

information
quick!

SAFETY 

Quick Guide to FIRST AID AND CPR

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Dealing with
Common Medical Emergencies

EMERGENCY NUMBERS

PROCEDURES

FIRST STEPS

HEART ATTACK

UNRESPONSIVENESS

ABCs OF CPR

ABCs OF CPR

INFANT CPR

CHOKING

BLEEDING

BONE INJURY

POISONING

FEVER / SEIZURES

EYE INJURY

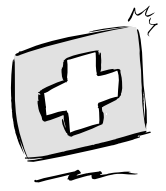
BITES / STINGS

BURNS

HEAT / COLD INJURY

First Steps

- Keep Calm.** Note the cause and number of casualties. Do not injure yourself or further injure a victim in a foolish attempt at rescue.
- Determine what treatments have been administered.
- Send for Help** using the *Emergency Procedures* in the front of booklet.
- Give first aid** until relieved by emergency personnel.
- Do not move victim unless absolutely necessary.
- Check responsiveness (see *Unresponsiveness*).
- Check airway, breathing and circulation (see *ABCs of CPR*).
- Stop serious bleeding (see *Bleeding*).
- Check for broken bones or other injuries.
- Locate medical alert tags, if any.
- Assist emergency personnel when they arrive by providing pertinent information.



Heart Attack

Warning Signals

- Persistent heavy pressure or squeezing pain in the center of the chest which may move to arms or jaw.
- Shortness of breath, pale skin, sweating and weakness.
- Nausea and vomiting.
- Abdominal discomfort with indigestion and belching.
- Apprehension or fright.



Action

- Seek immediate medical attention using the *Emergency Procedures* in front of booklet.
- Help victim to rest in a comfortable position.
- Reassure victim that help is on the way.
- Loosen constricting clothing.
- Keep victim quiet but avoid physical restraint.

Quick Guide to First Aid and CPR (4 x 6")

The First Aid and CPR booklet is a comprehensive quick reference guide that covers everything from emergency procedures and first steps to CPR in adults and infants.

Developed with the approval of the Heart and Stroke Foundation — this guide follows nationally recognized standards of care.

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