

Get a First Aid book. Take a First Aid Class. You may be able to save lives including your own.

These Notes are only a rough guide and not a substitute for a real First Aid Book.


EMERGENCY CARE FOR CHOKING


CONSCIOUS VICTIM

If victim CAN breathe, cough or speak - DO NOT INTERFERE.

If victim CANNOT breathe, cough or speak - give quick upward thrusts (grip above waist but below ribs)


(Avoid pressing on the bottom of the breastbone.)






Hold thumb side inward, use other hand to give an in and upward thrust.

Hold fist with thumb tucked in.






Repeat thrust steps until effective or until victim becomes UNCONSCIOUS


UNCONSCIOUS VICTIM

Phone 911 or send someone to call.
Return to the victim.




C

Do 30 chest **C**ompressions (Place heel of one hand on center of breastbone and heel of second hand on first hand.)



A

If trained in CPR, Open the **A**irway. Look for foreign object. IF one is seen, remove it (head tilt, chin lift).




B

Attempt two **B**reaths. If trained in CPR, Repeat steps C, A and B, if not, continue chest compressions until victim starts breathing or until emergency/medical help arrives.

- Have someone call for an ambulance, rescue squad or EMS.
- DO NOT PRACTICE ON PEOPLE. Abdominal thrust may cause injury. Use the back blows and chest thrust on infants. Use the chest thrust on pregnant women and obese victims.
- Learn to perform emergency care for choking and cardiopulmonary resuscitation (CPR).
- For CPR training information, call your local American Heart Association or American Red Cross chapter.
- For children 1 to 8 years of age, use one hand for chest compressions.

Revised 10/08/2008 www.compassion.org



Other Emergencies Bleeding apply direct pressure on wound and or pressure point. Hurry to stop loss of blood!

Heart attack give aspirin and medicine call 911 encourage them to cough

Poison call 911

Suspected Broken bones, neck back: do not move or transport victim call 911

Purchase a First Aid chart or book and read it.



New CPR Guidelines released by the American Heart Association 2011
New guidelines released by the American Heart Association recommend that the three steps of [cardiopulmonary resuscitation](#), or CPR. The new first step is doing chest compressions instead of first establishing the airway and then doing mouth to mouth. The new guidelines apply to adults, children, and infants but exclude newborns. The new way is C-A-B — for compressions, airway, and breathing. "Anybody can do chest compressions, whether they have had a class or not. Good chest compressions really help save lives. In many cases, there is a reserve of oxygen left in the patient's blood and lungs, from the last breath, and we can take advantage of that oxygen reserve and just do chest compressions." Here is a step-by-step guide for the new [CPR](#):

- 1. Call 911 or ask someone else to do so.**
- 2. Try to get the person to respond; if he doesn't, roll the person on his or her back.**
- 3. Start chest compressions. Place the heel of your hand on the center of the victim's chest. Put your other hand on top of the first with your fingers interlaced.**
- 4. Press down so you compress the chest at least 2 inches in adults and children and 1.5 inches in infants. "One hundred times a minute or even a little faster is optimal," Sayre says. (That's about the same rhythm as the beat of the Bee Gee's song "Stayin' Alive.")**
- 5. You can now open the airway with a head tilt and chin lift. This may be important to open the airway as the back of their tongue may be blocking it.**
- 6. Pinch closed the nose of the victim. Take a normal breath, cover the victim's mouth with yours to create an airtight seal, and then give two, one-second breaths as you watch for the chest to rise.**
- 7. Continue compressions and breaths — 30 compressions, two breaths — until help arrives.**

If a baby is conscious but can't cough, cry, or breathe and you believe something is trapped in his airway, carefully position him faceup on one forearm, cradling the back of his head with that hand.

Place the other hand and forearm on his front. He is now sandwiched between your forearms.

Use your thumb and fingers to hold his jaw and turn him over so that he's facedown along the other forearm. Lower your arm onto your thigh so that the baby's head is lower than his chest.

Using the heel of your hand, deliver five firm and distinct back blows between the baby's shoulder blades to try to dislodge the object. Maintain support of his head and neck by firmly holding his jaw between your thumb and forefinger.

Next, place your free hand (the one that had been delivering the back blows) on the back of the baby's head with your arm along his spine. Carefully turn him over while keeping your other hand and forearm on his front.

Then do chest thrusts Use your thumb and fingers to hold his jaw while sandwiching him between your forearms to support his head and neck. Lower your arm that is supporting his back onto your opposite thigh, still keeping the baby's head lower than the rest of his body.

Place the pads of two or three fingers in the center of the baby's chest, just below an imaginary line running between his nipples. To do a chest thrust, push straight down on the chest about 1 1/2 inches. Then allow the chest to come back to its normal position.

Do five chest thrusts. Keep your fingers in contact with the baby's breastbone. The chest thrusts should be smooth, not jerky. **Get a First Aid Book, Learn.**

