HEALTH & FIRST AID

First Aid & Medical Emergencies

Recognize an emergency, call for help, and provide care within your training while protecting yourself.

Call 911 for severe breathing difficulty, unresponsiveness, abnormal breathing, life-threatening bleeding, or another immediate threat.

Check the scene and call

- Do not enter traffic, fire, unsafe water, electrical hazards, or another dangerous scene. Use appropriate protection from blood and body fluids when available.
- Check responsiveness and breathing promptly. Tell 911 your location and what happened, use speakerphone, and follow instructions. Send someone for an AED or first-aid equipment if available.

Support breathing and circulation

- If someone is unresponsive and not breathing normally or only gasping, start CPR and use an AED according to dispatcher instructions and your training.
- For life-threatening external bleeding, apply firm, continuous direct pressure using gauze or available clean material. Use additional bleeding-control equipment only according to training or dispatcher instructions.

Prevent further injury

- Keep the person still when head, neck, or back injury is suspected, unless an immediate hazard or life-saving care requires movement. Do not straighten a deformed limb.
- For a burn, stop contact with the source if safe, cool with clean running water, and seek appropriate medical care. Do not apply ice, grease, or home remedies.

Stay and prepare

- Keep watching breathing and responsiveness, reassure the person, and protect them from excessive heat or cold. Note changes and give responders the information you know; do not guess.
- Keep a stocked first-aid kit and personal medication information accessible. Take a current first-aid, CPR, and AED course. This reminder does not replace practical training or professional medical care.

Sources & further guidance

American Red Cross: First aid steps | www.redcross.org
American Red Cross: Life-threatening external bleeding | www.redcross.org
American Heart Association and American Red Cross: First aid guidelines | cpr.heart.org