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

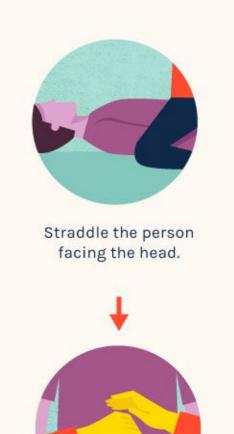
ABDOMINAL THRUSTS (HEIMLICH MANEUVER)



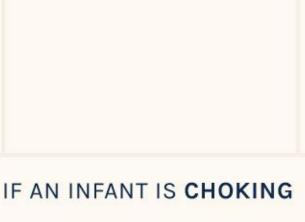
IF THE PERSON IS...

LYING DOWN





Place your grasped fist above the belly button.



AND ALONE

CHOKING



or your fist to perform abdominal thrusts.



than the body.



WHEN THEY HAVE NO PULSE



Continue as needed.

CHEST COMPRESSIONS



DON'T STOP until

paramedics arrive.

If there's a limb

limb above the

on the sternum.



DON'T WORRY about hurting

the person. Moving blood is

more important.



(1.5 inches for infants).



(speed of Stayin' Alive" by the Bee Gees).



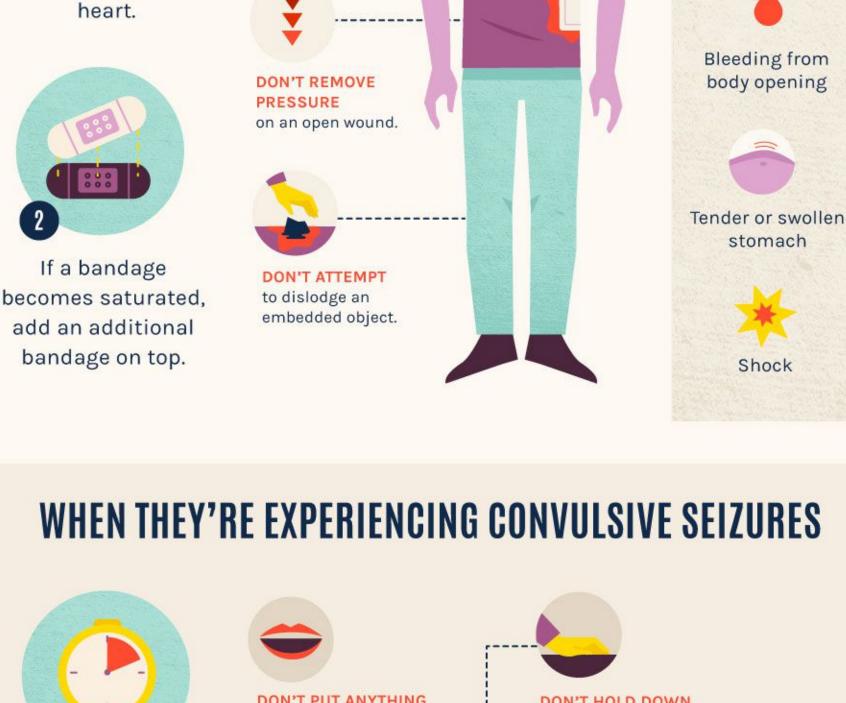
DON'T PUT **PRESSURE**

on an eye injury or



Severe bruising

embedded object. injury, elevate the



DON'T PUT ANYTHING DON'T HOLD DOWN in their mouth. or pick up the person.



Note the time

the seizure began.



As convulsions subside, roll them gently onto their side.

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