

First Aid Response Card

Safety: Safety of the first-aider and victim is of primary importance. It may be necessary to remove hazards from victim or victim from hazards. Use medical grade gloves and breathing masks/shields for rescue breathing/CPR

Phone: Call 911, be prepared to provide emergency type, address, directions, phone number, people requiring help and what kind. Stay on line until told to hang up.

ABC'S: Check for airway obstructions, listen & feel for breathing, look for signs of circulation.

Bleeding: Control severe bleeding and open chest wounds.

Spinal: Do not move a suspected spinal injury victim unless they are in danger.

Victim Found Unconscious

1. Check for response, tap victim & shout in both ears.
No response call 911
2. Open mouth check for obstructions, remove if seen.
3. If victim not breathing, lift lower jaw give a slow rescue breath, watch for chest rise, if it does give another slow breath, if not lift harder on jaw and try another breath.
4. If chest still doesn't rise give 15 chest compressions on lower half of breastbone.