

# **PROACTIVE**

S U R V I V A L

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# **BASIC FIRST AID GUIDE**

EMERGENCY RESPONSE REFERENCE

BE PREPARED · STAY CALM · ACT FAST · SAVE LIVES



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 **ALWAYS CALL 911 FOR LIFE-THREATENING EMERGENCIES**



**Scene Safety & Assessment**

**Before You Help — Check the Scene**

- 1 Is it safe?** Look for traffic, fire, electrical hazards, unstable structures, or violent individuals. Do NOT enter if unsafe.
- 2 What happened?** Identify the mechanism of injury — fall, collision, medical event.
- 3 How many people?** Check for additional victims.
- 4 Call for help.** Direct someone specific: "You in the red shirt — call 911 now!"

**Check for Response (AVPU)**

- **Alert** – awake and aware
- **Voice** – responds to verbal commands
- **Pain** – responds to painful stimulus only
- **Unresponsive** – no response at all

**Good Samaritan Laws**

Most U.S. states protect bystanders who provide reasonable first aid in good faith from civil liability. Act confidently.



**Emergency Numbers**

- **Emergency (Police/Fire/EMS):** 911
- **Poison Control:** 1-800-222-1222
- **Suicide & Crisis Lifeline:** 988
- **Burn Center Referral:** 1-800-223-2873
- **Non-Emergency Local Police:** \_\_\_\_\_
- **Personal Doctor:** \_\_\_\_\_
- **Nearest Hospital:** \_\_\_\_\_



**Personal Protection**

- Wear gloves before touching blood or body fluids
- Use a CPR face shield/mask for rescue breaths
- Wash hands thoroughly after providing care
- Avoid touching your face during treatment
- Dispose of gloves and materials as biohazard waste



## CPR – Cardiopulmonary Resuscitation

**⚠ CALL 911 FIRST** — or direct someone else to call while you begin CPR. For drowning or suspected opioid overdose, give 2 minutes of CPR before calling if you are alone.

### Adult CPR (8+ years / puberty)

- 1 Tap shoulders firmly and shout: "Are you OK?" If no response, call 911.
- 2 Lay person on back on firm, flat surface.
- 3 Tilt head back, lift chin. Look, listen, and feel for breathing for no more than **10 seconds**.
- 4 If no normal breathing: Place heel of hand on center of chest (lower half of sternum). Place second hand on top, fingers interlaced.
- 5 Press down **at least 2 inches** at a rate of **100–120 compressions/minute** (beat of "Stayin' Alive"). Allow full chest recoil.
- 6 After 30 compressions, tilt head back, lift chin, pinch nose, seal mouth and give **2 rescue breaths** (1 second each, watch chest rise).
- 7 Continue 30:2 ratio until AED arrives, EMS takes over, or person begins breathing normally.

**Hands-Only CPR:** If you are untrained or uncomfortable with rescue breaths, continuous hard-and-fast chest compressions *without rescue breaths* is still highly effective for adults.

### Child CPR (1–8 years)

- 1 Check responsiveness and call 911 (or give 2 min CPR first if alone).
- 2 Use **one or two hands** on lower half of sternum.
- 3 Compress at least **2 inches** (about 1/3 of chest depth) at 100–120/min.
- 4 Give gentle rescue breaths — just enough to see chest rise.
- 5 Continue 30:2 (or 15:2 if 2 rescuers).

### Infant CPR (Under 1 year)

- 1 Tap foot to check responsiveness. Call 911.
- 2 Place two fingers on sternum, **just below nipple line**.
- 3 Compress **1.5 inches** at 100–120/min.
- 4 Cover both mouth and nose with your mouth; give gentle puffs just until chest rises.
- 5 Continue 30:2 ratio.

### Using an AED

- 1 Power on the AED and follow voice prompts.
- 2 Attach pads to bare chest as shown in diagram.
- 3 Stand clear — let AED analyze rhythm.
- 4 Deliver shock if advised, then immediately resume CPR.
- 5 Re-analyze every 2 minutes.



## Choking

### Adult & Child (over 1 year) — Conscious

- 1 Ask: "Are you choking?" If they cannot speak/cough/breathe, act immediately.
- 2 Stand behind, wrap arms around waist.
- 3 Make a fist — thumb side against abdomen, just above navel and below breastbone.
- 4 Grab fist with other hand. Give quick, upward **abdominal thrusts** until object is expelled or person loses consciousness.
- 5 If unconscious, begin CPR. Each time you open the airway, look for and remove any visible object.

### Infant (Under 1 year)

- 1 Hold infant face-down on forearm, supporting head.
- 2 Give **5 back blows** between shoulder blades with heel of hand.
- 3 Flip face-up; give **5 chest thrusts** with 2 fingers on center of chest.
- 4 Repeat cycle until object is expelled or infant loses consciousness.
- 5 If unconscious, begin infant CPR. Call 911.

### Choking — Alone (Self-Help)

- Deliver self-abdominal thrusts using your own hands
- Or thrust abdomen hard against a firm edge (chair back, countertop)
- Call 911 immediately if possible



## Bleeding Control

### Severe Bleeding — The STOP THE BLEED Method

- 1 **Call 911.** Protect yourself — wear gloves.
- 2 **Find the wound.** Expose by removing or cutting away clothing.
- 3 **Apply direct pressure.** Use a cloth, gauze, or your hand. Push **HARD**.
- 4 **Pack deep wounds.** Stuff gauze or clean cloth into the wound; apply pressure with both hands.
- 5 **Do NOT remove materials** — add more on top if soaked. Maintain firm pressure for at least 10 minutes.
- 6 **Tourniquet** (limb only): Apply 2–3 inches above wound; tighten until bleeding stops. Write the time of application on skin.

### Nosebleed

- 1 Lean **slightly forward** (not back — prevents swallowing blood).
- 2 Pinch soft part of nose for 10–15 minutes without releasing.
- 3 Breathe through mouth. Do not blow nose.
- 4 Seek medical help if bleeding continues beyond 20 minutes.

⚠ **Internal Bleeding Signs:** Bruising, swollen/rigid abdomen, blood in urine/stool, coughing blood, shock symptoms. **Call 911 immediately.**



## Burns

### Burn Classification

- **1st Degree:** Red, dry, no blisters (sunburn)
- **2nd Degree:** Blistering, moist, painful
- **3rd Degree:** White/charred, leathery, no pain (nerve damage)

### Treatment

- 1 Cool the burn with cool (not cold/ice) running water for **10–20 minutes**.
- 2 Remove jewelry and clothing near burn (if not stuck to skin).
- 3 Cover loosely with sterile non-stick bandage or clean cloth.
- 4 **Do NOT** apply butter, toothpaste, or ice.
- 5 **Do NOT** pop blisters.

**Seek emergency care if:** Burn >3 inches, 3rd degree, on face/hands/feet/genitals/major joints, or from chemicals/electricity.



## Shock

### Recognize Shock

- Pale, cool, clammy skin
- Rapid, weak pulse
- Rapid shallow breathing
- Nausea, dizziness, confusion
- Weakness, fainting, bluish lips

### Treat Shock

- 1 **Call 911 immediately.**
- 2 Lay person flat on back.
- 3 Elevate legs 8–12 inches *unless* head/neck/spine/leg injury is suspected.
- 4 Keep warm with a blanket; do not overheat.
- 5 Give nothing by mouth.
- 6 Treat the cause if known (e.g., stop bleeding).
- 7 Monitor breathing. Be ready to perform CPR.



## Fractures & Sprains

### Signs of a Fracture

- Visible deformity or bone protruding
- Intense pain, tenderness
- Swelling, bruising
- Inability to move the limb
- Grating sensation or sound

### RICE Method (Sprains)

- **Rest** – avoid use of injured area
- **Ice** – 20 min on / 20 min off
- **Compression** – wrap with elastic bandage
- **Elevation** – above heart level

### Splinting a Fracture

- 1 Immobilize the joint above and below the fracture.
- 2 Pad the splint for comfort.
- 3 Secure with bandages — not too tight.
- 4 Check circulation (pulse, warmth, color) below splint.
- 5 **Do NOT** attempt to straighten a deformed limb.





## Stroke — Act FAST

### Recognize a Stroke with F.A.S.T.

- **F**ace — Ask to smile. Does one side droop?
- **A**rms — Ask to raise both. Does one drift down?
- **S**peech — Ask to repeat a phrase. Is it slurred?
- **T**ime — If any sign, call 911 **immediately**. Note the time.

### Additional Stroke Signs

- Sudden severe headache with no known cause
- Sudden confusion, trouble understanding
- Sudden vision problems in one or both eyes
- Sudden difficulty walking, dizziness, loss of balance

### What to Do

- 1 Call 911 immediately — time lost is brain lost.
- 2 Note the exact time symptoms started.
- 3 Keep person calm and still; do not give food/water.
- 4 If unconscious and not breathing, begin CPR.
- 5 Do NOT give aspirin (unlike heart attack).



## Heart Attack

### Warning Signs

- Chest pain/pressure/squeezing (may radiate to arm, jaw, neck)
- Shortness of breath (with or without chest pain)
- Cold sweat, nausea, lightheadedness
- Women may experience: back/jaw pain, fatigue, indigestion

### What to Do

- 1 Call 911 immediately.
- 2 Have person sit or lie in comfortable position.
- 3 Loosen tight clothing.
- 4 Give **aspirin (325 mg)** if not allergic and person can swallow — chew, don't swallow whole.
- 5 If person stops breathing, begin CPR.



## Anaphylaxis (Severe Allergic Reaction)

### Signs of Anaphylaxis

- Hives, flushing, itching
- Swelling of face, lips, tongue, throat
- Difficulty breathing, wheezing, stridor
- Rapid or weak pulse, dizziness, fainting
- Nausea, vomiting, diarrhea

### What to Do

- 1 Call 911 immediately.
- 2 Use epinephrine auto-injector (EpiPen®) if available — inject into outer thigh, through clothing if necessary.
- 3 Have person lie flat with legs elevated (unless breathing is difficult — then let them sit up).
- 4 A second EpiPen dose may be given after 5–15 minutes if symptoms return.
- 5 Be prepared to perform CPR.
- 6 Even if symptoms improve, person **must** be evaluated by medical professionals.



## Heat & Cold Emergencies

### Heat Exhaustion

- Heavy sweating, cool pale clammy skin, fast weak pulse
- Move to cool place, loosen clothing, apply cool wet cloths, sip cool water

### Heat Stroke — Call 911

- High body temp (>103°F), hot dry skin, confusion, unconsciousness
- Cool rapidly with ice packs to neck, armpits, groin; cold water immersion if possible

### Hypothermia

- Shivering, slurred speech, slow shallow breathing, weak pulse, clumsiness
- Move to warm place, remove wet clothes, cover with blankets, warm center of body first; call 911



## Wound Care

### Minor Cuts & Scrapes

- 1 Wash hands or put on gloves.
- 2 Rinse wound under clean running water for 5 minutes.
- 3 Gently clean around wound with soap — do not get soap in wound.
- 4 Apply antibiotic ointment if available.
- 5 Cover with sterile bandage; change daily or when wet/dirty.

### When to Seek Medical Care

- Wound is deep, won't stop bleeding, or gaping
- Signs of infection: redness, swelling, warmth, pus, fever
- Animal bite or puncture wound
- Wound has debris that cannot be removed
- Tetanus shot not current (last 5 years for dirty wounds)



## Seizures

### What to Do

- 1 Stay calm. Time the seizure.
- 2 Clear the area of hard/sharp objects.
- 3 Place something soft under the head.
- 4 Turn person on their side to prevent choking on fluids.
- 5 **Do NOT** restrain the person or put anything in their mouth.
- 6 After seizure: keep person calm and on their side until fully alert.

**Call 911 if:** Seizure lasts >5 min, person doesn't wake, another seizure follows, person is injured, pregnant, or this is their first seizure.



## Diabetic Emergencies

### Low Blood Sugar (Hypoglycemia)

*Signs:* Shakiness, sweating, confusion, pale skin, rapid heartbeat, hunger, headache

- 1 If conscious and can swallow: give 15g fast-acting carbs — 4 glucose tablets, 4 oz juice or regular soda, 1 tbsp sugar/honey.
- 2 Wait 15 minutes and recheck. If no improvement, repeat.
- 3 If unconscious or cannot swallow: call 911. Do not give anything by mouth.

### High Blood Sugar (Hyperglycemia)

*Signs:* Frequent urination, extreme thirst, blurry vision, fatigue, fruity breath

- This is a medical situation — call 911 or seek emergency care
- Encourage small sips of water if conscious
- Do NOT give insulin unless trained and prescribed



## Poisoning

### Suspected Poisoning

- 1 Call **Poison Control: 1-800-222-1222** (U.S.) or 911.
- 2 Note what was taken, how much, and when.
- 3 **Do NOT** induce vomiting unless told by Poison Control.
- 4 If unconscious and not breathing, begin CPR.
- 5 Keep product container to show emergency responders.

### Chemical Eye Exposure

- 1 Immediately flush with clean water for 15–20 minutes.
- 2 Remove contact lenses if present and easy to remove.
- 3 Call Poison Control or 911.



## Essential First Aid Kit Contents

### Wound Care

- Adhesive bandages (assorted sizes)
- Sterile gauze pads (2"x2", 4"x4")
- Rolled gauze bandages
- Medical tape (waterproof)
- Elastic bandage (ACE wrap)
- Wound closure strips / butterfly closures
- Israeli bandage / trauma dressing
- Hemostatic gauze (QuikClot®)
- Tourniquet (CAT or SOFTT-W)
- Saline wound wash
- Antibiotic ointment (Neosporin)
- Antiseptic wipes (alcohol/iodine)

### Tools & Equipment

- Nitrile gloves (multiple pairs)
- CPR face shield / mask
- Digital thermometer
- Scissors (trauma shears)
- Tweezers
- Safety pins
- Penlight / small flashlight
- Emergency mylar blanket
- Irrigation syringe
- Instant cold packs
- Triangular bandage / sling
- SAM splint

### Medications & Extras

- Aspirin (325 mg — heart attack use)
- Ibuprofen / acetaminophen
- Diphenhydramine (antihistamine)
- Antacid tablets
- Anti-diarrheal medication
- Hydrocortisone cream (1%)
- Burn gel / aloe vera gel
- Eye wash solution
- Glucose tablets
- Prescription medications (personal)
- EpiPen® (if prescribed)
- This first aid guide!

**Kit Maintenance:** Check your kit every 6 months. Replace expired medications, replenish used supplies, and ensure batteries in flashlights are fresh. Store in a cool, dry place away from direct sunlight.



## Key First Aid Reminders

- **Always call 911** for life-threatening emergencies — do it first.
- **Stay calm** — your composure reassures the victim.
- **Do not move** a person with suspected spinal injury.
- **Get trained** — take a certified CPR/First Aid course annually.
- **Document everything** — times, treatments, changes in condition.
- **Know your limits** — first aid supports but doesn't replace professional care.
- **Practice regularly** — skills fade; refresh every 1–2 years.
- Visit [proactivesurvival.com](https://proactivesurvival.com) for gear, training & resources.

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