



First Aid and CPR

1. Learn first aid and CPR (cardiopulmonary resuscitation) from your local Red Cross Chapter or other community organization.
2. Print this instruction sheet and add to your Family Disaster Plan notebook for quick reference.



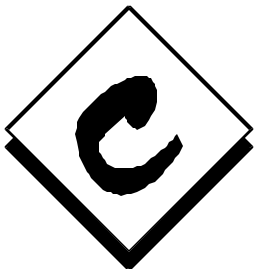
Airway

1. Place victim flat on his / her back on a hard surface.
2. Shake victim at the shoulders and shout, "Are you okay?"
3. If no response, call emergency medical system - 911 then...
4. Head-tilt / chin-lift: open victim's airway by tilting their head back with one hand while lifting up their chin with your other hand.



Breathing

1. Position your cheek close to victim's nose and mouth, look toward victim's chest.
2. Look, listen, and feel for breathing (5-10 seconds).
3. If not breathing, pinch victim's nose closed and give two full breaths into victim's mouth (use microshield).
4. If breaths won't go in, reposition head & try again to give breaths. If still blocked, perform abdominal thrusts (Heimlich maneuver) to clear airway.



Circulation

1. Check for carotid pulse by feeling for 5-10 seconds at side of victim's neck.
2. If there is a pulse but victim is not breathing, give Rescue breathing at rate of 1 breath every 5 seconds or 12 breaths per minute.
3. If there is no pulse, begin chest compressions as follows:
4. Place heel of one hand on lower part of victim's sternum. With your other hand directly on top of first hand, depress sternum 1.5 to 2 inches.
5. Perform 15 compressions to every 2 breaths (rate: 80-100 / minute).
6. Check for return of pulse every minute.