



# FIRST AID STEPS

1

Check the person and the person's ABCs (Airway, Breathing, Circulation).

If the person is unresponsive and not breathing normally, call EMS/9-1-1 and get an AED or have someone else do this.

2

Place both of your hands on the center of the person's chest.

Do 30 chest compressions: Push deeply and steadily

3

Open the airway by tilting the head back and lifting the chin.

Place your barrier device over the person's mouth and nose.

Give 2 breaths.

4

Repeat cycles of 30 chest compressions and 2 breaths.

Continue CPR until an AED arrives or more advanced care takes over.

# Basic First Aid

**Clemens Wendtner**



## **Basic First Aid:**

*BASIC FIRST AID SKILLS EVERYONE MUST KNOW* Tanki E. Nthontho, 2026-01-14 Accidents happen without warning and knowing what to do in the first critical moments can mean the difference between life and death Basic First Aid Skills Everyone Must Know is a clear practical guide designed to equip everyday people with the confidence and knowledge to respond effectively in emergencies From minor injuries at home to serious life threatening situations in public this book walks you step by step through proven first aid techniques that save lives and prevent further harm Inside you ll learn how to Respond calmly and correctly to medical emergencies Treat wounds burns fractures and bleeding Recognize signs of shock stroke and heart attack Perform essential life saving actions while waiting for professional help Protect yourself and others in high stress situations Written in straightforward language and organized for quick reference this comprehensive guide is ideal for parents teachers caregivers workers and anyone who wants to be prepared when it matters most Emergencies don t ask if you re ready This book makes sure you are

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**Sports & Exercise Injuries** Steven I. Subotnick, 1991 Dr Subotnick has developed an integrative approach to foot health and to sports medicine that is truly a model for the modern physician The comprehensive nature of the book and the practical information that it provides makes it accessible to all health professionals as well as for the general public

**Basic First Aid Guide** Dr John Ode, 2023-02-17 Basic First Aid Guide Everything You Need to Know in an Emergency is a comprehensive guide to providing basic first aid in a variety of emergency situations Whether you re at home work or out in the community this book provides clear and concise instructions on how to assess treat and manage common injuries and illnesses With easy to follow step by step instructions and helpful illustrations you ll learn how to provide first aid for everything from minor cuts and bruises to more serious injuries such as fractures and burns You ll also learn how to recognize and respond to medical emergencies such as heart attacks strokes and allergic reactions In addition to practical first aid advice this guide also covers important topics such as emergency preparedness CPR and how to use an automated

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and other emergencies The guide emphasizes the importance of taking appropriate safety precautions to protect oneself and the person in distress such as wearing gloves when handling blood or other bodily fluids and avoiding actions that could further harm the person such as moving someone who may have a spinal injury The guide also explains when to seek professional medical assistance and how to provide accurate and useful information to emergency services It emphasizes the importance of remaining calm and focused in the face of a medical emergency as well as the value of regular practice and training in order to gain confidence and competence in providing first aid Overall a Basic First Aid Guide is a valuable resource for anyone who wants to be prepared to deal with medical emergencies

Emergency Preparedness Don Philpott, 2016-03-15 Emergency Preparedness A Safety Guide to Planning for People Property and Business Continuity provides step by step instructions for developing prevention and response plans for all types of emergencies and disasters It helps the reader to create an organization wide emergency management plan that ensures that all procedures are in place and all equipment and personnel needs are addressed so that you and or your organization can respond to an emergency situation quickly and instinctively You will feel confident that your employees are trained and prepared to put your company's plan into action and protect all workers property and the life of the company in the face of any natural or non natural event Being prepared understanding your risks and taking all steps to reduce those risks can reduce the damages caused by emergencies and disasters This book aims to help you identify those risks and be prepared for them Now in its second edition this book expands beyond just facility concerns It accommodates information on Part I Emergencies and Disasters Natural and Non natural Events Part II Planning Procedures Mitigation and Recovery and Special Consideration Hospitals and Schools The chapters include a glossary of terms plus extensive resources on contact information for government agencies and suppliers templates and checklists for contractors chemical inventory risk analysis matrix storm preparation list pre storm and post storm checklist for bomb threats an emergency plan audit and much more The core of the book is in Part II and the chapters on creating an emergency action plan for businesses churches hospitals schools factories anyone

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