



First Aid/CPR/AED

ADULT READY REFERENCE CARD



American Red Cross
Training Services

Contents

Checking an Injured or Ill Person	3
Giving CPR.	5
Using an AED	7
Caring for Choking	9
Using Direct Pressure for Bleeding	11

Checking an Injured or Ill Person



- 1.** CHECK the scene for safety, form an initial impression, obtain consent and use PPE.

- 2.** If the person appears unresponsive, CHECK for responsiveness, breathing, life-threatening bleeding or other life-threatening conditions using shout-tap-shout.

Note: CHECK for no more than 10 seconds.



- 3a.** If the person does not respond, responds but is not fully awake, is not breathing or is only gasping, or has life-threatening bleeding or another obvious life-threatening condition, CALL 9-1-1 and get equipment, or tell someone to do so. Then, give CARE based on the condition found and your level of training and continue your check to determine if additional care is needed.

Note: For a person who is unresponsive and not breathing, start CPR and use an AED immediately.

Checking an Injured or Ill Person (Continued)

Check ✓

3b. If the person is responsive or responds to stimulation and is fully awake and does not appear to have a life-threatening condition:

- **Interview the person** (or bystanders, if necessary), ask questions about **s**igns and **s**ymptoms, **a**llergies, and **m**edications and **m**edical conditions (**SAM**).

- **Do a focused check** based on what the person told you, how the person is acting and what you see.

Note: Do not ask the person to move if you suspect a head, neck or spinal injury. Do not ask the person to move any area of the body that causes discomfort or pain.

Note: As you check the person, take note of any medical identification tags.



Call 📞

4. After completing the CHECK step, CALL 9-1-1 and get equipment, or tell someone to do so (if needed). Then, give CARE based on the condition found and your level of training.

Care 🏠



Giving CPR

Check ✓

1. CHECK the scene for safety, form an initial impression and use PPE.

2. If the person appears unresponsive, CHECK for responsiveness, breathing, life-threatening bleeding or other life-threatening conditions using shout-tap-shout.

Call 📞

3. If the person does not respond and is not breathing or only gasping, CALL 9-1-1 and get equipment, or tell someone to do so.



Care 🏠

4. Place the person on their back on a firm, flat surface.

Giving CPR (Continued)

5. Give **30** chest compressions.

- **Hand position:** Two hands centered on the chest
- **Body position:** Shoulders directly over hands; elbows locked
- **Depth:** At least 2 inches
- **Rate:** 100 to 120 per minute
- Allow chest to return to normal position after each compression



6. Give **2** breaths.

- Open the airway to a past-neutral position using the head-tilt/chin-lift technique.
- Ensure each breath lasts about 1 second and makes the chest rise; allow air to exit before giving the next breath.



Note: If the 1st breath does not cause the chest to rise, retilt the head and ensure a proper seal before giving the 2nd breath. If the 2nd breath does not make the chest rise, an object may be blocking the airway.

- ## 7. Continue giving sets of **30** chest compressions and **2** breaths. Use an AED as soon as one is available!

30:2

Using an AED

Check ✓

Call 📞

1. Complete the CHECK and CALL steps.

Care 🚑

2. As soon as an AED is available, turn it on and follow the voice prompts.

3. Remove clothing and attach pads correctly.

- Remove all clothing covering the chest. If necessary, wipe the chest dry.
- Place one pad on the upper right side of the chest.
- Place the other pad on the lower left side of the chest, a few inches below the left armpit.

Note: *If the pads may touch, place one pad in the middle of the chest and the other pad on the back, between the shoulder blades.*



4. Plug the pad connector cable into the AED, if necessary.



Using an AED (Continued)

5. Prepare to let the AED analyze the heart's rhythm.

- Make sure no one is touching the person.
- Say, "CLEAR!" in a loud, commanding voice.



6. Deliver a shock, if the AED determines one is needed.

- Make sure no one is touching the person.
- Say, "CLEAR!" in a loud, commanding voice.
- Push the "shock" button to deliver the shock.



7. After the AED delivers the shock, or if no shock is advised, immediately start CPR, beginning with compressions.



Caring for Choking

Check ✓

1. CHECK the scene for safety, form an initial impression, obtain consent and use PPE.

2. Verify the person is choking.

Note: If the adult can speak, cry or cough forcefully, encourage them to keep coughing. Observe and prepare to act if their condition changes.

Call 📞

3. If the person is unable to speak, cry or cough, CALL 9-1-1 and get equipment, or tell someone to do so.



Care 🩹

4. Give 5 back blows.

- Position yourself to the side and slightly behind the choking person. Place one arm diagonally across person's chest and bend them forward at the waist.
- Firmly strike the person between the shoulder blades with the heel of your hand. Each back blow should be separate from the other.



Caring for Choking (Continued)

5. Give 5 abdominal thrusts.

- Have the person stand up and find their navel with two fingers. Move behind the person and place your front foot in between the person's feet with your knees slightly bent.
- Make a fist with your other hand and place the thumb side against the person's stomach right above your fingers. Cover your fist with your other hand.
- Pull inward and upward to give an abdominal thrust. Each abdominal thrust should be forceful and separate from the other.



Note: Alternatively, you may give chest thrusts to a person who is too large to wrap your arms around, pregnant or in a wheelchair.



6. Continue giving sets of 5 back blows and 5 abdominal thrusts until:

- The person can cough forcefully, speak, cry or breathe.
- The person becomes unresponsive.

7. If the person becomes unresponsive, gently lower them to the floor and begin CPR, starting with compressions.

- After each set of compressions and before attempting breaths, open the person's mouth, look for the object and, if seen, remove it with a finger sweep.



Using Direct Pressure for Bleeding

Check ✓

1. CHECK the scene for safety, form an initial impression, obtain consent and use PPE.



Call 📞

2. Immediately CALL 9-1-1 and get equipment, or tell someone to do so.



Care 🩹

3. Find the source of the bleeding.

4. Tell the person to expect pain from the pressure needed to control the bleeding.

5. Place a dressing on the wound.

- Use a hemostatic dressing, if available and bleeding is life-threatening.



Using Direct Pressure for Bleeding (Continued)

6. Apply steady, firm pressure directly over the wound.

- Put one hand on top of the dressing and put your other hand on top.
- Position your shoulders over your hands and lock your elbows.
- Push down as hard as you can.



Note: If blood soaks through the original gauze pad, you do not need to do anything, but you can put another gauze pad on top. Replace the new gauze pad if blood soaks through the pads. DO NOT remove the original gauze pad and DO NOT stack multiple gauze pads.

7. Apply a roller bandage only if bleeding stops before EMS arrives.

- Apply the bandage over the dressing and secure it firmly.
- Check for circulation beyond the injury before and after applying the bandage.



8. Monitor for re-bleeding. If bleeding reoccurs:

- Do not apply an additional dressing or bandage.
- Remove the bandage and leave only the single dressing on the wound in place.
- Apply direct manual pressure.

9. After giving care, remove your gloves and wash your hands.