

HEALTHY LIVING *emergency action steps*

EMERGENCY ACTION STEPS

Adult Life-Saving Steps → IN THE EXCITEMENT OF AN EMERGENCY, YOU MAY BE FRIGHTENED OR CONFUSED ABOUT WHAT TO DO. STAY CALM, YOU CAN HELP. THE THREE "EMERGENCY ACTION STEPS" WILL HELP YOU ORGANIZE YOUR RESPONSE TO THE SITUATION.

1

CHECK

- Check the scene for safety.
- Check the victim for consciousness, breathing, pulse and bleeding.

2

CALL

- Dial 9-1-1 or your local emergency number.
- Be prepared to give the dispatcher the exact address or location of the emergency.

3

CARE

- Care for the victim.

Always look for life-threatening conditions first. If there are none:

- Watch for changes in the victim's breathing or consciousness.
- Keep the victim from getting chilled or overheated.
- Help the victim rest comfortably.
- Reassure the victim.

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If victim is unable to speak, cough or breathe - Give abdominal thrusts (if person is conscious)



Place fist just above the navel and give quick, upward thrusts until objects are dislodged.

If victim is not breathing - Give rescue breathing



Tilt head back and lift chin.



Pinch nose shut. Give one slow breath about every 5 seconds.

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If air won't go in - Give abdominal thrusts



Give up to 5 abdominal thrusts.



Look for and clear any objects from mouth.



Tilt head back and reattempt breaths. Repeat steps until breaths go in.

If not breathing and no pulse - Give CPR



Find hand position on center of breastbone.



Compress chest 30 times. Give 2 slow breaths. Repeat sets of compressions and breaths until ambulance arrives.