**FIRST AID AT A GLANCE**

**CHECK**
- Check the scene for safety

**CALL**
- Dial 9-1-1 or local emergency number

**CARE**
- Care for conditions you find

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**To Control Bleeding**

1. **Apply direct pressure and elevate limb above heart**
2. **Apply a bandage**
3. **If bleeding doesn't stop:**
   - Apply pressure to a nearby artery
   - **ARM:** Inside upper arm, between shoulder and elbow
   - **LEG:** Crease at front of hip, in the groin

**Care for Burns**

1. **Stop the burning**
2. **Cool burned area with large amounts of cool water**
3. **Cover the burn with dry clean dressings**

**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

**Caring for Shock**
- Have the victim lie down or rest in a comfortable position
- Control bleeding
- Maintain normal body temperature
- Reassure the victim
- Elevate the legs unless you suspect head, neck, or back injuries or possible broken bones
- Do not give anything to eat or drink
- Call your local emergency number

**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.

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Do not move the victim unless the scene becomes unsafe.
**SIGNS & SYMPTOMS**

**TYPE OF INJURY OR ILLNESS**

<table>
<thead>
<tr>
<th>FRACTURES &amp; DISLOCATIONS</th>
<th>SIGNS &amp; SYMPTOMS</th>
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<tr>
<td>- Pain &amp; tenderness</td>
<td>- Swelling and discoloration</td>
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<tr>
<td>- Difficulty moving injured part</td>
<td>- Obvious deformities</td>
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<tr>
<td>- Obvious deformities</td>
<td>- Keep broken bone ends and adjacent joints from moving</td>
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<tr>
<td>- Swelling and discoloration</td>
<td>- Give care for Shock and CALL for an ambulance</td>
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**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
  - Difficulty seeing
  - Severe headache
  - Breathing difficulty
  - Persistent pressure or pain

**POISON**

- 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
  - Breath odor
  - Pupils constricted

**COLD AND HEAT-RELATED ILLNESSES**

- Hypothermia:
  - Shivering, numbness, glassy stare, apathy,
  - Weakness, impaired judgement or loss of consciousness

- Heat Exhaustion:
  - Cool, moist, pale or flushed skin
  - Headache, nausea, dizziness, weakness, exhaustion
  - Heavy sweating

- Heat Stroke, Life-threatening!
  - Red, hot, dry skin
  - Changes in level of consciousness
  - Vomiting

**FIRST AID KIT**

- **First Aid Kit Tips:**
  - Be prepared for an emergency
  - 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

**FIRST AID**

- All Victims:
  - CALL 9-1-1
  - CALL Poison Control Center
  - 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

**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
- Syrup of ipecac
- Activated charcoal
- 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)