

# LIFESAVER TOOLS KIT **FIRST AID** GUIDE

FIRST AID IS EMERGENCY TREATMENT ADMINISTERED TO AN INJURED OR SICK PERSON BEFORE PROFESSIONAL MEDICAL CARE IS AVAILABLE. WHEN AN EMERGENCY OCCURS,  
**IT IS IMPORTANT TO FOLLOW THESE BASIC RULES:**



## PERSONAL SAFETY **SETUP**

- Stop** - Pause to identify hazards
- Environment** - Consider your surroundings
- Traffic** - Be cautious along roadways
- Unknown Hazards** - Watch for unfamiliar things
- Protect Your Self** - Use protective barriers

1. Keep Calm
2. CALL 911
3. If action is needed to save a life, give proper treatment immediately
4. Never move a badly injured person unless it is to protect them from further harm
5. Examine the victim
6. Seek medical attention immediately

## CHOKING

### Identify:

Forceful Coughing? Hands to throat?

Ask, "Are you Choking?"

### Treatment:

1. From behind, place arms around waist
2. Place fist into victim's abdomen
3. Grab fist with other hand and press into abdomen with quick upward thrusts



### Person Unresponsive?

1. Lower gently to ground
2. Call 911
3. Perform CPR after checking mouth for foreign object

## BLEEDING

**Apply direct pressure with gloved hands using absorbent pad.**

- Apply additional pads as necessary
- Always control bleeding before trying to clean the wound
- When wrapping an injury, avoid wrapping tight enough to cause numbness or tingling
- If bleeding does not stop, consult physician and/or call 911



*This guide is not a substitute for training in the first aid procedures mentioned. In an emergency situation, please seek urgent medical assistance or call 911. resqme, Inc. is not responsible for damages caused by any first aid performed based on this guide.*

## BURNS & SCALDS

### First Degree Burns- Red, painful, mild swelling

- Rinse burn with cool water for at least 20 minutes or until pain is relieved

### Second Degree Burns- Deep red, blisters, severe pain and swelling

- Apply antibiotic ointment and cover with a dry, sterile, non-stick dressing

### Third Degree Burns-

### Deep tissue destruction with a white or charred appearance

- Call 911
- Cover burn with a dry, sterile cloth, elevate burn to decrease swelling
- Be alert for signs of shock.



## FRACTURES & BREAKS

### Call 911

- Do not move victim until a splint has been applied

### Broken bone - not piercing skin:

- Immobilize with a splint using a board, triangular bandage, pillow, etc.

### Broken bone- piercing the skin:

- Cover wound with sterile pad and apply pressure to any bleeding
- Do not try to straighten limb
- Do not touch wound directly
- Secure sterile pad over wound by tying with a strong bandages or cloth strips
- Be sure not to cut off circulation



## POISONING

### Call 911 if the person is unresponsive.

Perform CPR if necessary

Call 1-800-222-1222 (Poison Control) if the person is alert.

- If inhaled poison, move victim to fresh air
- If absorbed, remove any exposed clothing, brush off with a gloved hand and rinse skin in water for 20 minutes
- If convulsing, move victim away from any objects that they may harm themselves on



## SHOCK

### Lay person down

- Maintain body temperature
- Calm and reassure
- Call 911

