

## 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 call for help if the victim's condition improves or if there are none:**

- Watch for changes in conditions including consciousness.
- Reassure the victim.
- Keep the victim from getting chilled or overheated.

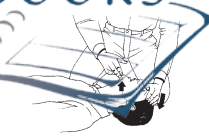
**REVIEW ONLY**

**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 object is removed.

**If victim is not breathing -**  
Give rescue breathing



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

**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.

School Datebooks

**DO NOT SUBMIT**

**FOR PRINT**