

First Aid/CPR/AED ADULT READY REFERENCE CARD



American Red Cross Training Services

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Checking an Injured or Ill Person

Check 🔗 1. CHECK the scene for safety, form an initial impression, obtain consent and use PPF. **2.** If the person appears unresponsive, CHECK for responsiveness, breathing, lifethreatening bleeding or other life-threatening conditions using shout-tap-shout. Note: CHECK for no more than 10 seconds. **3a.** If the person does not respond, responds but is not fully awake, is not breathing or is only gasping, or has lifethreatening bleeding or another obvious life-threatening condition, CALL 9-1-1 and get equipment, or tell someone to do so. Then, give CARE based on the condition found and your level of training and continue your check to determine if additional care is needed. **Note:** For a person who is unresponsive and not breathing, start CPR and use an AED immediately.

Checking an Injured or III Person (Continued)

Check 3b. If the person is responsive or responds to stimulation and is fully awake and does not appear to have a life-threatening condition:

 Interview the person (or bystanders, if necessary), ask questions about signs and symptoms, allergies, and medications and medical conditions (SAM).

Do a focused check based on what the person told you, how the person is acting and what you see.

Note: Do not ask the person to move if you suspect a head, neck or spinal injury. Do not ask the person to move any area of the body that causes discomfort or pain.

Call 🚺

Care 向

Note: As you check the person, take note of any medical identification tags.

4. After completing the CHECK step, CALL 9-1-1 and get equipment, or tell someone to do so (if needed). Then, give CARE based on the condition found and your level of training.

Giving CPR

Check		1.	CHECK the scene for safety, form an initial impression and use PPE.
		2.	If the person appears unresponsive, CHECK for responsiveness, breathing, life-threatening bleeding or other life-threatening conditions using shout-tap-shout.
Call		3.	If the person does not respond and is not breathing or only gasping, CALL 9-1-1 and get equipment, or tell someone to do so.
Care	9	4.	Place the person on their back on a firm, flat surface.

Giving CPR (Continued)



6. Give 2 breaths.

- Open the airway to a pastneutral position using the head-tilt/chin-lift technique.
- Ensure each breath lasts about 1 second and makes the chest rise; allow air to exit before giving the next breath.



Note: If the 1st breath does not cause the chest to rise, retilt the head and ensure a proper seal before giving the 2nd breath. If the 2nd breath does not make the chest rise, an object may be blocking the airway.

 Continue giving sets of 30 chest compressions and 2 breaths. Use an AED as soon as one is available!

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Using an AED



Using an AED (Continued)

- **5.** Prepare to let the AED analyze the heart's rhythm.
- Make sure no one is touching the person.
- Say, "CLEAR!" in a loud, commanding voice.

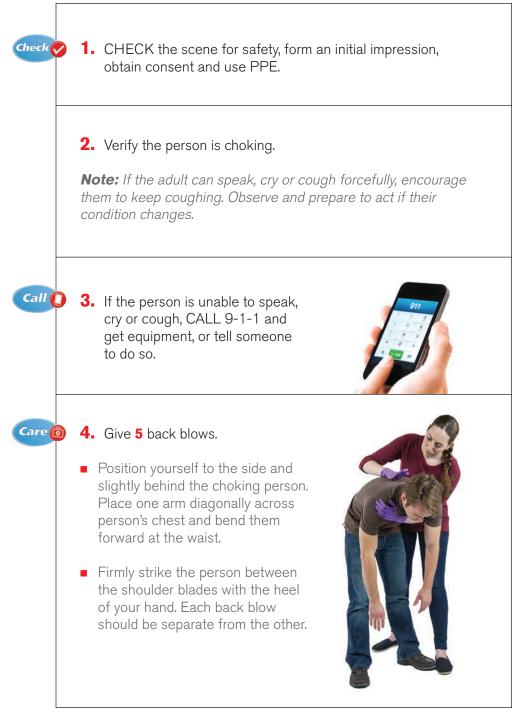


- 6. Deliver a shock, if the AED determines one is needed.
- Make sure no one is touching the person.
- Say, "CLEAR!" in a loud, commanding voice.
- Push the "shock" button to deliver the shock.

7. After the AED delivers the shock, or if no shock is advised, immediately start CPR, beginning with compressions.



Caring for Choking



Caring for Choking (Continued)

5. Give **5** abdominal thrusts.

- Have the person stand up and find their navel with two fingers. Move behind the person and place your front foot in between the person's feet with your knees slightly bent.
- Make a fist with your other hand and place the thumb side against the person's stomach right above your fingers. Cover your fist with your other hand.
- Pull inward and upward to give an abdominal thrust. Each abdominal thrust should be forceful and separate from the other.

Note: Alternatively, you may give chest thrusts to a person who is too large to wrap your arms around, pregnant or in a wheelchair.



- 6. Continue giving sets of 5 back blows and 5 abdominal thrusts until:
- The person can cough forcefully, speak, cry or breathe.
- The person becomes unresponsive.
- **7.** If the person becomes unresponsive, gently lower them to the floor and begin CPR, starting with compressions.
- After each set of compressions and before attempting breaths, open the person's mouth, look for the object and, if seen, remove it with a finger sweep.



Using Direct Pressure for Bleeding

- Check **
 1. CHECK the scene for safety, form an initial impression, obtain consent and use PPE.
 Coll **
 Call **
- Care 🙆 3. Find the source of the bleeding.
 - **4.** Tell the person to expect pain from the pressure needed to control the bleeding.
 - **5.** Place a dressing on the wound.
 - Use a hemostatic dressing, if available and bleeding is life-threatening.



Using Direct Pressure for Bleeding (Continued)

