



FIRST AID

Check ✓

CHECK THE AIRWAY:

If the person is unresponsive, tilt the head back and lift the chin to open the airway.

CHECK BREATHING:

Check for normal breathing. Someone who can speak or cry is breathing.

CHECK CIRCULATION:

Look from head to toe for deadly bleeding and signs of shock. If the person is unconscious, is breathing, and has no obvious injuries, roll the person onto his or her side and wait for help.

CPR / AED ✓ ☎ +

Call EMS/911

Check breathing

Tilt their head backwards and look and feel for breaths.

Check breathing

Tilt their head backwards and look and feel for breaths.

Open the airway

by tilting the head back and lifting the chin. Pinch their nostrils closed and give 2 breaths.

Continue the cycle

of 30 compressions and 2 breaths until an AED arrives or more advanced care takes over.

Heart Attack ✓ ☎ +

Symptoms of a heart attack include persistent chest pain, or isolated unexplained discomfort in arms, neck, jaw, back or stomach. Call EMS/911 if person is experiencing these symptoms.

Have the person chew 1 regular strength or 2 low dose ASA tablets. NOTE: Aspirin is a brand name.

Make sure they are in a comfortable position for them e.g. sitting on chair or floor and leaning against a wall. Give them constant reassurance while waiting for an ambulance.

First Aid Quick Guide

St. John Ambulance

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