# First Aid Quick Guide

This First Aid Quick Guide provides essential information for handling common emergencies. It is designed to help you respond quickly and effectively in critical situations until professional medical help arrives. The guide covers CPR, choking, burns, and bleeding. Remember: first aid is not a substitute for professional medical care, but it can make a vital difference in saving a life or preventing further harm.

## 1. CPR (Cardiopulmonary Resuscitation)

CPR is a life-saving technique that can help maintain blood flow and breathing in a person who has suffered cardiac arrest or stopped breathing. It involves chest compressions and rescue breaths to keep oxygenated blood circulating.

Steps for Adult CPR:

1. Check the scene for safety and the person's responsiveness.

2. Call emergency services immediately.

3. Begin chest compressions: Place the heel of one hand on the center of the chest, place the other hand on top, and interlock fingers.

4. Push hard and fast at a rate of 100–120 compressions per minute, at a depth of about 2 inches (5 cm).

5. After 30 compressions, give 2 rescue breaths if trained to do so.

6. Continue until professional help arrives or the person starts breathing normally.

## 2. Choking

Choking occurs when an object blocks the airway, preventing normal breathing. Immediate action is necessary to dislodge the object.

For Conscious Adults and Children:

1. Ask if they are choking and can cough or speak.

2. If they cannot breathe, perform the Heimlich maneuver: Stand behind the person, wrap your arms around their waist, and make a fist with one hand.

3. Place the thumb side of your fist just above the navel and grasp it with the other hand.

4. Deliver quick, upward thrusts until the object is expelled or the person becomes unconscious.

For Infants:

1. Lay the infant face down on your forearm, supporting their head and neck.

2. Deliver 5 firm back blows between the shoulder blades using the heel of your hand.

3. If the object does not dislodge, turn the infant face up and perform 5 chest thrusts using two fingers.

## 3. Burns

Burns can result from heat, chemicals, electricity, or radiation. The severity ranges from minor (first-degree) to life-threatening (third-degree).

First Aid for Burns:

1. Stop the burning process by removing the person from the source of heat or danger.

2. Cool the burn under running cool (not cold) water for 10–20 minutes.

3. Remove any tight clothing or jewelry near the burn before swelling begins.

4. Cover the burn loosely with a sterile, non-stick dressing.

5. Do not apply butter, oil, or ice directly to the burn.

6. Seek medical help for large, deep, or chemical/electrical burns.

## 4. Bleeding

Severe bleeding can be life-threatening. The primary goal is to stop the bleeding as quickly as possible while avoiding further injury.

First Aid for Severe Bleeding:

1. Apply direct pressure to the wound using a clean cloth or sterile bandage.

2. If the cloth becomes soaked, do not remove it—place another layer on top.

3. Keep applying pressure until bleeding stops or professional help arrives.

4. If bleeding is from an arm or leg and cannot be controlled, a tourniquet may be applied above the wound (only as a last resort).

5. Keep the injured person still and calm to prevent shock.

## Conclusion

First aid skills are critical for everyone. This guide provides a brief overview of essential techniques for CPR, choking, burns, and bleeding. However, proper training and regular refreshers are recommended to ensure confidence and competence in real emergencies.

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