

# First Aid Instructions



# CHECKING AN INJURED OR ILL ADULT

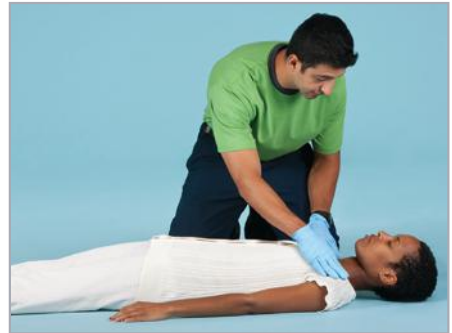
## APPEARS TO BE UNCONSCIOUS

**TIP:** Use disposable gloves and other personal protective equipment and obtain consent whenever giving care.

### AFTER CHECKING THE SCENE FOR SAFETY, CHECK THE PERSON:

#### 1 CHECK FOR RESPONSIVENESS

Tap the shoulder and shout, "Are you OK?"



#### 2 CALL

If **no** response, **CALL 112** or the local emergency number.

- If an unconscious person is face-down, roll face-up, supporting the head, neck and back in a straight line.

If the person responds, obtain consent and **CALL 112** or the local emergency number for any life-threatening conditions.

**CHECK** the person from head to toe and ask questions to find out what happened.

#### 3 OPEN THE AIRWAY

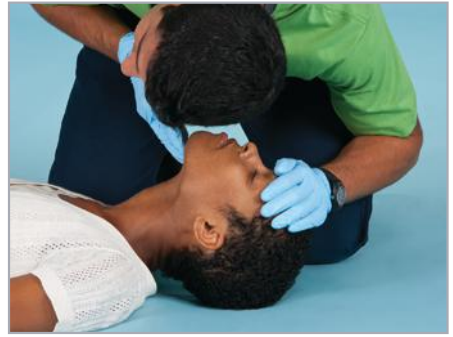
Tilt head, lift chin.

## 4 CHECK FOR BREATHING

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**CHECK** quickly for breathing for no more than **10** seconds.

- Occasional gasps are not breathing.



## 5 QUICKLY SCAN FOR SEVERE BLEEDING

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### WHAT TO DO NEXT

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- Give **CARE** based on conditions found.
- IF NO BREATHING—Go to PANEL 6 or PANEL 7 (if an AED is immediately available).
- IF BREATHING—Maintain an open airway and monitor for any changes in condition.

# CONSCIOUS CHOKING

CANNOT COUGH, SPEAK OR BREATHE

**AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON, HAVE SOMEONE CALL 112 AND GET CONSENT.**

## 1 GIVE 5 BACK BLOWS

Give 5 back blows.

- Bend the person forward at the waist and give 5 back blows between the shoulder blades with the heel of one hand.



## 2 GIVE 5 ABDOMINAL THRUSTS

- Place a fist with the thumb side against the middle of the person's abdomen, just above the navel.
- Cover your fist with your other hand.
- Give 5 quick, upward abdominal thrusts.



## 3 CONTINUE CARE

Continue sets of 5 back blows and 5 abdominal thrusts until the:

- Object is forced out.
- Person can cough forcefully or breathe.
- Person becomes unconscious.



## WHAT TO DO NEXT

- IF THE PERSON BECOMES UNCONSCIOUS—**CALL 112**, if not already done, and give care for an unconscious choking adult, beginning with looking for an object (PANEL 5, Step 3).

# UNCONSCIOUS CHOKING

## CHEST DOES NOT RISE WITH RESCUE BREATHS

**AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:**

### 1 GIVE RESCUE BREATHS

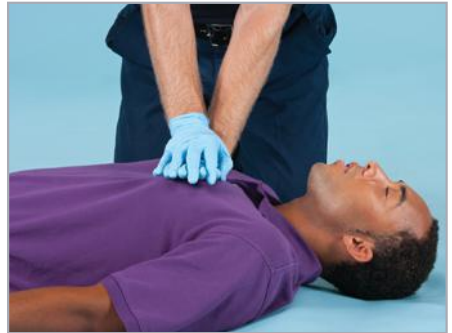
Retilt the head and give another rescue breath.



### 2 GIVE 30 CHEST COMPRESSIONS

If the chest still does not rise, give **30** chest compressions.

**TIP:** Person must be on firm, flat surface. Remove CPR breathing barrier when giving chest compressions.



### 3 LOOK FOR AND REMOVE OBJECT IF SEEN



### 4 GIVE 2 RESCUE BREATHS

#### WHAT TO DO NEXT

- IF BREATHS DO NOT MAKE THE CHEST RISE—Repeat steps 2 through 4.
- IF THE CHEST CLEARLY RISES—**CHECK** for breathing. Give **CARE** based on conditions found.

# CPR

## NO BREATHING

### AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

#### 1 GIVE 30 CHEST COMPRESSIONS

Push hard, push fast in the middle of the chest at least **2** inches deep and at least **100** compressions per minute

**TIP:** Person must be on firm, flat surface.



#### 2 GIVE 2 RESCUE BREATHS

- Tilt the head back and lift the chin up.
- Pinch the nose shut then make a complete seal over the person's mouth.
- Blow in for about **1** second to make the chest clearly rise.
- Give rescue breaths, one after the other.

**Note:** If chest does not rise with rescue breaths, retilt the head and give another rescue breath.



#### 3 DO NOT STOP

Continue cycles of CPR. Do not stop CPR except in one of these situations:

- You find an obvious sign of life, such as breathing.
- An AED is ready to use.
- Another trained responder or EMS personnel take over.
- You are too exhausted to continue.
- The scene becomes unsafe.

#### WHAT TO DO NEXT

- IF AN AED BECOMES AVAILABLE—Go to AED, PANEL 7.
- IF BREATHS DO NOT MAKE THE CHEST RISE— AFTER RETILTING HEAD—Go to Unconscious choking, PANEL 5.

**TIP:** If at any time you notice an obvious sign of life, stop CPR and monitor breathing and for any changes in condition.

# AED—ADULT OR CHILD OLDER THAN 8 YEARS OR WEIGHING MORE THAN 55 POUNDS

## NO BREATHING

**AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:**

**TIP:** Do not use pediatric AED pads or equipment on an adult or child older than 8 years or weighing more than 55 pounds.

### 1 TURN ON AED

Follow the voice and/or visual prompts.



### 2 WIPE BARE CHEST DRY

**TIP:** Remove any medication patches with a gloved hand.

### 3 ATTACH PADS



## 4 PLUG IN CONNECTOR, IF NECESSARY

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## 5 STAND CLEAR

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Make sure no one, including you, is touching the person.

- Say, “EVERYONE, STAND CLEAR.”



## 6 ANALYZE HEART RHYTHM

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Push the “analyze” button, if necessary. Let AED analyze the heart rhythm.

## 7 DELIVER SHOCK

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If SHOCK IS ADVISED:

- Make sure no one, including you, is touching the person.
- Say, “EVERYONE, STAND CLEAR.”
- Push the “shock” button, if necessary.



## 8 PERFORM CPR

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After delivering the shock, or if no shock is advised:

- Perform about **2 minutes** (or **5 cycles**) of CPR.
- Continue to follow the prompts of the AED.

### TIPS:

- *If at any time you notice an obvious sign of life, stop CPR and monitor breathing and for any changes in condition.*
- *If two trained responders are present, one should perform CPR while the second responder operates the AED.*



# CONTROLLING EXTERNAL BLEEDING

**AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:**

## **1** COVER THE WOUND

Cover the wound with a sterile dressing.

## **2** APPLY DIRECT PRESSURE UNTIL BLEEDING STOPS



## **3** COVER THE DRESSING WITH BANDAGE

Check for circulation beyond the injury (check for feeling, warmth and color).



## **4** APPLY MORE PRESSURE AND CALL 112

If the bleeding does not stop:

- Apply more dressings and bandages.
- Continue to apply additional pressure.
- Take steps to minimize shock.
- **CALL 112** or the local emergency number if not already done.

**TIP:** Wash hands with soap and water after giving care.

# BURNS

**AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:**

## **1 REMOVE FROM SOURCE OF BURN**

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## **2 COOL THE BURN**

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Cool the burn with cold running water at least until pain is relieved.



## **3 COVER LOOSELY WITH STERILE DRESSING**

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## **4 CALL 112**

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**CALL 112** or the local emergency number if the burn is severe or other life-threatening conditions are found.

## **5 CARE FOR SHOCK**

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# POISONING

**AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:**

## 1 CALL 112

For life-threatening conditions (such as if the person is unconscious or is not breathing, or if a change in the level of consciousness occurs), **CALL 112** or the local emergency number.

## 2 PROVIDE CARE

Give **CARE** based on the conditions found.

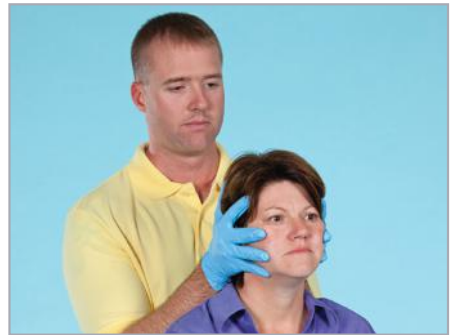
# HEAD, NECK OR SPINAL INJURIES

**AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:**

## 1 CALL 112 OR THE LOCAL EMERGENCY NUMBER

## 2 MINIMIZE MOVEMENT

Minimize movement of the head, neck and spine.



## 3 STABILIZE HEAD

Manually stabilize the head in the position in which it was found.

- Provide support by placing your hands on both sides of the person's head.
- If head is sharply turned to one side, **DO NOT** move it.

# STROKE

FOR A STROKE, THINK F.A.S.T.

**AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:**

## 1 THINK F.A.S.T.

- Face**— Ask the person to smile. Does one side of face droop?
- Arm**— Ask the person to raise both arms. Does one arm drift downward?
- Speech**— Ask the person to repeat a simple sentence (such as, “The sky is blue.”). Is the speech slurred? Can the person repeat the sentence correctly?
- Time**— **CALL 112** immediately if you see any signals of a stroke. Try to determine the time when signals first appeared. Note the time of onset of signals and report it to the call taker or EMS personnel when they arrive.



## 2 PROVIDE CARE

Give **CARE** based on the conditions found.