1

2

Tap and Shout.

3

Send someone to call 911, get an AED and First Aid kit

4

Look for no breathing or only gasping. No less than 5 seconds and no more than 10 seconds

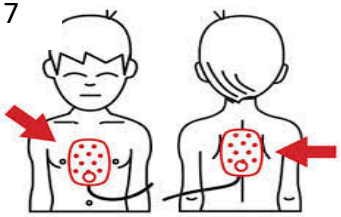
5

30 Compressions.
Push hard and fast 2 inches.
100 – 120 compressions per minute.

6

Open airway and give 2 breaths

7



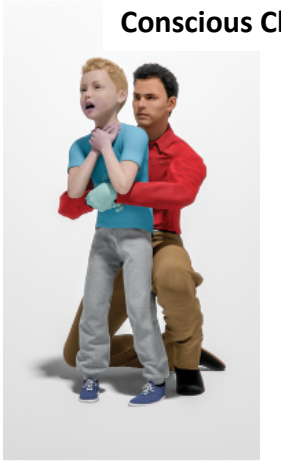
When the AED arrives, turn it on and follow the prompts

1. Attach pads to bare chest
2. Let AED analyze – CLEAR!
3. Deliver shock if needed – CLEAR!
4. Immediately resume CPR

30 compressions
pushing 1 ½ inches
100 -120 compressions per minute

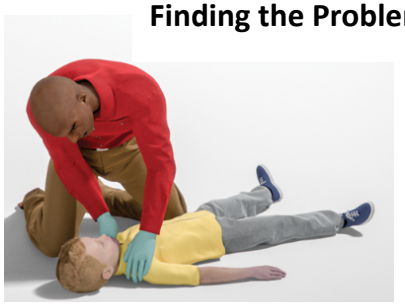
Open airway and give 2 breaths

Conscious Choking



5 back slaps 5 chest compressions

Finding the Problem



Person is Responsive

-Ask if you can help
-Look for obvious signs of injury

Allergic Reaction

Trouble breathing
Swelling of tongue and face
Trouble talking and/or swallowing

External Bleeding

Apply dressing and pressure.
If bleeding continues, add more dressing.

Life-threatening bleeding,
Use tourniquet.

Call 911 if

- Cannot stop the bleeding
- Signs of Shock
- Injury is from a fall (head, neck, spine)

Heat and Cold Related Emergencies

Dehydration/Exhaustion/Heat Stroke – weakness, thirst, dry mouth, dizziness, confusion, or less urination than usual

Hypothermia – cool skin, shivering, confusion, personality change, sleepiness, stiff rigid muscles

Diabetes and Low Blood Sugar

Change in behavior
Sleepy or not responding
Hunger, thirst, weakness
Sweating, pale skin color, Seizure

Follow action plan
Give sugar, Lay down, Call 911

Shock

Weak, faint, dizzy, nauseated
Breathing fast
Restless, confused, sleepy
Look pale, Cool to the touch

Call 911, get First Aid Kit
Lie the child down, cover with a blanket
Check for CPR if needed

Head Injury

Sleepy, vomits, confused, seizure, dizzy, headache, blurry vision, unconscious, bleeding from ear or nose, not able to move legs/arms
Evaluated by Doctor. Call 911.
Don't move them.