



If an infant/child/teen/adult
Is unconscious & not
Breathing normally

Hands-Only CPR



STEP 1



STEP 2



...until help
arrives

**Hands-Only CPR has been shown to be effective for cardiac arrest.
It can double or even triple a victim's chance of survival.**

hand placement & position

ADULTS



BOTH HANDS
interlocked
between nipples



CHILDREN 1 - 8



ONE HAND
between nipples



INFANTS



TWO FINGERS
just below
nipple line



chest compressions



press down
2 inches



press down
2 inches



press down
1.5 inches

Burns & Wound Care

SKIN BURNS



BURNS TREATMENT

SKIN WOUNDS



WOUNDS TREATMENT

FIRST AID FOR POISONING



INHALED A POISON?

Get fresh air right away. Call 1-800-222-1222.



POISON IN THE EYES?

Rinse eyes with warm running water for 15 to 20 minutes. Call 1-800-222-1222.



SWALLOWED THE WRONG MEDICINE OR TOO MUCH?

Do not give anything by mouth. Call 1-800-222-1222.



POISON ON THE SKIN?

Take off any clothing that the poison touched. Rinse with running water for 15-20 minutes. Call 1-800-222-1222.



SWALLOWED SOMETHING THAT'S NOT FOOD OR MEDICINE?

Drink a small amount of milk or water. Call 1-800-222-1222.

HAS THE PERSON COLLAPSED OR STOPPED BREATHING? CALL 911