

**FIRST AID:** First aid is the immediate and temporary care given to a person who is injured or ill until the services of a trained health care provider can be obtained.

If you encounter a victim, do the following:

1. Survey the scene. Is it safe?
2. Is the person conscious? If you are not certain, tap his/her shoulder firmly and shout, "Are you OK?" If the victim is unresponsive, follow procedures for **REPORTING EMERGENCIES**.
3. In the meantime, check to see if the person is breathing. Look to see if chest is rising. Place your cheek next to his/her mouth and nose and listen.
4. Does the person have a pulse? If the person is not breathing and does not have a pulse, start rescue breathing immediately. Flip to section of **HEART ATTACK/STOPPAGE OF BREATHING**.
5. Do not move the person or allow her/him to get up and walk around. If safety requires that you move the person, do so considering the possibility of neck or back injury.
6. Do not give fluids to an unconscious or partially conscious person.
7. Maintain body temperature by covering with blankets, clothing, newspaper.
8. Loosen constricting clothing with care.

## **FIRST AID BASICS**