

First Aid Instructions -2026

Download the emergency app "First Aid" It by the American Red Cross (red Band-Aid logo)

PRINCIPLES OF FIRST AID

1. Check, Call, Care -Check scene- is it safe. Check person 5-10 sec for responsiveness, Call 911, give Care
2. Identify yourself and ask permission to help. If unconscious, permission is implied
3. Identify life-threatening emergencies - no breathing/no pulse, severe bleeding, shock, choking, weather exposure, anaphylaxis, diabetic emergency, stroke, heart attack, asthma attack, head injury, poisoning
4. Send someone to call 911 and come back. Send someone for an AED if person is unresponsive
5. Keep the person safe from further harm (move only if necessary)
6. Examine the person for other injuries that may require first aid
7. Give help within your scope of training.
8. If unsure what to do, most important thing to do is to call 911 and get advanced care in motion

BEE STINGS

1. Verify the person was stung by a bee
2. Ask about allergy to bees
3. Call 911 if person is allergic (victim is having trouble breathing, facial or tongue swelling)
4. Scrape with a card to get stinger out, never use tweezers or you can squeeze more venom in
5. Wash with soap and water
6. Apply ice

BLEEDING

1. Cover wound with clean gauze or cloth
2. Apply direct pressure to control bleeding
3. Raise injured arm or leg above the heart
4. If the pad becomes soaked DO NOT REMOVE IT. Add new pad one over the top and continue pressure
5. If blood is spurting (severe bleeding) apply immediate pressure on the wound with anything available and press on the pressure points on arms or legs. Tourniquet being the last option.
6. Call 911 for severe bleeding

BLISTERS

1. Blisters that have not popped:
2. Try not to pop or drain it, this keeps infection out
3. Leave it uncovered or try to cover loosely with a bandage
4. Try not to put pressure on the area—use moleskin if possible
5. Blisters that have popped:
6. Wash the area with warm water and gentle soap
7. Smooth down the skin flap that remains
8. Apply antibiotic ointment to the area
9. Cover the area loosely with a sterile bandage or gauze
10. Change the bandage daily and whenever it gets dirty or wet

BROKEN BONES OR SPRAINS

1. Make sure the scene is safe. Encourage the person to stay in whatever position is comfortable. They can support their injury with their hand or get something soft to support and prevent unnecessary movement.
2. If the area is obviously deformed, significantly painful, call 911. They will splint upon arrival.
3. If you are on your own and need to move, injury can be splinted using something straight and hard under broken bone (branch, tent pole, cardboard, magazine, rolled newspaper, rolled towel, etc.)

4. Wrap with cravat bandage, careful not to put pressure on the broken bone
5. Make a sling with other bandana
6. DO NOT try and set the bone
7. Watch for shock

BURNS (minor) skin turns red and possibly blisters

1. Cool the burn. Run under cool water or apply cool wet cloths for 15-20 min. Never use ice
2. Remove rings or other tight items from burned area quickly and gently before area swells
3. DO NOT break the blister. They protect against infection
4. DO NOT use ointments or creams
5. Cover with a clean bandage. Wrap loosely. Bandage keeps air off the area and reduces pain
6. Babies and older adults might need emergency care for minor burns.

Burns (major): skin is missing or charred

1. Call 911—for burns that are deep, involves all layers of the skin, looks charred and can be black or white. Larger than 3 inches in diameter. Cover hands, feet, face, groin, or multiple areas, encircles an arm or leg, or begins to swell very quickly
2. Attempt to make the person safe from additional burns or injury
3. Evaluate the person for breathing or pulse
4. Remove any tight clothing, jewelry, or belts near the burned area, but nothing that is stuck on.
5. Elevate any burned area above the heart if possible
6. Loosely cover the area with gauze or clean cloth.
7. Watch for signs of Shock

CHOKING

1. Signs: Holding throat with hands, panicked look, weak or no cough, high pitch sounds, unable to speak.
2. Ask the person if they are choking, Ask for permission to help. Call 911
3. Stand behind the person (same for child, but may need to kneel down to their level)
4. Give 5 back blows firmly between the shoulder blades, then give 5 abdominal thrusts
5. Wrap arms around the person and place the fist of one hand just above the belly button and grasp it with your other hand. Pull your hands sharply inwards and upwards. Repeat the cycles until they can cough, breathe or cry. If they become unresponsive, lower person to a firm flat surface and begin CPR.

COMPRESSION ONLY CPR - Adult

1. Unresponsive, NO pulse, NO normal breathing -> START CPR
2. Check for responsiveness by tapping the person and asking “Are you OK?” Look and listen for normal breathing 5-10 sec (gaspings and gurgling are not normal breathing)
3. If no response or breathing is not normal, Ask someone to call 911, send someone else to get an AED
4. Position the person on their back on a hard surface (not a bed or couch). Kneel beside the person
5. Position the heel of one hand on the center of the chest on the breast bone
6. Place the other hand on top of the first, interlocking fingers. Shoulders directly over hands.
7. Bend at the hips with elbows straight and locked. Push hard and fast without stopping. Rate:100 to 120/min. Depth: 2 inches on an adult. Allow the chest to return to normal position after each compression.
8. Stop for signs of life, scene unsafe, AED ready, to exhausted, another trained person takes over, EMS arrives

DIABETIC EMERGENCY

1. Changes in level of consciousness/mood, rapid breathing & pulse, feel/look ill, dizziness or confusion
2. For a person who is conscious and able to swallow, give them something that contains sugar. (not artificial sweeteners) Glucose tablets, fruit juice (orange) candies, fruit strips or non-diet soda.
3. Call 911 if they don’t improve in 10 min, have trouble breathing or lose consciousness.
4. You don’t need to know if from low sugar or high sugar, treatment is the same.

HEAT EXHAUSTION/ STROKE

1. Symptoms: moist pale or flushed skin, signs of dehydration, shallow breathing, rapid or weak heartbeat, nausea and vomiting, weakness, headache, dizziness, fainting, confusion, heat cramps preceding.
2. Make sure the surroundings are safe
3. Call 911
4. Move person to shade or a cooler environment with circulating air. Loosen and/or remove clothing. Sit in a comfortable position.
5. Apply cool, wet cloths to the skin or spray with cool water and fan them. If more severe, apply ice packs to armpits and groin or take a cold shower.
6. If awake, give a cool electrolyte sports drink, or water.

HEAT EXHAUSTION/ HEAT STROKE PREVENTION

1. Remain in a cool environment during hot weather
2. Wear loose fitting, lightweight clothing in high temperatures
3. Drink Plenty of Water
4. Protect yourself from sunburn
5. Do not leave anyone in a parked car, especially in hot weather
6. Rest adequately during long working hours

POISONING

1. DO NOT EAT any wild plants unless you are sure they are safe
2. Call poison control (800-222-1222) or 911
3. Save the container or plant that was ingested and any vomit
4. Treat the person for shock and check breathing
5. Don't give anything by mouth or make the victim throw up unless instructed

SEIZURES

1. Entire body convulsions, involuntary muscle activity of a body part, staring particularly to one side, Aura
2. Call 911 if the seizure lasts more than 5 min, more than one seizure in a row, or first seizure episode. Call if loss of consciousness, seizure in water, injury, or cardiac arrest.
3. Care: Let seizure run its course. Take steps to prevent injury; move objects away. Monitor the person. Take note of how long the seizure lasts. Turn the person onto their side into a recovery position if possible without injuring them. If the person is unresponsive and not breathing (cardiac arrest) immediately begin CPR.

SHOCK

1. Symptoms: confused behavior, restless or irritable, very fast or very slow breathing or pulse, weakness in arms and legs, cool and moist skin, pale or bluish skin, lips and fingernails and enlarged pupils, excessive thirst.
2. Call 911
3. Have person lie down on their back and elevate their feet
4. Keep the person comfortable. Keep them from getting cold or overheated.
5. DO NOT give the victim anything to drink even though they may complain of thirst.
6. Treat injuries and reassure them. Watch for changes in condition, including responsiveness. Give care as needed.

TICK REMOVAL

1. Grasp the tick with clean, fine tipped tweezers close to the skin's surface and pull slowly
2. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth parts with tweezers. Seek medical attention if the tick cannot be removed or its mouthparts remain embedded.
3. Wash the bite area with soap and water. Apply antibiotic ointment if available. Wash your own hands afterward. Watch for rash or flu-like symptoms.