First Aid Basics for Emergencies

Small steps. Practical preparation. Keep this page where you can find it.

ACT IN THE FIRST MINUTES

- ☐ Check responsiveness: tap shoulders, shout "Are you okay?" If none, check breathing.
- ☐ Call 911: give location, what happened, and victim's condition; stay on the line.
- ☐ If alone, put phone on speaker so you can call while giving care.
- ☐ Start hands-only CPR if not breathing: push hard and fast on center of chest.

TREAT COMMON INJURIES

- ☐ Stop bleeding with firm direct pressure for 10 min; add cloth on top, don't peek.
- ☐ Cool burns under cool running water 10-20 min; no ice, butter, or popping blisters.
- ☐ For choking adults, alternate 5 back blows and 5 abdominal thrusts.
- ☐ Immobilize fractures with a sling or padded splint; don't move suspected spine injuries.

SAFETY NOTE Call 911 for no breathing, severe bleeding, anaphylaxis, serious burns, or suspected spinal injury. If spine injury is possible, do not move the person unless there is immediate danger like fire.

Checked by: _____ Date: _____ Review again: _____

Full guide: readyguidance.com/skills/first-aid-basics/

Safety reference: https://www.redcross.org/take-a-class/first-aid/performing-first-aid/first-aid-steps