



# FIRST AID

## BASICS GUIDE

**This booklet is not intended to replace formal first aid or CPR training.**

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## FIRST AID BASICS GUIDE

Designed to fit in your pocket or be kept in a safe place in your home or vehicle, this guide will help you respond to a wide range of emergency situations.



## GET CERTIFIED

For official First Aid and CPR training information, visit: [redcross.ca/findacourse](https://redcross.ca/findacourse)



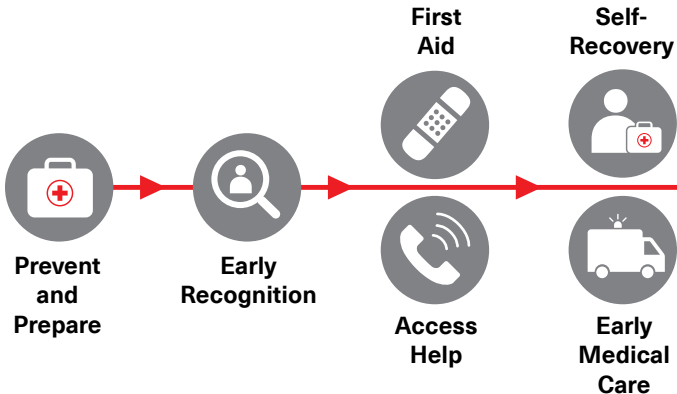
## DOWNLOAD OUR FIRST AID APP

[redcross.ca/firstaidapp](https://redcross.ca/firstaidapp)

# Chain of Survival Behaviours

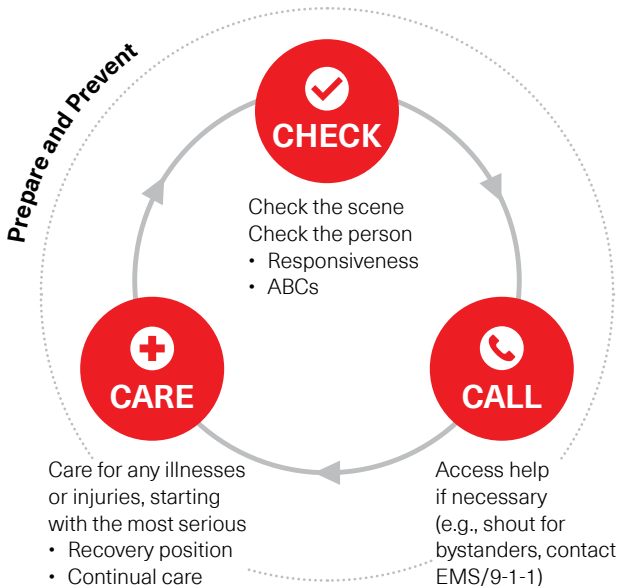
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The Chain of Survival Behaviours is a series of actions that, if integrated together, will help ensure a positive outcome for an ill or injured person.



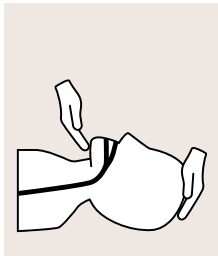
# Recognize and Act

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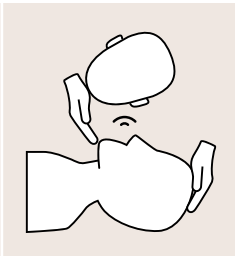
# Checking ABCs

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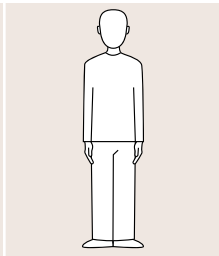
## CHECK THE AIRWAY

If the person is unresponsive, tilt the head back and lift the chin to open the airway.



## CHECK BREATHING

Check for normal breathing. Someone who can speak or cry is breathing.



## CHECK CIRCULATION

Look from head to toe for signs of deadly bleeding or shock. If the person is unresponsive, is breathing, and has no obvious injuries, roll the person onto their side and wait for help.

# CPR/AED

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- 1. Call EMS/9-1-1 and get an AED if available.**
- 2. Check breathing.** Look, listen, and feel for normal breathing. *See Figure A.*
- 3. Do compressions** if the person is not breathing. Push deeply and steadily at a rate of 100–120 compressions per minute in the centre of the chest. *See Figure B.*
- 4. Continue compressions until an AED arrives or more advanced care takes over.** *See Figure B.*
- 5.** If an **AED** arrives, open and turn on the AED. Follow the AED's automated prompts. *See Figure C.*

Fig. A

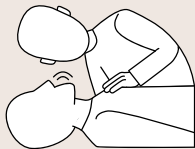


Fig. B

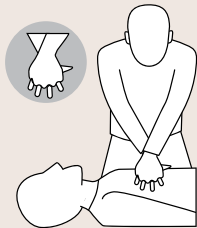
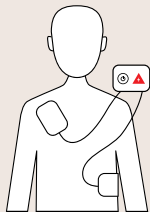


Fig. C



# Heart Attack

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Symptoms of a heart attack include persistent squeezing chest pain, or pain radiating from the chest to the arm(s), shoulder(s), back, jaw, and/or neck.

1. **Call EMS/9-1-1 and get an AED.**
2. Have the person rest quietly. *See Figure A.*
3. Suggest the person **chew** either one regular-strength or two low-dose ASA tablets (e.g., Aspirin) if not allergic. *See Figure B.*
4. Give them constant reassurance while waiting for EMS to arrive.

Fig. A



Fig. B





# Stroke

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Signs of stroke: remember the acronym **FAST**

## **FACE**

Facial numbness or weakness, especially on one side

## **ARM**

Arm numbness or weakness, especially on one side

## **SPEECH**

Abnormal speech, difficulty speaking or understanding others, or a loss of speech

## **TIME**

**Time is important; call EMS/9-1-1 immediately**

- 1. Call EMS/9-1-1**
2. Have the person rest quietly until EMS arrives.

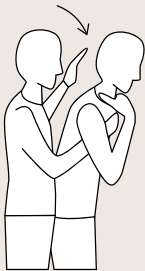
# Choking

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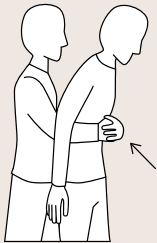
A person who is choking cannot cough, speak, or breathe.

1. **Call EMS/9-1-1** if a person is choking.
2. Alternate between any two of the following methods until the object comes out: **back blows**, **abdominal thrusts**, and **chest thrusts**. Try each technique up to five times before moving on to the next.

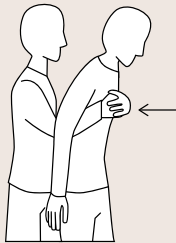
**Back  
Blows**



**Abdominal  
Thrusts**



**Chest  
Thrusts**



# Life-threatening Bleeding

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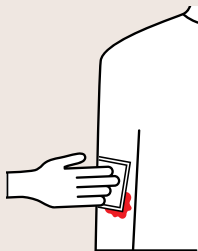
Life-threatening external bleeding is bleeding that is difficult to control.

- 1. Call EMS/9-1-1**
2. Apply firm, direct pressure to the wound. *See Figure A.*
3. While maintaining direct pressure, apply a dressing and bandage it in place. *See Figure B.*
4. If blood soaks through the bandage, apply another bandage on top. Keep pressure on the wound until help arrives.
5. If direct pressure does not control the bleeding, consider applying a tourniquet. Follow manufacturer's instructions when applying a tourniquet. *See Figure C.*
6. If amputation has occurred, find the amputated part, wrap it in a clean cloth, place it in a plastic bag, and keep it cool without putting it directly on ice.

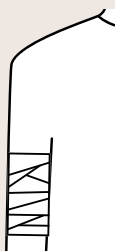
# Life-threatening Bleeding

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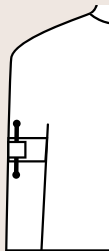
*Fig. A*



*Fig. B*



*Fig. C*



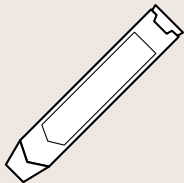
# Anaphylaxis

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Signs and symptoms from two or more of these categories can indicate anaphylaxis: skin (e.g., rash, swelling), breathing (e.g., high-pitched noises), alertness (e.g., dizziness), stomach (e.g., vomiting).

- 1. Call EMS/9-1-1** if the person is experiencing these symptoms.
2. Help the person use an EpiPen if they have one. *See Figure A.*
3. Have the person rest quietly until EMS arrives. *See Figure B.*

*Fig. A*



*Fig. B*



# Asthma

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Signs and symptoms can include trouble breathing, inability to say more than a few words without pausing to breathe, and tightness in the chest.

- 1. Call EMS/9-1-1** if the person is struggling to breathe or does not improve after taking their medication.
- 2.** If you think something in the environment is triggering the attack, move the person away from the trigger.
- 3.** Help the person to take their quick-relief asthma medication.  
*See Figure A.*
- 4.** Have the person rest quietly until EMS arrives. *See Figure B.*

Fig. A

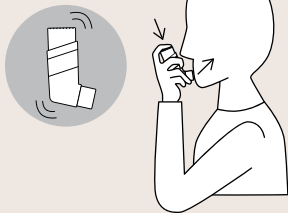
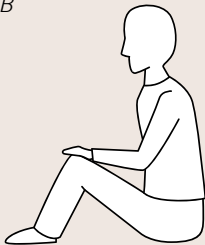


Fig. B

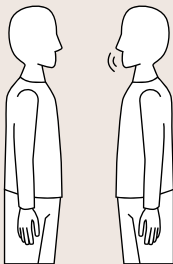


# Mental Health Crisis

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Symptoms can include depression or sudden mood swings, shortness of breath, racing heart, or an obvious lack of motivation.

- 1. Call EMS/9-1-1** if the person is experiencing these symptoms.
- 2.** Show you are listening and calmly ask how you can help.  
Provide reassurance, comfort, and support.
- 3.** Offer self-help strategies such as breathing exercises.





**CONTACT:**

1-877-356-3226

[myrcsupport@redcross.ca](mailto:myrcsupport@redcross.ca)

**FOR MORE INFO:**

[redcross.ca/firstaid](http://redcross.ca/firstaid)