

When To Call



If the victim is unconscious, call 9-1-1 or your local emergency number immediately. Sometimes a conscious victim will tell you not to call an ambulance, and you may not be sure what to do. Call for an ambulance anyway if the victim —

Is or becomes unconscious.

Has trouble breathing or is breathing in a strange way.

Has chest pain or pressure.

Is bleeding severely.

Has pressure or pain in the abdomen that does not go away.

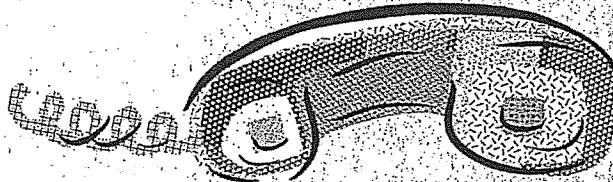
Is vomiting or passing blood.

Has seizures, a severe headache, or slurred speech.

Appears to have been poisoned.

Has injuries to the head, neck, or back.

Has possible broken bones.



Also Call

Also call for any of these situations:

Fire or explosion

Downed electrical wires

Swiftly moving or rapidly rising water

Presence of poisonous gas

Vehicle collisions

Victims who cannot be moved easily

WHAT IS FIRST AID?

First aid is the practical and immediate treatment of an injury or sudden illness. First aid should be given until professional medical care arrives.

Basic first aid requires no special skill or equipment. First aid covers treatment of wounds and sudden illnesses, care for specific injuries, accident prevention, and emergency procedures. Knowing first aid is an important skill for handling emergencies and accidents effectively.

Any injury or illness can benefit from prompt first aid. Some conditions like minor cuts or bruises require simple first aid. Other conditions (see back) can become medical emergencies. So, prompt first aid can sometimes be the difference between life and death, quick or slow recovery, and temporary or permanent disabilities.

Although first aid begins with action, first aid training stresses safety and prevention. Protection from physical harm, an environment free of hazards, and a healthy lifestyle are goals for preventing accidents, injuries and illnesses. Prevention can lead to a safer, healthier world.

WHAT TO DO IN AN EMERGENCY

In an emergency, it is important to have priorities. Observe these priorities when the facts of a situation are not known, when the extent of the illness or injury is unclear, or if the person is unconscious or incapable of communicating:

1. Ask for help.
2. Send someone else to get professional help (call 911). DO NOT HANG UP!! You must stay on the line with the operator until they tell you it is OK to hang up.
3. DO NOT put yourself in danger. Check the area for all possible dangers before approaching the victim to give help.
4. DO NOT move the victim EXCEPT to remove them from danger.
5. Treat the most urgent conditions first (see back again) if you are trained. (CPR)
6. Treat or prevent shock.
7. Treat less urgent conditions with appropriate first aid.
8. Know your limits! DO NOT attempt something you do not know how to do or are not trained to do. (CPR)
9. Stay with injured victim until professional care arrives.
10. Stay calm.

FIRST AID THAT REQUIRES SPECIAL TRAINING

Occasionally, special training is required to learn a first aid procedure. Cardio pulmonary resuscitation (CPR) is not something you should try without the proper training. Individuals who attempt CPR without proper training might actually endanger the life of the victim.

CPR is a method of restoring breathing and heartbeat. It can be a life saving technique for victims in cardiac arrest and respiratory failure.

Your local American Red Cross chapter can tell you where CPR training and other life saving courses are offered in your area.