

Basic First Aide & CPR



Basic CPR Steps:

- Stay calm and assess the Situation. Ensure the scene is safe before approaching an unresponsive individual – if you become injured you are unable to administer assistance.
- Call for help (Emergency Services - 911)
- Protect yourself before starting CPR (Use barriers if performing mouth to mouth)

Basic First Aide



Basic First Aide:

- **Bleeding Control:** Apply direct pressure to wounds to stop bleeding. This can be done with gauze, paper towels, towels, whatever you have at your disposal.
- **Burns:** Cool the burn area with cool water and cover it loosely.
- **Cuts/Scrapes:** rinse with cool water, pat dry with towel, place bandage on area.
- **Basic First Aid Kit:** Keep a well-stocked kit with bandages, antiseptic wipes, gloves, etc.

Basic First Aide & CPR



CARE SERVICES

Basic CPR Steps Continued:

- Check for responsiveness of the individual – do this by tapping them on the shoulder or chest while asking if they are okay to see if they respond and by feeling for a pulse on the side of their neck and watching for them to take a breath
- If they do not respond, let dispatch know as you will have them on speaker on the phone.

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CARE SERVICES

Basic CPR Steps Continued:

- Administer/begin CPR if necessary – 911 dispatch will talk you through how to safely perform CPR if you have not been trained.
- Don't move the individual unnecessarily as they could have injuries that you are unable to physically see.
- 911 will send help, stay with the individual until they arrive on scene to take over.