

Bleeding

- 1 Put on gloves.
- 2 Apply direct pressure.
- 3 Apply a pressure bandage over the dressing.



Massive Bleeding

- 1 Put on gloves.
- 2 Apply tourniquet high and tight on limb.
- 3 Tighten and secure tourniquet.



- 4 Write time applied on tag.
- 5 Seek medical care.



Contact us at **800-71-ORANGE**
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AAOS
AMERICAN ASSOCIATION OF ORTHOPAEDIC SURGEONS

General Steps

- 1 Make sure the scene is safe.
- 2 Check the victim.
- 3 Call 9-1-1 if needed.
- 4 Provide care until help arrives.

Check Victim

- 1 Check responsiveness and breathing.
 - a. Tap and shout.
 - b. Look at chest and face.



Adult CPR

- 1 Have someone call 9-1-1.
- 2 Provide chest compressions if unresponsive and not breathing normally.
 - a. Place 2 hands in center of chest.
 - b. Compress fast and deep.
 - c. **DO NOT** lean or bounce.



AED Use

- 1 When an AED is available turn on the device and follow voice prompts.
- 2 Place pads on bare, dry chest.
- 3 Analyze heart rhythm.
- 4 Deliver shock if indicated.
- 5 Provide 5 sets of CPR.
- 6 Repeat steps 3-5 until person responds or EMS takes over.

Choking

Adult or Child

- 1 Position your hands correctly just above the navel.
- 2 Give abdominal thrusts until the object is removed.



Infant

- 1 Support head and neck and position face down. Give 5 back blows.
- 2 Roll face up. Give 5 chest thrusts.

