



The first five minutes of first aid.

What the Red Cross and the American Heart Association say to do first, before help arrives.

1 Check the scene



- Traffic, fire, wires, a loose dog: is it safe
- Tap the shoulder and shout to check them
- Look for normal, steady breathing

2 Call 911



- No response means call right away
- Point at one bystander and ask them to call
- Send someone for an AED if there is one

3 Gloves on if you have them



- Disposable nonlatex gloves from the kit
- Protects you from someone else's blood
- The Red Cross home kit list has two pairs

4 Severe bleeding: press



- Spurting, or a steady flow that will not stop
- Dressing on the wound, then firm steady pressure
- Rest the limb on something firm and flat

5 Keep pressing



- Hold until it stops or someone takes over
- Blood soaks through: add a pad on top
- Never pull off the first pad

6 Tourniquet, if trained



- For life-threatening bleeding on an arm or leg
- Leave anything stuck in a wound in place
- A short bleeding-control class teaches this

7 No response: start CPR



- Person on their back on a firm, flat surface
- Heel of one hand mid-chest, other on top
- Push at least 2 inches, let the chest rise

8 Push to the beat



- 100 to 120 pushes a minute
- About the tempo of Stayin' Alive
- Hard and fast, without stopping

9 Choking: back blows



- Cannot cough, speak or cry; hands at throat
- Call 911, then stand to the side and behind
- Five firm blows between the shoulder blades

10 Then abdominal thrusts



- Fist just above the navel, pull in and up
- Five thrusts, then back to five blows
- Goes unresponsive: lower them, start CPR

11 Burns: cool water



- Cool running water for 5 to 20 minutes
- No ice, no butter; cover loosely, dry and clean
- Face, hands, large or electrical: call 911

12 On their side, and stay



- Breathing but unresponsive: roll onto the side
- Not if you think the head, neck or back is hurt
- Keep talking, keep checking, stay till EMS

Check, call, care. Then take the class, so your hands know it too.

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