



FIRST AID STEPS

1

Check the person and the person's ABCs (Airway, Breathing, Circulation).

If the person is unresponsive and not breathing normally, call EMS/9-1-1 and get an AED or have someone else do this.

2

Place both of your hands on the center of the person's chest.

Do 30 chest compressions: Push deeply and steadily

3

Open the airway by tilting the head back and lifting the chin.

Place your barrier device over the person's mouth and nose.

Give 2 breaths.

4

Repeat cycles of 30 chest compressions and 2 breaths.

Continue CPR until an AED arrives or more advanced care takes over.

Basic First Aid

Steven I. Subotnick



Basic First Aid:

BASIC FIRST AID SKILLS EVERYONE MUST KNOW Tanki E. Nthontho, 2026-01-14 Accidents happen without warning and knowing what to do in the first critical moments can mean the difference between life and death Basic First Aid Skills Everyone Must Know is a clear practical guide designed to equip everyday people with the confidence and knowledge to respond effectively in emergencies From minor injuries at home to serious life threatening situations in public this book walks you step by step through proven first aid techniques that save lives and prevent further harm Inside you ll learn how to Respond calmly and correctly to medical emergencies Treat wounds burns fractures and bleeding Recognize signs of shock stroke and heart attack Perform essential life saving actions while waiting for professional help Protect yourself and others in high stress situations Written in straightforward language and organized for quick reference this comprehensive guide is ideal for parents teachers caregivers workers and anyone who wants to be prepared when it matters most Emergencies don t ask if you re ready This book makes sure you are [Basic First Aid Guide](#) Jessica Donald, 2025-06-27 When seconds count knowing what to do can save a life Basic First Aid Guide How to Respond in Emergencies and Save Lives is your clear practical and essential companion for everyday safety Whether you re a parent teacher traveler or simply someone who wants to be prepared this book equips you with the confidence and skills to act quickly in critical situations Written in simple language by safety educator Jessica Donald this guide walks you through step by step responses to common injuries life threatening emergencies and special scenarios involving children road accidents and more You ll learn how to build a first aid kit perform CPR stop bleeding treat burns and stay calm while waiting for help Inside you ll discover Easy to follow first aid techniques for home school and outdoors Lifesaving basics like CPR recovery position and rescue breathing First aid tips for children infants and special circumstances How to create a family safety plan and stay prepared every day You don t need medical training to make a difference just the right knowledge and the will to act Be ready Be confident Be the help someone needs [Basic First Aid Guide](#) Dr John Ode, 2023-02-17 Basic First Aid Guide Everything You Need to Know in an Emergency is a comprehensive guide to providing basic first aid in a variety of emergency situations Whether you re at home work or out in the community this book provides clear and concise instructions on how to assess treat and manage common injuries and illnesses With easy to follow step by step instructions and helpful illustrations you ll learn how to provide first aid for everything from minor cuts and bruises to more serious injuries such as fractures and burns You ll also learn how to recognize and respond to medical emergencies such as heart attacks strokes and allergic reactions In addition to practical first aid advice this guide also covers important topics such as emergency preparedness CPR and how to use an automated external defibrillator AED Whether you re a parent a caregiver or just someone who wants to be prepared for emergencies Basic First Aid Guide is an essential resource that will help you feel confident and empowered to provide effective first aid when it s needed most [Basic First Aid Guide](#) Ryan R Butler, 2023-04-06 Basic First Aid Guide is a Book that explains how

to provide first aid to someone who has been injured or becomes ill before professional medical help arrives This guide is intended to provide individuals with the knowledge and skills needed to handle common medical emergencies that may occur at home school work or any other location The guide covers a variety of topics such as how to assess the situation and determine the nature of the injury or illness how to communicate with the person in distress and how to provide immediate care such as CPR treating cuts bruises and burns and dealing with choking and other emergencies The guide emphasizes the importance of taking appropriate safety precautions to protect oneself and the person in distress such as wearing gloves when handling blood or other bodily fluids and avoiding actions that could further harm the person such as moving someone who may have a spinal injury The guide also explains when to seek professional medical assistance and how to provide accurate and useful information to emergency services It emphasizes the importance of remaining calm and focused in the face of a medical emergency as well as the value of regular practice and training in order to gain confidence and competence in providing first aid Overall a Basic First Aid Guide is a valuable resource for anyone who wants to be prepared to deal with medical emergencies

Sports & Exercise Injuries Steven I. Subotnick,1991 Dr Subotnick has developed an integrative approach to foot health and to sports medicine that is truly a model for the modern physician The comprehensive nature of the book and the practical information that it provides makes it accessible to all health professionals as well as for the general public

Oxford Handbook of Expedition and Wilderness Medicine Jon Dallimore,Sarah R. Anderson,Chris Imray,Chris Johnson,James Moore,Shane Winser,2023-07-19 Fully revised for its third edition the Oxford Handbook of Expedition and Wilderness Medicine continues to be the essential resource for all expedition medics and well informed travellers as well as nurses paramedics medical students and other expedition members travelling in remote wilderness areas of the world Now containing more guidance about caving medicine the third edition includes revised and additional illustrations and essential maps of the spread of diseases Clear and concise readers can rely on this handbook to provide the key knowledge and practical advice they need It enables efficient preparation and planning before the journey advises on camp logistics risk management and medical problems during the expedition as well as highlighting rare but important risks to those visiting remote areas Focusing on preventative measures it also contains chapters dealing with crisis management emergency care and evacuation from challenging environments with guidance about the obligations of a clinician joining an expedition ethical approaches to such work and medicine in various extreme environments This edition will give you the confidence and skills you need to travel to any extreme or remote environment Incorporating the combined knowledge and experience of a team of experienced clinicians and expeditioners this is a practical easy to use guide to all aspects of expedition and wilderness medicine

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Bug Out Readiness, Advisory Book, Hudkins Publishing Ronald Hudkins,2023-03-10 This Bug Out Bag Book is a comprehensive guide that provides detailed instructions on preparing and packing a Bug Out Bag a portable kit containing essential items necessary for survival in emergencies or disaster scenarios This book typically covers a wide range of topics including the importance of having a Bug out Bag the types of emergencies or disasters for which the bag is intended the selection and organization of items to include and the maintenance and updating of the bag It also includes practical tips and tricks such as properly packing and distributing the bag s weight choosing the proper clothing and footwear creating a survival plan and navigating through different terrain and environments A Bug Out Bag Book is an essential resource for anyone who wants to be prepared for unforeseen events and emergencies whether they are avid hikers campers or preppers

Ready, Set, Survive Barrett Williams,ChatGPT,2024-04-29 Disasters strike with little warning but the right preparation can be the difference between life and disaster Ready Set Survive is your comprehensive guide to understanding preparing and overcoming the chaotic forces of nature This essential manual is your requisite tool to ensure that when the elements unleash their fury you are equipped with practical knowledge techniques and strategies to protect yourself your loved ones and your community Embark on a lucid exploration of natural disasters demystifying the science behind their destructive force and learn how historical events offer invaluable lessons for current preparedness Ready Set Survive doesn t just acquaint you with disaster patterns but prompts you to assess risks that are specific to your life and locale In a world where family is paramount this eBook delivers an entire chapter on creating a comprehensive family disaster plan that includes clear communication strategies emergency roles safe meeting places and intricate consideration for all family members including children the elderly and your beloved pets When disaster hits resources are scarce Prepare to build an essential survival kit tailored for you keeping in mind custom approaches for varied calamities Securing your abode is a top priority hence Ready Set Survive guides you through safeguarding your home against earthquakes floods fires and storms with practical actionable advice Financial preparedness is often overlooked in disaster planning Dive into

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Emergency Preparedness Don Philpott,2016-03-15
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