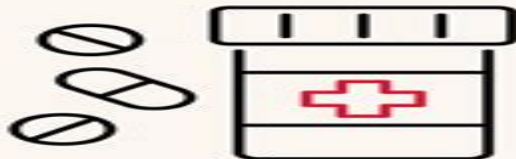
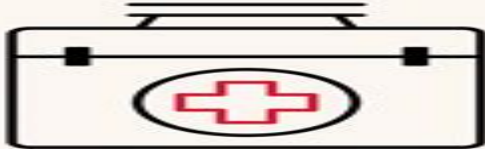
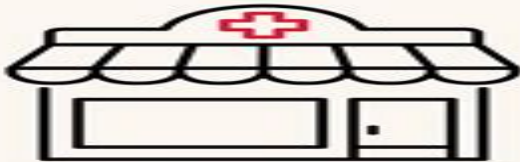


# Basic First Aid

## ESSENTIAL TECHNIQUES AND INITIAL CARE



### ASSESS THE SITUATION:

- Ensure your safety and the safety of others.
- Identify any potential dangers in the environment.
- Assess the condition of the person in need of assistance.

### CALL FOR HELP:

- Dial emergency services (e.g., 911 or your local emergency number) for professional medical assistance.
- Provide relevant information about the situation and follow their instructions.

### CHECK FOR RESPONSIVENESS:

- Gently tap the person and shout to check if they are conscious.
- If there is no response, assume the person needs immediate help.

### OPEN THE AIRWAY:

- Tilt the person's head back and lift the chin to open the airway.
- Check for breathing. If not breathing, start CPR.

### CHECK FOR BREATHING:

- Look, listen, and feel for the person's breath for about 10 seconds.
- If not breathing, begin cardiopulmonary resuscitation (CPR).

# Emergency First Aid By Eds Con

**Kate Curtis, Clair Ramsden**



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