

Heart attack

Sit the patient down, ideally semi sitting on the floor.

Call 9-1-1

Have them chew 2 80mg ASA

Start CPR if they stop breathing or are only gasping

Stroke- think FAST

F face is it drooping

A arms can they raise them

S speech is it slurred

T time to call 911

Child and Adult CPR

Tap and shout- if they don't respond call for help

Check breathing- if they are not breathing start CPR

30 compressions (push hard and fast in the middle of their chest - aim for at least 5 cm and 100-120 times per minute) then tilt their head back, plug their nose and give two breaths.

Repeat until help arrives

Adult and child choking

"If they are moving air, leave them in their chair"

Once they are no longer able to breath, cough talk or cry- stand or kneel behind the patient, and provide abdominal thrusts between the belly button and diaphragm until the object pops out, if they go unresponsive call 9-1-1 and begin CPR looking for the object between sets of compressions and breaths

First Aid Quick Reference Guide



Infant CPR

Tap and shout- on infants we tap the feet, if they don't respond call 911

Check for breathing- if they aren't breathing start CPR

30 compressions with 2 fingers on the center of the breast bone approximately 4 cm deep 100-120 times per minute, followed by tilting the head back and giving two very small breaths (plug the nose or cover the mouth and nose with your mouth when giving breaths)

Repeat until help arrives

Infant Choking

"If they are moving air leave them in their chair"

Once they are no longer able to breath, cough or cry, supporting their head provide 5 hard back blows, turn them over, check their mouth and remove any visible debris and provide 5 hard chest compressions at the nipple line in the middle of their sternum, repeat until the object is dislodged or they become unresponsive, if they become unresponsive, call 9-1-1 and begin CPR checking in the mouth between sets of compressions and breaths.

Minor Burns

Place effected area under cool running water or submerge area in cool water for a minimum of 15 minutes until burning stops

Repeat if burning returns

Burn cream can be applied after burn is cooled if desired

Mouth injuries

One thing to note is mouths bleed a lot!

Apply pressure to the affected area until bleeding stops

If a tooth has been knocked out, place tooth in whole milk and seek dental or medical attention

Minor cuts and scrapes

Apply pressure with clean gauze until bleeding stops

Clean with running water. dry and apply an adhesive bandage. Change bandages a few times a day

First aid hacks

Suckers can be a lifesaver- not only can they help in a diabetic emergency but they can help keep a child calm and if they have injuries their mouth them sucking a sucker can keep them from screaming and moving the healing area

Icepops are great for mouth injuries, its an easy way to apply ice

This is for information purposes only and is not designed to replace first aid training or medical help

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