yes!
countries, Good Samaritan laws protect people who provide reasonable assistance during emergencies, as long as their actions are within the scope of their knowledge and training. Keep it fun and age-appropriate: Use cartoons or role-playing Teach them how to call emergency numbers Encourage them to stay calm and get help Perform the 3 Cs of
first aid before doing any care workcheck your surroundings for safety, call for help, and then care for the person. Check if an unconscious person is responsive but have a pulse. Wear gloves to protect yourself from bloodborne pathogens while treating cuts, scrapes,
minor burns, or other injuries.1Check the surroundings. Evaluate the situation. Are there things that might put you at risk of harm? Are you or the victim threatened by fire, toxic smoke, gasses, an unstable building, live electrical wires, or another dangerous scenario? Do not rush into a situation where you could end up as a victim yourself. This
refers to the D (Danger) in DRABC (Danger, Response, Airways, Breathing, and Circulation). If approaching the victim will endanger your life, seek professional help immediately; they have higher levels of training and know-how to handle these situations. First aid becomes useless if you can't safely perform it without hurting yourself. 2Call for help
Call out for help 3 times before you begin assisting the casualty. If someone is with you or approaches, instruct them to call the authorities and be prepared to relay information to them so they can update the responders. It is not recommended that you leave the many them in the recovery position if you need to leave them
for any reason. Advertisement 3Care for the person. Caring for someone who has just gone through serious trauma includes both physical treatment and emotional support. Remember to stay calm and try to be reassuring; let the person know that help is on its way and that everything will be alright. Other ways to reassure the casualty include asking
for their name, if they know what has happened, and then about their interests. Advertisement 1Determine responsiveness. If a person is unconscious, try to rouse them by speaking to them or by tapping on the shoulder. Do not be afraid to speak loudly or even shout. If they do not respond to activity, sound, touch, or other stimulation, determine
whether they are breathing. 2Check for breathing and a pulse. [1] If unconscious and unable to be roused, check for breathing in and out; feel for air using the side of your face. If no signs of breathing are apparent, place two fingers under the chin and gently guide the face pointing
upwards to open up their airways. If any debris such as vomit can be seen, it is appropriate to move them onto their side to allow it to get out, which is achieved with the recovery position. Check for a pulse. During the COVID-19 pandemic, only look for signs of breathing rather than listening to or trying to feel the persons breath to avoid exposure.
[2]3If the person remains unresponsive and has no pulse, prep for CPR. Unless you suspect a spinal injury, carefully roll them onto their back while holding their
head.Open the airway by lifting the chin.4Give rescue breaths if the person is unresponsive and has a pulse, but isnt breathing. Pinch the persons nostrils and completely cover their mouth with yours. Give a deep breath that lasts 1 second and watch to see if their chest rises. If it does, give them another breath. If they dont tilt their head and chin
again before trying a breath.[5]During COVID-19, its recommended that you dont use rescue breaths as part of CPR. In the center of the chest, just below an imaginary line running between the nipples, put your two hands
together and compress the chest down approximately 2 inches (5.1cm) at a rate of 100 compressions, give two rescue breaths, done by opening the mouth hole. Then check vitals. If the breaths are blocked, reposition the airway. Make
sure the head is tilted slightly back and the tongue is not obstructing it. Continue this cycle of 30 chest compressions without rescue breaths until someone else relieves you. [7] If your every else than not better than n
performing CPR at all.6Remember your ABCs of CPR. The ABCs of CPR refers to the person have an unobstructed airway? Breathing. Is the person breathing? Circulation. Does the person show a pulse at major pulse
points (wrist, carotid artery, groin)?7Make sure the person is warm as you wait for medical help. Drape a towel or a blanket over the person if you don't, remove some of your own clothing (such as your coat or jacket) and use it as a cover until medical help arrives. However, if the person has a heatstroke, do not cover him or keep him
warm. Instead, try to cool him by fanning him and damping him. 8Pay attention to a list of don'ts. As you administer first aid, be sure to be aware of these things that you should not do in any case: Do not feed or hydrate an unconscious person. This could cause choking and possible asphyxiation. Do not leave the person alone. Unless you absolutely
need to signal or call for help, stay with the person at all times. Do not prop up an unconscious person's face. These are movie gimmicks. If the person appears in danger due to an electric shock, you may attempt to move it, but only with a non-conductive object. Advertisement
1Protect yourself from bloodborne pathogens. Bloodborne pathogens can threaten your hands and put on sterile gloves and disease. If you have a first aid kit, sanitize your hands with extra gauze or cotton. Avoid direct contact with the other
person's blood. If you do end up making contact, make sure to clean yourself off as soon as possible. Eliminate any remaining sources of contamination. 2Stop the bleeding first. After you have established that the victim is breathing and has a pulse, your next priority should be to control any bleeding. Control of bleeding is one of the most important
things you can do to save a trauma victim. Use direct pressure on a wound before trying any other method of managing to bleed. Read the linked article for more detailed steps you can take. Treat a bullet wounds are serious and unpredictable. Read on for special considerations when treating someone who has suffered a gunshot
wound.3Treat shock next. Shock, often caused by a loss of blood flow to the body, frequently have cool, clammy skin, be agitated or have an altered mental status, and have pale color to the skin around the face and lips. Untreated, shock can be fatal. Anyone who
has suffered a severe injury or life-threatening situation is at risk for shock. 4 Provide first aid for a broken bone, however common, can be treated with the following steps: Immobilize the area. Make sure that the broken bone doesn't have to move or support any other body parts. Numb the pain. Often, this can be done with an ice pack
covered by a towel. Make a splint. A bundle of newspapers and sturdy tape will do just the trick. A broken finger, for example, can also use another finger as a stabilizing splint. Make a sling, if necessary. Tie a shirt or a pillowcase around a broken arm and then around the shoulder. 5Help a choking victim. Choking can cause death or permanent brain
damage within minutes. Read this article for ways to help a choking victim is the Heimlich maneuver and adult choking victim from behind and bear-hugging them with your hands interlocked above
their belly button but beneath their breastbone. Thrust upward to expel air from the lungs and repeat until you are successful in clearing the object from the windpipe. 6Learn how to treat a burn. Treat first- and second-degree burns by immersing or flushing with cool water for at least 10 minutes (no ice). Don't use creams, butter, or other ointments,
and do not pop blisters. Third-degree burns should be covered with a damp cloth. Remove clothing and jewelry from the burn, but do not try to remove charred clothing that is stuck to burns. Thord one to remove charred clothing and jewelry from the burn, but do not try to remove charred clothing that is stuck to burns. Thord one to remove charred clothing that is stuck to burns. Thord one to remove charred clothing that is stuck to burns. Thord one to remove charred clothing that is stuck to burns. Thord one to remove charred clothing that is stuck to burns. Thord one to remove charred clothing that is stuck to burns. Thord one to remove charred clothing that is stuck to burns. Thord one to remove charred clothing that is stuck to burns. Thord one to remove charred clothing that is stuck to burns. Thord one to remove charred clothing that is stuck to burns. Thord one to remove charred clothing that is stuck to burns. Thord one to remove charred clothing that is stuck to burns. Thord one to remove charred clothing that is stuck to burns. Thord one to remove charred clothing that is stuck to burns. Thord one to remove charred clothing that is stuck to burns. Thord one to remove charred clothing that is stuck to burns. Thord one to remove clothing that is stuck to burns. Thord one to remove charred clothing that is stuck to burns. Thord one to remove clothing that is stuck to burns. The burns is stuck to burns it is stuck to burns. The burns is stuck to burns it is stuck to burns it is stuck to burns. The burns is stuck to burns it is stuck to burns it is stuck to burns. The burns is stuck to burns it is stuck to burns. The burns is stuck to burns it is stuck to bu
following the injuryDisorientation or memory impairmentVertigoNauseaLethargy.loss of memory of recent events(short terms memories)8Treat a Spinal Injury Victim. If you suspect a spinal injury, it is especially critical that you not move the victim's head, neck, or back unless they are in immediate danger. You also need to take special care when
performing rescue breathing or CPR. Read this article to learn what to do. Advertisement 1Help someone who is having a seizure. Seizures can be scary things for people who've never experienced them before. Luckily, helping people with seizures is relatively straightforward. Clear the surroundings to protect the person from hurting themselves.
[9]Activate emergency medical services if the seizure lasts more than 5 minutes or if the person is not breathing afterward. After the episode has ended, help them to the floor and put something soft or flat under their head. Turn them onto their side to ease breathing, but do not hold the person down or try to stop their movements. Be friendly and
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reassuring as their consciousness returns and do not offer food or water until fully alert. 2Help someone survive a heart attack, which can include rapid heart beat, pressure or pain in the armpit, and general unease, sweating, or nausea. Rush the person to the hospital immediately while giving them an aspirin or a nitroglycerin, which the person should chew. 3Identify someone having a stroke is important. They include temporary inability to talk or understand what is being said; confusion; loss of balance or dizziness; unable to raise their arms and severe headache with no precursor, among others. Rush a person you suspect has had a stroke to the emergency room immediately.4Treat poisoning can occur as a result of natural toxins (i.e. snake bite) or chemical combinations. If an animal may be responsible for poisoning, try to (safely) kill it, bag it, and bring it with you to poison control. Advertisement Add New Question Question What does CPR stand for? Jonas DeMuro, MD Board Certified Critical Care Surgeon in New York. He received his MD from Stony Brook University School of Medicine in 1996. He completed his fellowship in Surgical Critical Care at North Shore-Long Island Jewish Health System and was a previous American College of Surgeons (ACS) Fellow. CPR stands for Cardio Pumonary Resuscitation. Ask a Question Advertisement Thanks Thank article was co-authored by Luba Lee, FNP-BC, MS. Luba Lee, FNP-BC is a Board-Certified Family Nurse Practitioner (FNP) and educator in Tennessee with over a decade of clinical experience. Luba has certifications in Pediatric Advanced Life Support (PALS), Emergency Medicine, Advanced Cardiac Life Support (ACLS), Team Building, and Critical Care Nursing. She received her Master of Science in Nursing (MSN) from the University of Tennessee in 2006. This article has been viewed 1,030,538 times. Co-authors: 93 Updated: March 29, 2025 Views:1,030,538 times. Co-authors: 93 Updated: March 29 authors for creating a page that has been read 1,030,538 times. "Helped me to learn that how we can provide an injured with immediate treatment before it becomes too late for a person to heal. First aid provides the biggest aid to the patient's proper treatment."..." more Share your story In moments of crisis, knowing how to act effectively can be the dividing line between relief and tragedy. First aid, the initial assistance given to a victim of injury or illness, involves simple yet vital procedures that can sometimes mean the difference between life and death. The significance of first aid extends beyond saving lives; it also aids in reducing pain and the severity of an injury during an emergency. Unfortunately, many dont have the training to perform these critical skills. Lets work to bridge that gap with an easy-to-understand guide on the 7 Steps of First Aid. Whether youre a concerned parent, an adventurous traveler, or someone who wants to be prepared for emergencies, this guide will equip you with the basic knowledge and confidence needed to take action in critical situations. Ensuring safety is the first and foremost first aid step, as it is crucial to make sure that both the first aider and the person in need are not put into further danger. Remember, your safety is paramount. You will not be able to help someone else if you become injured or incapacitated. Always be mindful of the risks and act wisely. Knowing when to call 911 is crucial during a first-aid situation. Certain conditions and incidents are time-sensitive and require immediate professional medical intervention. When calling emergency services, try to stay calm and provide clear information about the location, the condition of the injured person, and any other relevant details. Also, follow any instructions given by the emergency dispatcher. Evaluating an injured persons condition, its crucial to stay calm and focused. If you are uncertain of what to do, its best to wait for professional help while ensuring that the person is safe and as comfortable as possible. If you have taken a first-aid training course, you have learned at least 10 basic first-aid procedures. These may include techniques to address CPRAED Choking (Heimlich Maneuver) First Aid Basics Medical EmergenciesTraumaBleedingAmputationsPoisoningEnvironmentalThis is the time to use what you know. Providing comfort and reassurance is a vital component of first aid that often gets overlooked. A calm and supportive presence can help reduce an injured persons anxiety and pain levels, and can also make them more cooperative during the treatment process. Handing over to professional medical help is a critical final step in first aid. When emergency services arrive, its essential to communicate effectively to ensure that the injured person receives the best possible care. The most important of our 7 steps of first aid actually comes first because without it, you may be less prepared to help in an emergency. That step is to complete a first aid training course. Take this crucial step today! Learn more and enroll for Online CPR/AED/First Aid Training Classes

What are the steps for the treatment of burns when delivering first aid. What are the 5 steps of mental health first aid. What are the 3 steps of first aid response. What are the 5 steps of first aid. What are the steps of first aid for minor burns. What are the 7 basic steps of first aid. What are the 4 steps of first aid. What are the steps of basic first aid. What are the 10 steps of first aid. What are the 7 steps of first aid. What are the steps of first aid treatment. What are the 6 steps of choking first aid. What are the steps of first aid for bleeding. What are the next steps in first aid management of hyperthermia. What are the three steps of first aid response.

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