



**A**ccidents can happen, anywhere, anytime. Knowing how to provide proper care can save a life. First aid can range from calling emergency medical personnel (911) to performing more advanced procedures such as administering CPR. Guidelines in this chart are specific to "non-health care professionals".

### STEP 1: SURVEY THE SCENE

- If there is any kind of danger, call Emergency Medical Services (EMS) (911) first.
- Ensure the scene is safe for you and others.
- Look for things that may threaten your safety, such as fire, electrical wires, or dangerous fumes.
- If you feel your safety is threatened, stay back and allow professionals to handle any dangerous situations.

### STEP 2: CHECK FOR RESPONSIVENESS

- Gently tap casualty and shout "Are you okay?"
- If the casualty responds, begin a Secondary Survey (see pg. 2).
- If the casualty is conscious but appears to be choking, see "First Aid for Conscious Adult with Complete Airway Obstruction".
- If the casualty does not respond, send someone to call EMS (911). If no one else is available, place the call yourself, then return and begin the Primary Survey (see below).

### STEP 3: PRIMARY SURVEY

- The Primary Survey will help you to determine if any conditions threaten the casualty's life.
- Roll the casualty onto his or her back if they are not breathing or only gasping, or if the casualty's position keeps you from checking their breathing.
  - Kneel beside the casualty on the side they are not facing.
  - Roll the casualty toward you, "face up", as a single unit – do not twist.
  - Support back of the casualty's head and neck.
- Once you have determined that the casualty is not breathing or only gasping and have rolled them onto their back, proceed to step 3a, Circulation.
- Remember **CAB**: circulation, airway, breathing.
- If the casualty is breathing normally, proceed to step 4a. Check for Control Serious Bleeding.

- If the person starts breathing or begins to vomit, place them into recovery position (see pg. 2).
- If the person is showing signs of an injury or illness, provide on-going casualty care until EMS (911) arrives.

### STEP 3: PRIMARY SURVEY (CONT)

#### 3a. CIRCULATION: Begin Compressions

##### CPR for Adults (8+ Years)

##### Hand Hand Position: (see Fig. A)

Place the heel of your hand on the person's sternum in the center (middle) between their nipples (straight across from their armpits), then place the heel of the second hand on top of the first so that the hands are overlapped, interlocked and parallel.



##### Give 30 Compressions: (see Fig. B)

- Position shoulders over hands.
- Compress sternum at least 2 inches (5 cm) down and up smoothly at a rate of at least 100 times per minute.
- Keep hands in contact with the chest at all times.
- Push hard, push fast. Allow for complete recoil of chest between compressions.
- If the break, check hand position and keep going, do not stop.



#### 3b. AIRWAY: Open the Airway

- Do "head-tilt/chin-lift" (if neck injury is not suspected) (see Fig. C)

If head/neck injury is suspected and the person is not breathing, "non-professional" rescuers are recommended to still open airway using the "head-tilt/chin-lift". It is more important to get air into the person. Opening the airway using other methods is difficult to do and is therefore not recommended.



#### 3c. BREATHING: Give 2 Full Breaths

- Pinch nostrils and give 2 breaths of air, each lasting 1 second (see Fig. D)
- Watch to see that chest rises as breaths go in.
- If breath does not go in, adjust airway by tilting the head further back (reposition) and give another breath.



##### BREATHS STILL DO NOT GO IN

- Do first aid for unconscious choking adult until breaths go in.

##### BREATHS GO IN

- Deliver another 30 compressions, followed by 2 breaths. Continue cycle until:
  - The area becomes dangerous.
  - You are too physically exhausted to continue.
  - EMS (911) arrives.

- The person starts breathing or begins to vomit.
- Another trained rescuer takes over.
- Someone arrives with an AED (Automated External Defibrillator).

CASUALTY BEGINS BREATHING: Proceed to Step 4

# First Aid Quick Reference Guide

**Robert R. Redfield**



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