

**A**ccidents can happen, anywhere, anywhere. Knowing how to provide proper care can save a life. First aid can range from calling emergency medical personnel (EMT) to performing more advanced procedures such as administering CPR. Guidelines in this chart are specific to "non-health care professionals".

#### STEP 1: SURVEY THE SCENE

- If there is any kind of danger, call Emergency Medical Services (EMS) or EMT first.
- Ensure the scene is safe for you and others.
- Look for things that may threaten your safety, such as fire, electrical wires, or dangerous fumes.
- If you feel your safety is threatened, play it safe and allow professionals to handle any dangerous situations.

#### STEP 2: CHECK FOR RESPONSIVENESS

- Carefully lie down and shout "Are you okay?"
- If the casualty responds, begin a Secondary Survey (see pg. 29).
- If the casualty is unconscious but appears to be breathing, head first for Conscious Adult or Child with Complete Airway Obstruction.
- If the casualty does not respond, and someone is call EMS (911) or the one who is available, place the call, then return and begin the Primary Survey (see below).
- If you are alone and dealing with a child or infant, give care for 2 minutes (RCP), then call EMS (911).

#### STEP 3: PRIMARY SURVEY

- The Primary Survey will help you to determine if any conditions threaten the casualty's life.
- Roll the casualty onto his or her back if they are not breathing or only gasping, or if the casualty's position keeps you from checking their breathing.
- Roll beside the casualty on the side they are breathing.
- Roll the casualty toward you, "face up", in a single curl - do not twist.
- Support both of the casualty's head and neck.
- Once you have determined that the casualty is not breathing or only gasping and have rolled them onto their back, proceed to step 4, Circulation.
- Remember CABC: Circulation, Airway, Breathing.
- If the casualty is breathing normally, proceed to step 4, Check for Control of External Bleeding.

- If the person starts breathing or begins to move, place them in the recovery position (see pg. 27).
- If the person is showing signs of an injury or illness, proceed to giving casualty care until EMS (911) arrives.

# FIRST AID

2ND EDITION



#### STEP 3: PRIMARY SURVEY (CONT)

##### 3a. CIRCULATION: Begin Compressions

###### CPR for Adults (18+ Years)

**Blind Hand Position:** (see Fig. A)

Place the heel of your hand on the center (breastbone) of the casualty's chest. Your fingers should be bent back and tucked under the casualty's armpits, then place the heel of the second hand on top of the first so that the hands are interlocked, interlaced and parallel.

###### CPR for Children (1-10 Years)

###### CPR for Children (1-10 Years)

**Blind Hand Position:** Position it in the same as adult compression and you can use one or both hands to do compressions.

###### CPR for Infants (Under 1 Year)

**Blind, Correct, Single, Precise:** (see Fig. C)

Place two fingers on the center of the infant's chest just below the infant's nipples.

###### CPR for Infants (Under 1 Year)

**Compressions:** At least 2 inches (5 cm) down and up smoothly at a rate of at least 100 compressions per minute.

**Rescue Breathers:** In contact with the infant's chest.

**Push hard, push fast, allow full compression between compressions.**



Fig. B

##### 3b. AIRWAY: Open the Airway

- Do "head-tilt, chin-lift" if neck injury is not suspected. (see Fig. D)

**Head-Tilt, Chin-Lift:** If suspected and the person is not breathing, "head-tilt, chin-lift" may make breathing easier. If the person is not breathing, roll the person onto their side to get air into the person. Use the head-tilt, chin-lift methods to difficult to do and is therefore not recommended.



Fig. D

##### 3c. BREATHING: Give 2 Full Breaths

- Pinch nose and give 2 breaths of air, each lasting 1 second (see Fig. E)

**Breath:** If airway is smooth, breathing is easy. (see Fig. E)

**Rescue Breathers:** If the rescuer has a smooth, breathing airway, the rescuer can give 2 breaths of air, each lasting 1 second. If the rescuer has a difficult breathing airway, the rescuer should give 1 breath of air, then another breath.

**For Infants:** Use a smooth, breathing airway technique. (see Fig. F)

**Sober Air:** Use your mouth, or another rescuer's mouth, to breathe into the infant's nose and mouth.

**Infants:** If the rescuer has a difficult breathing airway, the rescuer should give 1 breath of air, then another breath.

##### Rescue Breathers: Give 2 Full Breaths

- Do first aid for unconsciousness, including action on head, neck and spine, and for injuries such as contusions, sprains, and fractures.

**Rescue Breathers:** Give another 20 compressions, followed by 2 breaths. Continue cycle.

- The rescuer starts breathing as long as necessary.
- Another rescuer takes relief when:
- Rescue breathers become fatigued or become ill.
- Rescue breathers become unable to continue giving breaths.

**The rescuer starts breathing as long as necessary.**

**Another rescuer takes relief when:**

- Rescue breathers become fatigued or become ill.
- Rescue breathers become unable to continue giving breaths.

#### CASUALTY REPORT: REACTIONS: Progress to Step 4



Fig. C  
The  
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Fig. D  
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EMS  
prepared

breathing

# Basic First Aid Quick Reference Guide

**KG STILES**

## **Basic First Aid Quick Reference Guide:**

**Comprehensive First Aid Guide** Adil Hussain,Mamta Bhandari,2025-06-25 Provides comprehensive and in depth coverage of all essential first aid topics from minor injuries to major emergencies Content is thoroughly based on updated medical guidelines and evidence based practices for safe and effective care Written in clear simple language to ensure easy understanding by students teachers and the general public Includes informative illustrations and diagrams to visually support learning and practical application Organized in a quick reference format to help readers access vital information rapidly during emergencies Each chapter concludes with concise summaries and key points to reinforce learning and aid in revision Real life case studies and practical examples are integrated to demonstrate real world application of first aid skills

Just in Case Kathy Harrison,2008-07-23 If disaster strikes and public services are limited you want to know that your family will be taken care of Learn how to inventory and rotate your food supply pack an evacuation kit maintain communication with loved ones and much more You ll soon gain the ingenuity and resourcefulness to get your family through even the most unfortunate circumstances

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**Angel Prayers & Affirmations: A Sacred Guide to Divine Connection, Healing Energies & Essential Oils** KG Stiles,2025-04-15 Step into the sacred presence of angels and begin your journey of divine transformation Angel Prayers Affirmations is your comprehensive guide to connecting with the celestial realm Blending the divine wisdom of 17 Archangels with powerful affirmations guided meditations and the healing influence of essential oils this book offers a practical and inspiring path to spiritual awakening inner peace and personal empowerment Whether you re seeking protection clarity emotional healing or a deeper intuitive connection this sacred guide provides clear tools and timeless wisdom to help you connect with divine support Inside this book you ll discover The Angelic Realm Understand the divine roles of angels archangels and celestial messengers How to Connect with Archangels Learn how to invoke angelic support for healing protection guidance and empowerment Transformative Angelic Meditations Guided meditations to align with your higher self and the love and wisdom of the angels Powerful Affirmations Activate your spiritual energy and elevate your frequency through the power of intention Essential Oils Angelic Energy Discover essential oils and custom blends to deepen your connection with each archangel Angelic Help for Life s Challenges Receive support for relationships emotional balance creativity and spiritual growth A Z Angelic Support Guide A practical reference matching angels and essential oils to everyday needs and concerns Spiritual Science Quantum

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#### The Complete Guide to Elevator

Installation and Repair Barrett Williams,ChatGPT,2024-11-23 Unlock the secrets to mastering one of the most essential yet overlooked engineering disciplines with The Complete Guide to Elevator Installation and Repair This comprehensive eBook breaks down the intricate world of elevator systems offering invaluable insights for both aspiring technicians and seasoned professionals seeking to refine their skills and knowledge Begin your journey with a thorough introduction to the role of an elevator installer exploring the diverse career pathways this field offers Dive into the fascinating fundamentals of elevator technology discovering the various types and applications of elevators their basic components and the critical safety and regulatory standards that govern them Equip yourself with expertise on the tools and equipment essential for elevator installation and repair Navigate through the detailed installation processes from pre installation preparations to testing and commissioning ensuring your projects are executed with precision and confidence Learn the art of maintenance and troubleshooting where routine practices and preventive measures are explained to keep elevators running smoothly For those unexpected challenges advanced repair techniques will arm you with skills in diagnostics and creative problem solving Safety is paramount and this guide provides an in depth look at safety protocols and regulations including understanding OSHA guidelines and emergency procedures Beyond the technical you ll explore the business side of the profession with strategies for building a successful career networking and client relations Stay ahead of the curve with insights into technological innovations like smart elevators and energy efficient systems Discover specialization areas training and certification paths and the environmental considerations key to sustainability in today s world Through case studies and real world applications gain perspective on overcoming challenges and learning from field experiences This guide concludes by inspiring mastery of the craft lifelong learning and recognizing the profound impact elevators have on modern living Transform your career with this ultimate resource for elevator installation and repair Your future in the industry begins here

#### **Astrology Survival Guide: Practical Insights for Understanding Yourself & Life Cycles** KG Stiles,2025-04-15

Unlock the Secrets of the Stars with Astrology Survival Guide Practical Insights for Understanding Yourself Life Cycles by KG

Stiles This book is designed for those who don't just want to understand astrology but want to engage with it Astrology Survival Guide offers hands on practical tools that integrate astrology with meditative practices essential oils and crystals empowering you to align with cosmic rhythms through conscious intention Whether you're a beginner or an experienced astrology enthusiast this guide provides a holistic approach to understanding your zodiac sign and navigating life's cycles If you're seeking a deeper connection with the stars and a more balanced empowered life this book is your roadmap for personal growth and transformative change What You'll Find Inside Detailed Zodiac Personality Profiles Gain a clear understanding of the unique traits that shape your personality life path and potential for growth Healing Crystals Gemstones Discover the best crystals to amplify your strengths and bring balance to your energy Essential Oils Blends Learn which oils best support your sign helping to balance and enhance your natural energy New Full Moon Guidance Navigate key cosmic events with expert tips to harness their energy for growth and transformation Angelic Assistance Meditation Tap into divine guidance with powerful mantras meditations and rituals that support your spiritual journey Positive Affirmations Fuel your transformation with affirmations that inspire growth inner peace and confidence Understanding Basic Astrological Concepts The Sun Moon Ascendant and Midheaven Explore the most influential components of your chart Personal and Social Planets Learn how Mercury Venus Mars Saturn and Jupiter influence your relationships career and life ambitions Transpersonal Planets Uncover how Uranus Neptune and Pluto affect your soul's purpose and spiritual growth The Nodes of Destiny Gain insights into your soul's path Eclipses Retrogrades Learn how to navigate these powerful cosmic events with clarity and purpose The 12 Houses of the Zodiac Understand how the 12 houses influence various aspects of your life Astrology Survival Guide is more than just a book it's a transformative journey By integrating astrology with holistic wellness practices this guide will help you tap into your highest potential navigate life's challenges and find deeper alignment with your soul's purpose Don't Wait Start your personal journey of self discovery today Praise for Astrology Survival Guide A comprehensive astrology book an invaluable resource for expanding both knowledge and appreciation of this fascinating subject Andi Goldman Jonathan Goldman The Humming Effect About the Author KG Stiles BA CBT CBP LMT is an acclaimed metaphysician astrologer and certified clinical aromatherapist with over 40 years of experience She is the founder of PurePlant Essentials and a best selling author who has worked with celebrities athletes and hospitals worldwide She serves as the South Oregon Director for the National Association of Holistic Aromatherapy NAHA **The Quick Reference Guide to Your Child's Health** Alia Y. Antoon, Denise M. Tompkins, 2000 Reviews the basics of child health and features alphabetically arranged entries that provide information about common symptoms childhood illnesses and diagnoses injuries emergency situations newborn care and concerns and behavior and development issues **The Medical Standard**, 1897

New and Full Moon Healing Meditations KG STILES, 2025-05-05 Awaken your inner wisdom and spiritual attunement with this beautifully crafted lunar companion New and Full Moon Healing Meditations is your indispensable moon phase

guide offering practical tools for emotional clarity soul growth and spiritual alignment throughout the zodiac year Perfect for astrology lovers spiritual seekers energy healers and anyone called to live in rhythm with the moon's cycles Inside you'll discover Guided meditations for every New and Full Moon across all 12 zodiac signs Healing rituals reflections and lunar ceremonies to support release and manifestation Essential oil blends and crystal allies for enhanced energy alignment Angelic affirmations and spiritual invocations for inner peace and intuitive clarity Practical moon phase timing tips to sync with celestial energies year round Each section serves as a cosmic initiation into the zodiac's energies guiding you to align with lunar rhythms and co-create the most magical healing and fulfilling outcomes in your life Blending astrology energy medicine and aromatherapy this guide supports you in creating sacred rituals for personal transformation and deep connection Ideal for Moon phase rituals lunar journaling Meditation energy healing and spiritual practice Astrology beginners and seasoned mystics Holistic wellness and natural living KG Stiles BA CBT CBP LMT is a Certified Clinical Aromatherapist Intuitive Astrologer and holistic health educator with over four decades of experience in natural healing and spiritual wellness She is the founding director of PurePlant Essentials and currently serves as the Oregon South Director for the National Association for Holistic Aromatherapy NAHA and a NAHA approved Continuing Education Provider KG has created wellness blends for the global marketplace and has taught and worked with hospitals celebrity clients and integrative health professionals worldwide She is the author of over 100 books and her teachings integrate astrology essential oils and angelic guidance to support deep spiritual growth She lives in Ashland Oregon and shares her wisdom globally through her online store and recently relaunched YouTube channel [Basic First Aid Pocket Guide](#) Thomas Barron, 2024-04-08 A basic first aid pocket guide is a compact and comprehensive reference tool that provides essential information on how to handle common medical emergencies It is intended for use by anyone from trained medical professionals to laymen as a quick and handy aid to assist in emergency situations The guide typically includes a variety of topics related to first aid such as CPR bleeding burns fractures and poisoning These topics are organized in an easy to follow manner with step by step instructions and illustrations to help the reader understand and perform the right actions One of the key features of a first aid pocket guide is its portability It is designed to be carried with ease making it accessible in times of need Many pocket guides are small enough to fit in a standard pocket or can be attached to a keychain for convenient access In addition to providing instructions for specific medical emergencies a basic first aid pocket guide also covers general first aid tips This includes topics such as how to create a first aid kit how to assess a situation and how to determine if professional medical help is needed Apart from the written content a good first aid pocket guide also includes illustrations or diagrams These visuals are especially helpful for individuals who are visual learners making it easier for them to follow and understand the instructions Another important feature of a first aid pocket guide is its simplicity It is written in a concise and straightforward manner using layman's terms to ensure that it is easy to understand for people with varying levels of medical knowledge While a first

aid pocket guide is a valuable tool to have on hand it is important to note that it is not a replacement for proper medical training Its purpose is to provide guidance and quick references in emergency situations until professional help arrives In conclusion a basic first aid pocket guide is an essential item to have in any first aid kit Its compact size comprehensive information and simplicity make it a valuable resource for anyone to have in times of medical emergencies Benefits of buying this book 1 Portability 2 Quick reference 3 Accessibility 4 Visual aids 5 Cost effective 6 Comprehensive information 7 Easy to understand 8 Available in different formats 9 Promotes confidence 10 Can save lives Don t leave home without it The basic first aid pocket guide is an essential tool that provides critical information in emergency situations Whether you are a trained medical professional or a layman having a pocket guide on hand can make a significant difference in handling medical emergencies So why wait Invest in a first aid pocket guide today and never feel unprepared in a medical emergency again Its compact size comprehensive information and easy to understand instructions make it a valuable resource for every individual Don t underestimate the power of quick and reliable information it can save lives Get a first aid pocket guide in a format that suits you best print e book or a mobile app Keep it with you at all times in your pocket bag or attached to your keychain Be a responsible and prepared individual equip yourself with the knowledge and confidence to handle any medical emergency that comes your way Don t wait for an emergency to happen act now and get your own first aid pocket guide You never know when you might need it but with this handy guide by your side you will be ready to handle any situation with ease and expertise Don t leave home without your first aid pocket guide and be a life saver in times of need *Training Manual*, 1996

**Toxic Plants** Cassian Pereira, AI, 2025-03-17 Toxic Plants is a vital guide illuminating the hidden dangers lurking within seemingly harmless flora It addresses the critical need for understanding plant toxicity especially given increased outdoor activities and potential encounters with harmful plants Did you know that some poisonous plants closely resemble edible species making accurate identification essential The book emphasizes that knowledge is the best defense empowering readers to protect themselves and their communities The book uniquely integrates historical knowledge with current scientific findings making complex information accessible It systematically progresses from the principles of plant toxicology and a detailed identification guide organized by region to exploring the specific effects of toxins on various organ systems It also offers a practical guide to first aid outlining step by step procedures for managing exposure and advising when to seek professional medical attention Understanding toxic mechanisms such as how certain plant compounds disrupt cellular functions allows for a more informed response to plant poisoning By combining detailed descriptions photographs and evidence based perspectives Toxic Plants empowers readers to confidently identify poisonous plants understand their effects and administer appropriate first aid promoting safety and well being **Notes and Abstracts**, 1900 Brooklyn Medical Journal, 1905 Includes transactions of other medical societies The Complete Woman's Reference Book Mary Gostelow, 1985 **First Aid and Emergency Preparedness** American Red Cross, 2006 Guide to Reference Books

Isadore Gilbert Mudge,1929  
**Publishers Weekly** ,1917

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**The**

## **Basic First Aid Quick Reference Guide** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Basic First Aid Quick Reference Guide**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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