



# First Aid for Adult Emergencies

## To handle an emergency situation, use **Emergency Scene Management (ESM).**

1. Take charge.
2. Call out for help.
3. Assess hazards and make the area safe.
4. Find out what happened.
5. Identify yourself and offer to help.
6. If head or spinal injuries are suspected, support the head and neck.
7. Assess responsiveness.
8. Send or go for medical help and an AED.

Note: Protect yourself and others by wearing non-latex gloves when giving first aid. Use a shield or face mask with a one-way valve when giving CPR.

### Cardiopulmonary Resuscitation (CPR – Adult)

Check breathing. If the casualty is not breathing begin CPR.

1. Make sure casualty is on a firm flat surface.
2. Place hands on centre of chest.
3. Position shoulders directly over hands and keep elbows locked.
4. Compress 30 times. Push hard - Push fast
5. Pinch Nose, Tilt Head, ensure a tight seal, and give 2 breaths – Just enough air to make the chest rise
6. Continue cycles of 30 compressions and 2 breaths until help arrives or an AED is available.



Position your hands in the centre of the chest



Press down firmly 30 times, push hard - push fast



Tilt head back and breathe into the casualty twice



Continue until help arrives or an AED is available

### Bleeding

To control severe bleeding immediately apply direct pressure to the wound over a pad of dressings. Keep the casualty lying down.



### Unconsciousness

Get medical help. Make certain person is breathing and then place the casualty in the recovery position. If the casualty is not breathing, start CPR.



### Choking (Adult)

If a choking person can speak, breathe or cough – **STAND BY** and encourage coughing.

If a conscious person cannot speak, breathe or cough:

1. Support the casualty's upper body and help them lean forward.
2. Give up to 5 sharp blows between the shoulder blades using the heel of your hand.
3. If the obstruction is not cleared, stand behind the casualty.
4. Place your fist midline just above the belly button.
5. Grasp fist with other hand and press inward and upward forcefully 5 times.
6. Continue back blows and abdominal thrusts until object is expelled or person becomes unconscious.



If the person becomes unconscious ease him or her to the ground and send for medical help.

1. Begin compressions immediately
2. After the first 30 compressions, check the mouth.
3. Remove the foreign object if you see it.
4. Try to give two breaths and continue CPR, checking the mouth before each attempt to ventilate.

Safety on the Farm e-learning course introduces learners to farm safety and emergency preparedness topics using interactive and engaging activities and scenarios. This course is designed to meet the learning needs for youth (11 to 18 years of age) and is appropriate for home and school settings. Topics include common hazards, potential risks, injury prevention, and emergency response procedures for farm settings. Learners are encouraged to also take a First Aid awareness course to compliment this training with valuable lifesaving skills.

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# First Aid for Infant and Child Emergencies

To handle an emergency situation, use **Emergency Scene Management (ESM)**.

1. Take charge.
2. Call out for help.
3. Assess hazards and make the area safe.
4. Find out what happened.
5. Identify yourself and offer to help.
6. If head or spinal injuries are suspected, support the head and neck.
7. Assess responsiveness.
8. Send or go for medical help and an AED.

Note: Protect yourself and others by wearing non-latex gloves when giving first aid. Use a shield or face mask with a one-way valve when giving CPR.

## Cardiopulmonary Resuscitation (CPR Child)

Check breathing. If the casualty is not breathing begin CPR.

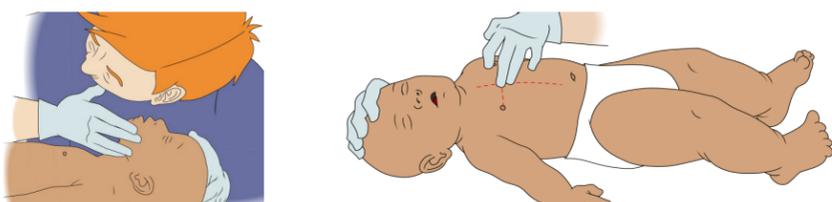
1. Make sure casualty is on a firm flat surface.
2. For a child place one or two hands in the centre of the chest.
3. Position shoulders directly over hands and keep elbows locked.
4. Compress 30 times, pushing down until you feel resistance, about 1/3 to 1/2 the depth of the child's chest.
5. Pinch nose, tilt head, and give 2 breaths – Just enough air to make the chest rise.
6. Continue cycles of 30 compressions and 2 breaths until help arrives or an AED is available.



## Cardiopulmonary Resuscitation (CPR Infant)

Check breathing. If the casualty is not breathing begin CPR.

1. Place 2 fingers in the centre of the chest just below the nipple line.
2. Compress 30 times, pushing down until you feel resistance, about 1/3 to 1/2 the depth of the infant's chest.
3. Creating a seal over the infant's mouth and nose with your mouth give 2 breaths – Just enough air to make the chest rise.
4. Continue cycles of 30 compressions and 2 breaths until help arrives.



## Choking (Child)

If a choking child can speak, breathe or cough **STAND BY** and encourage coughing.

If a conscious child cannot speak, breathe or cough:

1. Support the casualty's upper body and help them lean forward.
2. Give up to 5 sharp blows between the shoulder blades using the heel of your hand.
3. If the obstruction is still not cleared, stand or kneel behind the child.
4. Place your fist midline just above the belly button.
5. Grasp fist with other hand and press inward and upward forcefully 5 times.
6. Continue back blows and abdominal thrusts until object is expelled or person becomes unconscious.



## Choking (Infant)

If infant is making high pitched noises or is having trouble breathing:

1. Give 5 forceful blows between the shoulder blades.
2. Turn infant over and give five chest thrusts using two fingers on the infant's breastbone just below the nipple line.
3. Repeat 5 back blows and 5 chest thrusts.
4. Continue until object is expelled or child becomes unconscious.



If the infant becomes unconscious place him or her on a firm flat surface and send for medical help and an AED.

1. Begin compressions immediately using 2 fingertips.
2. After the first 30 compressions, check the mouth.
3. Remove the foreign object if you see it.
4. Try to give two breaths and continue CPR, checking the mouth before each attempt to ventilate.

## Bleeding

To control severe bleeding immediately apply direct pressure to the wound over a pad of dressings. Keep the casualty lying down.



## Unconsciousness

Get medical help. Make certain person is breathing and then place the casualty in the recovery position. If the casualty is not breathing, start CPR.

