

EMERGENCY RESPONSE LIFE-SAVING STEPS

CALL FOR HELP AS SOON AS POSSIBLE

Fire/Ambulance/Police/Rescue: 9-1-1

Poison Control: (800) 222-1222

1. PROTECT YOURSELF AGAINST HAZARDS. REMAIN CALM AND THINK BEFORE YOU ACT.
2. ESTABLISH UNCONSCIOUSNESS AND POSITION THE VICTIM APPROPRIATELY.
3. TELEPHONE FOR AN AMBULANCE OR RESCUE SQUAD AS SOON AS POSSIBLE.
4. IMMEDIATELY OPEN AND MAINTAIN THE VICTIM'S AIRWAY. CHECK FOR BREATHING.
5. IF THE VICTIM IS BREATHING. ADMINISTER EMERGENCY OXYGEN AS SOON AS IT BECOMES AVAILABLE.
6. IF THE VICTIM IS NOT BREATHING. IMMEDIATELY BEGIN MOUTH—TO—MOUTH BREATHING IF YOU ARE TRAINED.
7. CHECK AND RECHECK THE VICTIM'S CAROTID PULSE IN THE NECK, FOR FIVE TO TEN SECONDS.
8. IF THE PULSE IS NOT PRESENT-IMMEDIATELY BEGIN CPR, IF YOU ARE TRAINED.
9. STOP ALL BLEEDING BY APPLYING DIRECT PRESSURE OR THE OTHER APPROPRIATE PRESSURE METHODS. IF AVAILABLE, USE A CLEAN CLOTH OR BANDAGE.
10. DO NOT MOVE THE VICTIM, UNLESS AN ACTUAL HAZARD IS PRESENT.
11. KEEP THE VICTIM WARM AND COMFORTABLE.
12. LOOSEN ALL TIGHT CLOTHING.
13. DO NOT GIVE ANYTHING BY MOUTH.
14. ELEVATE THE VICTIM'S LEGS SLIGHTLY.
15. COMFORT AND REASSURE THE VICTIM.