



## CHECK ✓

Check the scene for safety

Check the victim for consciousness, breathing, signs of life, pulse, and severe bleeding

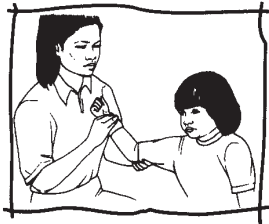
## CALL ✓

Dial 9-1-1 or local emergency number

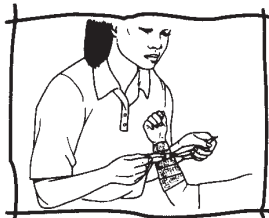
## CARE ✓

Care for conditions you find

## To Control Bleeding



step **1** Apply direct pressure and elevate limb above heart

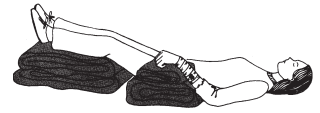


step **2** Apply a bandage  
If bleeding doesn't stop:  
Apply more dressings and bandages

Call 9-1-1

Treat for shock

## Shock



Shock is likely to develop in any serious injury or illness.

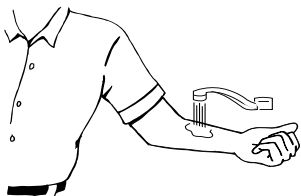
### Signals of shock

- Restlessness or irritability
- Altered consciousness
- Pale, cool, moist skin
- Rapid breathing
- Rapid pulse
- Nausea/vomiting

### Caring for Shock

- Have the victim lie down or rest in a comfortable position
- Control bleeding
- Keep the victim from becoming chilled or overheated.
- Reassure the victim
- Elevate the legs 8-12 inches unless you suspect head, neck, or back injuries or possible broken bones
- Do not give anything to eat or drink

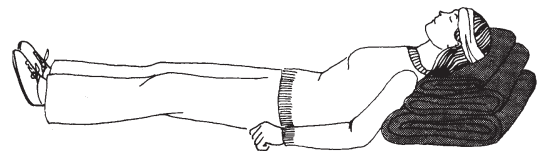
## Care for Burns



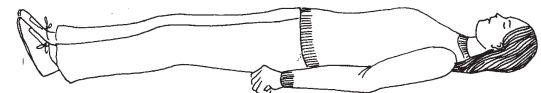
- Stop the burning
- Cool burned area with large amounts of cool water
- Cover the burn loosely with dry sterile dressings



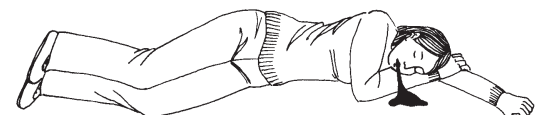
## Positions



If a conscious victim has a head wound or is having trouble breathing, elevate the head and shoulders.



If possible head, neck or back injury, or if unsure of the victim's condition, keep flat



If bleeding from the mouth, vomiting, or may vomit, roll victim on side



In cooperation with your local Fire Department, School Districts, Department of Parks and Recreation, and City Governments.

Do not move the victim unless the scene becomes unsafe

## Type of Injury or Illness

## Signs & Symptoms

## First Aid

### Broken Bones & Dislocations

- Pain & tenderness
- Difficulty moving injured part
- Obvious deformities
- Swelling and discoloration

- Keep dislocated joints, broken bone ends and adjacent joints from moving
- Splint the injured body part only if the person must be moved and it does not cause additional pain
- Give care for Shock and CALL 9-1-1

### Care For Sudden Illness

Whenever a person becomes suddenly ill, he or she often looks sick.

Common signals include:

- Light-headedness
- Changes in skin color (pale/flushed)
- Sweating
- Nausea or vomiting
- Diarrhea

Some sudden illnesses may also include:

- Changes in consciousness
- Seizure
- Paralysis or inability to move
- Slurred speech
- Difficulty seeing
- Severe headache
- Breathing difficulty
- Persistent pressure or pain

Care for any life-threatening conditions first, then:

- Help the victim rest comfortably
- Keep victim from getting chilled or overheated
- Reassure the victim
- Watch for changes in consciousness and breathing
- Do not give anything to eat or drink unless victim is fully conscious

If the Victim:

- **Vomits** - Place on his or her side
- **Faints** - Position on back, elevate legs 8 to 10 inches if you do not suspect head or back injury
- **Diabetic Emergency** - Give victim some form of sugar (preferably in liquid form)

Seizure:

- Do not hold or restrain the person or place anything between the victim's teeth
- Remove any nearby objects that might cause injury
- Cushion the victim's head using folded clothing or a small pillow

### Poison

Examples:  
Ingestion  
Inhalation  
Absorption  
Injection

Symptoms vary greatly.

How to determine if poison is involved:

- Information from victim or witness
- Presence of poison container
- Condition of victim (sudden onset of pain or illness)
- Burns around lips, swelling, rashes
- Breath odor
- Pupils constricted

All Victims

- CALL 9-1-1
- CALL Poison Control Center (800) 222-1222
- Save label or container for I.D.
- Save sample of vomit

Conscious Victims

- Have the victim rest comfortably
- Call Poison Control Center
- Do not give anything to drink or induce vomiting unless instructed to do so by the Poison Control Center

Unconscious Victims

- Roll victim onto side
- Keep airway open
- Give Rescue Breathing or CPR if necessary until rescue squad arrives and takes over
- Do not give any fluids or induce vomiting

### First Aid Kit

Available through  
your local American  
Red Cross

First Aid Kit Tips:

- Keep a first aid kit in your home and your car
- Carry a first aid kit when doing outdoor activities
- Know locations of first aid kits where you work
- Check your kit regularly for replacement of batteries and supplies
- Personalize your first aid kit by stocking it with over-the-counter medications (pain reliever, cold tablets, medication to control diarrhea, etc.)
- Keep an emergency supply of any vital prescription medication (or prescription slip) that you or a family member must have to ensure your well-being

A First Aid Kit Should Include:

- Small flashlight (extra batteries and bulb)
- Scissors & tweezers
- Emergency blanket
- Triangular bandages
- Antiseptic towelettes (hand cleaner)
- Adhesive strips (assorted sizes) & adhesive tape
- Gauze pads and roller bandage (assorted sizes)
- Disposable gloves
- Rescue breathing face shield or mask
- Cold pack, plastic bags
- List of emergency telephone numbers
- Copy of American Red Cross First Aid book

Visit our website to find your local Red Cross chapter, and enroll in a CPR or First Aid course today!

[www.redcross.org](http://www.redcross.org)

