

HOW TO GIVE FIRST AID

Medical emergencies can arise with no warning. Even when first responders are on the way, your actions can help save a life.



WHEN SOMEONE IS CHOKING

ABDOMINAL THRUSTS (HEIMLICH MANEUVER)

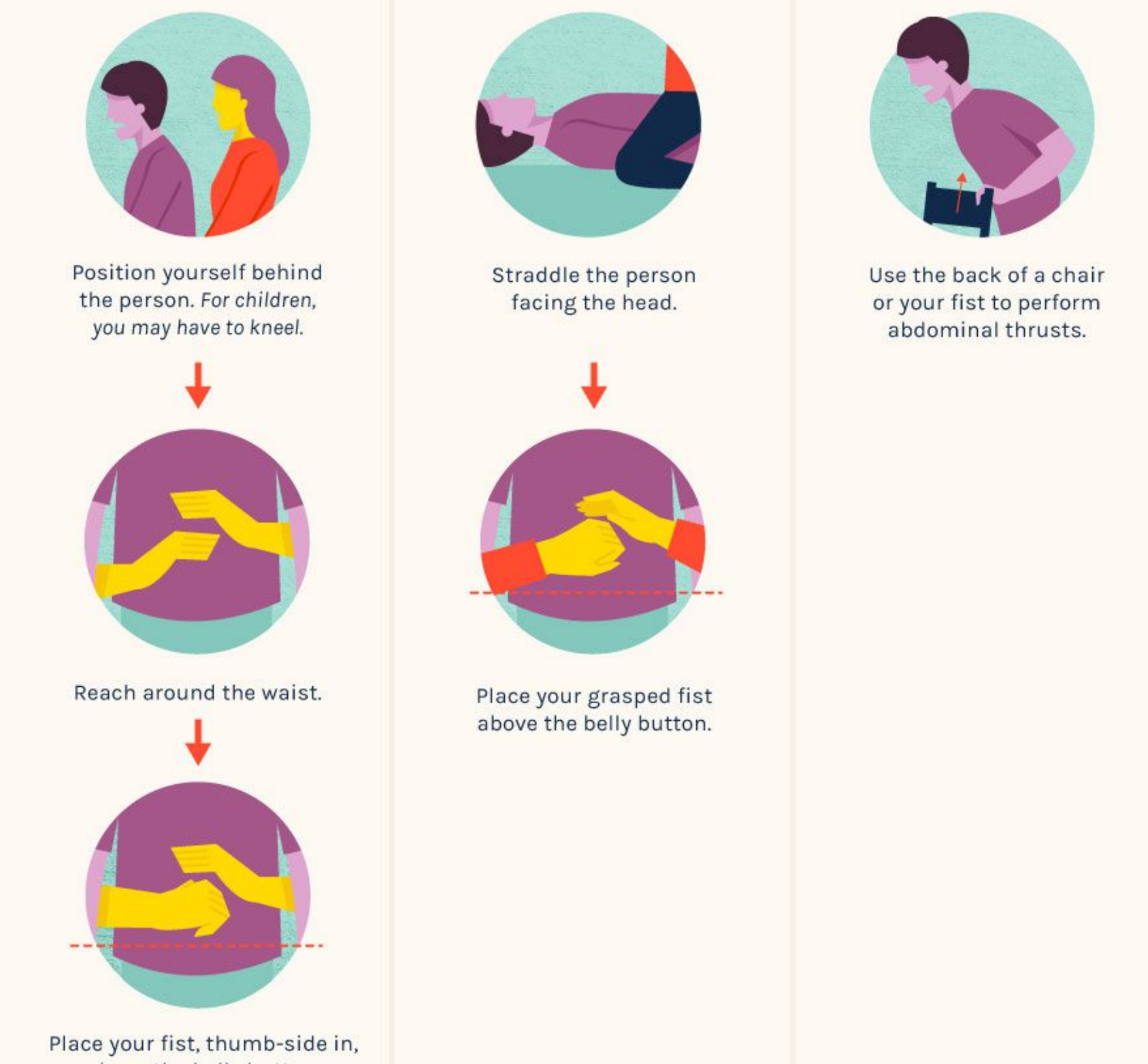


IF THE PERSON IS...

SITTING OR STANDING

LYING DOWN

CHOKING AND ALONE



IF AN INFANT IS CHOKING

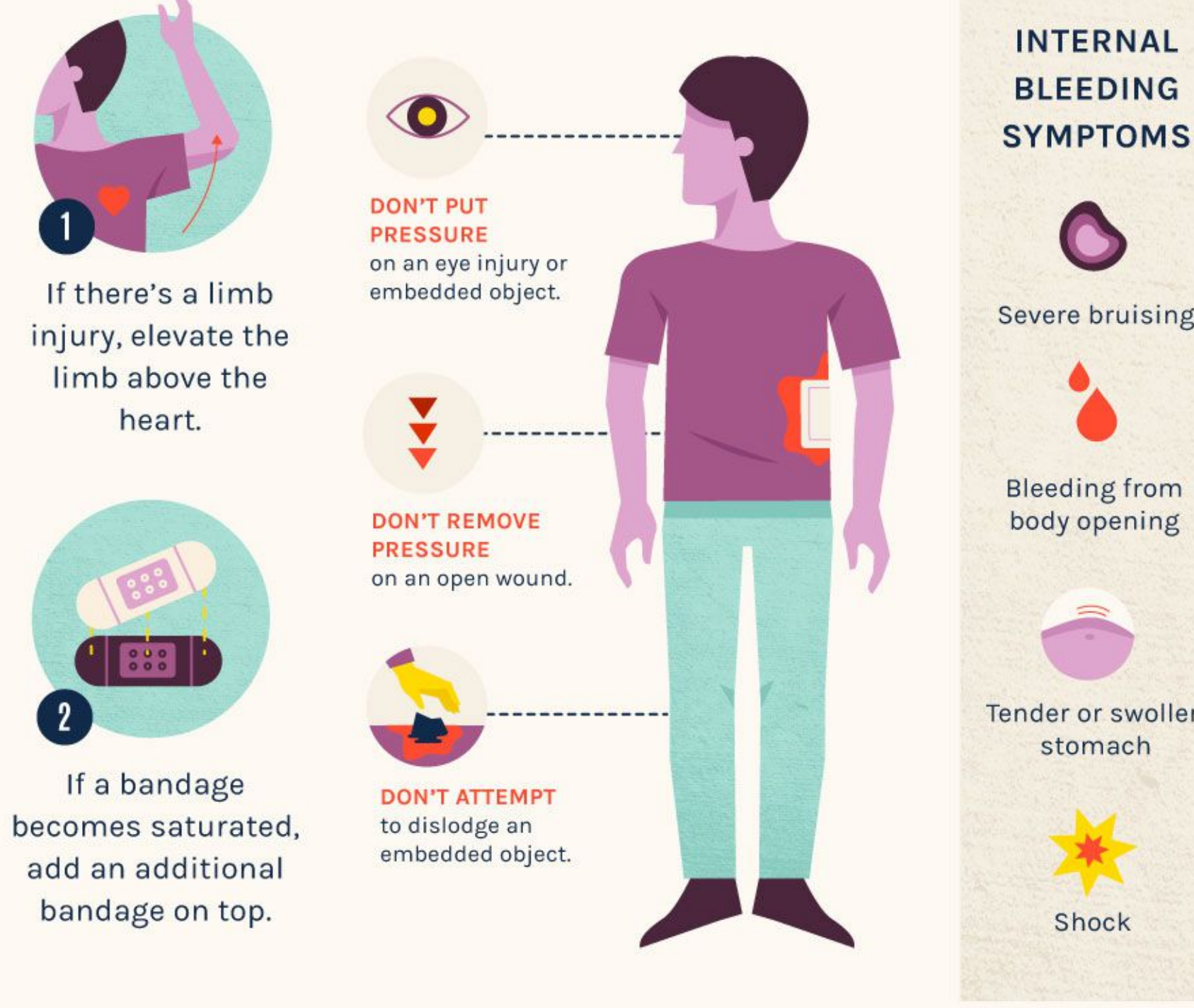


WHEN THEY HAVE NO PULSE

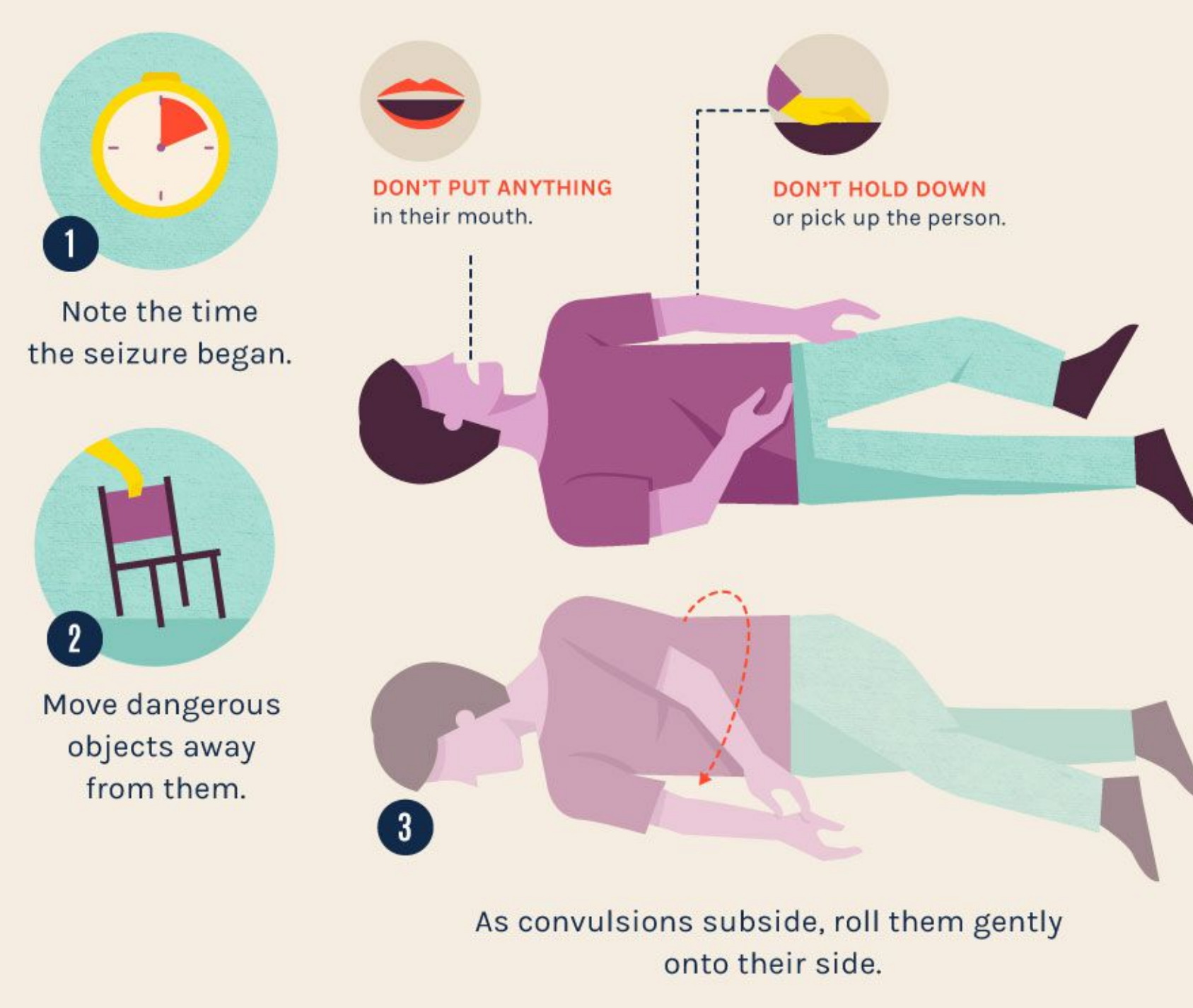
CHEST COMPRESSIONS



IF THEY HAVE SEVERE BLEEDING



WHEN THEY'RE EXPERIENCING CONVULSIVE SEIZURES



To take your first aid skills to the next level. Consider taking a first aid or CPR certification course with your local American Red Cross.

VISIT [REDCROSS.ORG/TAKE-A-CLASS](https://www.redcross.org/take-a-class)

CREATED BY **Lemonly**

Sources: mayoclinic.org | epilepsysociety.org.uk | emergencycareforyou.org | nhlbi.nih.gov