



FIRST AID

POCKET GUIDE

This booklet is not intended to replace proper first aid or CPR training.

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FIRST AID POCKET GUIDE:

Designed to fit in your pocket or be kept in a safe place in your home or vehicle, this guide will help you respond to a wide range of emergency situations.



GET CERTIFIED:

For official First Aid and CPR training info, visit:
redcross.ca/learnfirstaid



DOWNLOAD OUR FIRST AID APP:

redcross.ca/firstaidapp

Recognize and Act

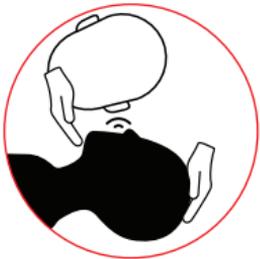


CHECK



CHECK THE AIRWAY:

If the person is unresponsive, tilt the head back and lift the chin to open the airway.



CHECK BREATHING:

Check for normal breathing. Someone who can speak or cry is breathing.

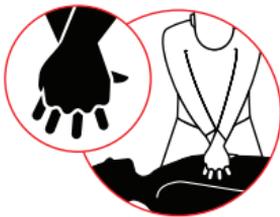


CHECK CIRCULATION:

Look from head to toe for deadly bleeding and signs of shock. If the person is unconscious, is breathing, and has no obvious injuries, roll the person onto his or her side and wait for help.

CPR/AED

1. Call EMS/911



2. Check breathing. Tilt their head backwards and look and feel for breaths.

3. Do 30 compressions If the person is not breathing. Push hard and fast in the centre of the chest.



4. Open the airway by tilting the head back and lifting the chin. Pinch their nostrils closed and give 2 breaths.

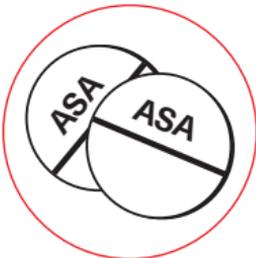


5. Continue the cycle of 30 compressions and 2 breaths until an AED arrives or more advanced care takes over

Heart attack



1. Symptoms of a heart attack include persistent chest pain, or isolated unexplained discomfort in arms, neck, jaw, back or stomach. **Call EMS/911** if person is experiencing these symptoms.



2. Have the person chew 1 regular strength or 2 low dose ASA tablets. NOTE: Aspirin is a brand name

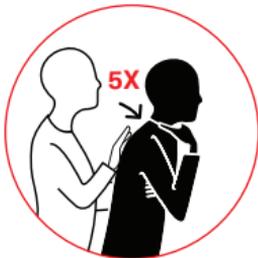


3. Make sure they are in a comfortable position for them e.g. sitting on chair or floor and leaning against a wall. Give them constant reassurance while waiting for an ambulance.

Choking



1. A person who is choking cannot cough, speak or breath. **Call EMS/911** if person is choking.



2. Place your arm across the person's chest. Bend the person forward and deliver up to 5 blows between the shoulder blades

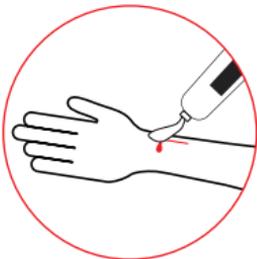


3. Alternate between any 2 of the following methods until the object comes out: back blows, abdominal thrusts and chest thrusts.

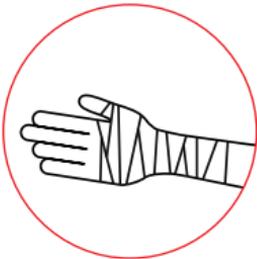
Cuts and Scrapes



1. Call 911 and refer to **Life-threatening bleeding** page if bleeding is heavy.



2. Minor cuts and scrapes can be washed by rinsing under clean running water for 5 minutes. Antibiotic cream can be applied afterwards.



3. Bandage the wound with clean, preferably sterile, dressings. If blood soaks through the bandage another should be applied on top of the original.

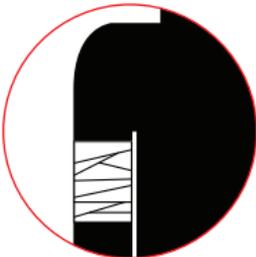
Life-threatening bleeding



1. Bleeding can be internal or external.
Call EMS/911 if person is bleeding heavily. If the person looks pale, feels cold and is dizzy, they are likely going into shock.



2. Put pressure on the wound with whatever is available to slow down the flow of blood. If blood soaks through the bandage another should be applied on top of the original. If direct pressure does not control the bleeding, consider using a tourniquet.



3. Bandage and keep pressure on wound until help arrives. If amputation has occurred, find amputated part, wrap in clean cloth, place in plastic bag, keep cool without putting directly on ice.

Bone, muscle, and joint injury



1. Common injuries are fractures, dislocations, sprains and strains. **Call EMS/911** if person has a severe injury.



2. The steps for caring for this type of injury are the **RICE (rest, immobilize, cool, elevate)** method. First make sure the injury is supported and they are in a comfortable position for them.



3. Then apply an ice pack and elevate the injury. This will help reduce the swelling and pain.

Head, neck, and spinal injury



1. Leave the person in the position he or she was found then **call EMS/911**. Only move the person if there are immediate dangers or the position stops you from caring for life-threatening conditions.



2. If person is unconscious or unable to move make sure their head and spine moves as little as possible by placing your hands on both sides of their head. The person can support his/her own head if they are responsive and able to.

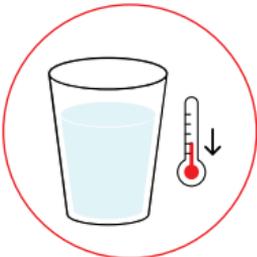


3. Signs of a serious head injury or concussion could be confusion, drowsiness, or vomiting.

Heat-related illness



1. Symptoms may include hot or red skin, seizures, coma, severe headache, altered behaviour and rapid and shallow breathing. **Call EMS/911** if person is experiencing these symptoms.



2. Move the person to a cooler place and loosen tight clothing. Give them small amounts of cool water only if they are alert.



3. Options for rapid cooling are: immerse body in cool water, immerse forearms in cool water, pour water over torso or fan skin.

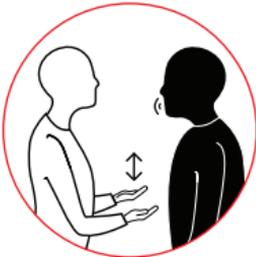
Mental Health Crisis



1. Symptoms can include shortness of breath, racing of heart, chest pains, confusion, sense of fear and feeling a loss of control. **Call EMS/911** if person is experiencing these symptoms.



2. Show you are listening and calmly ask how you can help. Provide reassurance, comfort, and support.



3. Help the person calm down by raising and lowering your arms slowly while instructing the person to inhale when you raise your arms and exhaling as you lower them.

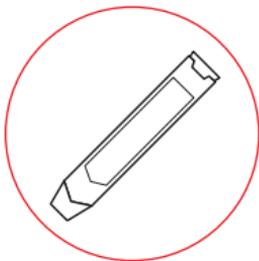
Anaphylaxis



1. Signs of anaphylaxis range from: dizziness, rashes, swelling of hands/feet/face, shortness of breath, vomiting and diarrhea. **Call EMS/911** if person is experiencing these symptoms.



2. Make sure they are in a comfortable position for them e.g. sitting on chair or floor and leaning against a wall. Give them constant reassurance while waiting for an ambulance.

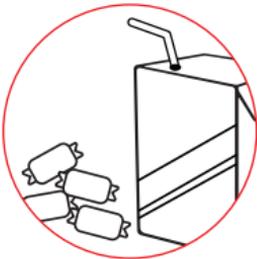


3. Help anaphylactic person use auto-injection/EpiPen if they have one.

Diabetic emergency



1. Symptoms include: not fully awake, seizure, and conditions not improving within 10 minutes. **Call EMS/911** if conditions do not improve within 10 minutes.



2. Provide food or drink that contains sugar, such as orange juice, sugar tablets, candy or a non-diet drink.

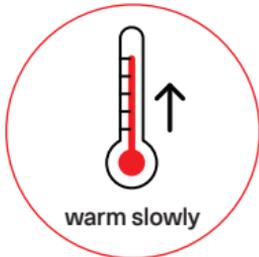


3. Make sure they are in a comfortable position for them and reassure the person until help arrives.

Cold-related illness



1. Person may be disoriented, shivering, pale, cold to the touch and have impaired movement.



2. Warm the person slowly while giving them constant reassurance.



3. If person is outside, get them inside and replace any wet clothes with dry clothes. If the person is experiencing any form of hypothermia (mild to severe) they need to be kept horizontal and not stand or walk.

Stroke



SYMPTOMS OF STROKE: F.A.S.T.



Face: There is weakness on one side of the face.



Arms: They can't raise both arms.



Speech: Hard to understand, they have difficulty understanding others or loss of speech



Time: If they have any or all the symptoms call 911.

Poisons



1. Signs of poisoning include vomiting, abdominal pain, altered level of responsiveness or difficulty breathing. If a person has the last two symptoms **call 911 and get an AED**. Otherwise call poison control.



2. If possible, establish what they have taken. A person can be poisoned by several things e.g. plants, berries, medicine, drugs, toxic chemicals.



3. Call poison control. Do not make them sick or give them anything to drink unless poison control has provided instructions to do so.



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FOR MORE INFO:

redcross.ca/morefirstaid