

HEALTH & FIRST AID

CPR & First Aid Quick Guide

A short reminder for bystanders. Practical CPR, AED, and first-aid training remains essential.

Call 911 for an unresponsive person, gasping or abnormal breathing, life-threatening bleeding, or another immediate threat. Use speakerphone and follow the dispatcher.

Recognize and call

- Check that the scene is safe. Check responsiveness and breathing promptly. Gasping is not normal breathing; do not delay a call or compressions to search for a pulse.
- Ask a specific person to call 911 and bring an AED, or call on speakerphone yourself. Tell the dispatcher where you are and what you can see.

Sudden collapse in an adult or teen

- For someone unresponsive and not breathing normally, start chest compressions. Place your hands in the center of the chest, push hard and fast at 100 to 120 compressions per minute, and allow full recoil.
- For adult compressions, press at least 2 inches but avoid more than 2.4 inches. Minimize pauses. If trained and able, follow your training for CPR with breaths.

Use an AED

- Turn the AED on and follow its prompts and pad diagrams. Expose the chest and make sure no one touches the person during analysis or a shock.
- Resume CPR when the AED directs. Continue until responders take over, normal breathing returns, the scene becomes unsafe, or you cannot continue.

Children, drowning, choking, and bleeding

- Children, infants, and people in cardiac arrest after drowning need CPR with breaths when the rescuer is trained and able. Follow dispatcher instructions; adult hands-only instructions are not a complete pediatric or drowning protocol.
- For severe choking or life-threatening bleeding, call 911 and give care within your training. Apply firm direct pressure to serious external bleeding. Do not perform a blind finger sweep in a choking person's mouth.

Sources & further guidance

[American Heart Association: Adult basic life support](https://cpr.heart.org) | cpr.heart.org

[American Red Cross: Hands-only CPR](https://www.redcross.org) | www.redcross.org

[American Heart Association: Drowning resuscitation](https://cpr.heart.org) | cpr.heart.org

[American Red Cross: Life-threatening external bleeding](https://www.redcross.org) | www.redcross.org