



## CHECK ✓

Check the scene for safety.

Check the victim for consciousness, breathing, signs of life, pulse, and severe bleeding.

## CALL ✓

Dial 9-1-1 or a local emergency number.

## CARE ✓

Care for conditions you find.

## Control External Bleeding

**step 1 COVER THE WOUND**  
Cover the wound with a sterile dressing.

**step 2 APPLY DIRECT PRESSURE UNTIL BLEEDING STOPS**



**step 3 COVER THE DRESSING WITH A BANDAGE**  
Check for circulation beyond the injury (check for feeling, warmth and color).



**step 4 APPLY MORE PRESSURE AND CALL 9-1-1**  
**If the bleeding does not stop:**

- Apply more dressings and bandages.
- Take steps to minimize shock.
- Continue to apply additional pressure.
- CALL 9-1-1 or the local emergency number if not already done.

## Caring for Shock

**Severe bleeding can lead to shock. Look for these signals and follow these care steps.**

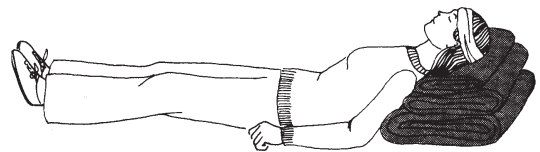
### WHAT TO LOOK FOR:

- Restlessness or irritability
- Altered level of consciousness
- Nausea or vomiting
- Pale, ashen or grayish, cool, moist skin
- Rapid breathing and pulse
- Excessive thirst

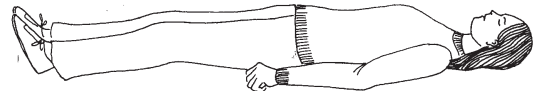
### WHAT TO DO:

- Have the person lie down.
  - *Helping the person rest in a more comfortable position may lessen any pain.*
- Do not give anything to eat or drink.
  - *The person's condition may require surgery.*
- Keep the person from getting chilled.
  - *If the person is cool, cover him or her with a blanket or clothing to avoid chilling.*
- Reassure the person.
  - *Monitor breathing and for any changes in condition.*
  - *Care for the conditions you find.*

## 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, or shows signs of vomiting, roll victim on side.



## Type of Injury or Illness

## Signs & Symptoms

## First Aid

### Broken Bones & Dislocations

- Pain & tenderness
- Difficulty moving injured part
- Obvious deformities
- Swelling and discoloration

- Keep dislocated joints, broken bone ends and adjacent joints from moving.
- Splint the injured body part only if the person must be moved and it does not cause additional pain.
- Give care for Shock and CALL 9-1-1.

### 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
- Slurred speech
- Difficulty seeing
- Severe headache
- Breathing difficulty
- Persistent pressure or pain

Care for any life-threatening conditions first, then:

- Help the victim rest comfortably.
- Keep victim from getting chilled or overheated.
- Reassure the victim.
- Watch for changes in consciousness and breathing.
- Do not give anything to eat or drink unless victim is fully conscious.

If the victim:

- **Vomits** - Place on his or her side.
- **Faints** - Position on back, elevate legs 8 to 10 inches if you do not suspect head or back injury.
- **Suffers a diabetic emergency** - Give victim some form of sugar (preferably in liquid form).

Seizure:

- Do not hold or restrain the person or place anything between the victim's teeth.
- Remove any nearby objects that might cause injury.
- Cushion the victim's head using folded clothing or a small pillow.

### Poison

Examples:  
Ingestion  
Inhalation  
Absorption  
Injection

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, swelling, rashes
- Breath odor
- Pupils constricted

All victims:

- Call 9-1-1.
- Call Poison Control Center (800) 222-1222.
- 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.

### First Aid Kit

Available through  
your local American  
Red Cross

First Aid Kit tips:

- 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.

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
- 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)



**American  
Red Cross**