

Adult Lifesaving Steps

CHECK

CALL

CARE

- Check the scene for safety
- Check the victim for consciousness, breathing, pulse, and bleeding

► Dial 9-1-1 or local emergency number

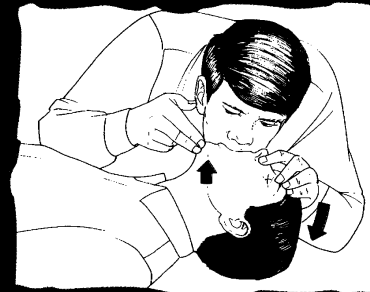
► Care for conditions you find

► If conscious but choking...



Give abdominal thrusts until object comes out

► If not breathing...

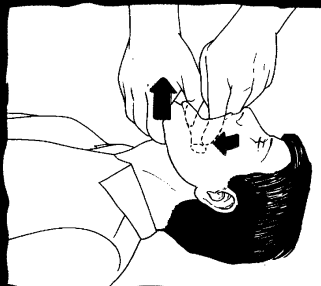


Give 1 slow breath about every 5 seconds

► If air won't go in...



STEP 1
Give up to 5 abdominal thrusts



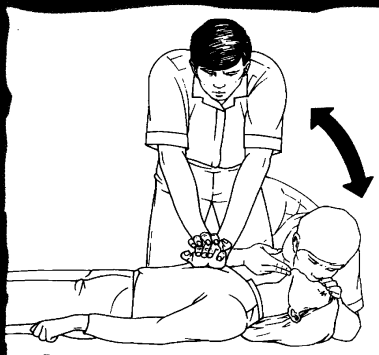
STEP 2
Clear any object from mouth



STEP 3
Reattempt breaths

Repeat steps 1, 2, & 3 until breaths go in or help arrives

► If not breathing and no pulse...



Give CPR—repeat sets of 15 compressions and 2 breaths

► If bleeding...



Apply pressure, elevate, and bandage

Local Emergency Telephone Number: _____

Everyone should know what to do in an emergency. Call your local American Red Cross _____ for information on CPR and first aid courses.

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Stock No. 052040
July 1993 96
ISBN: 0-8016-7738-4
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