

(RE)ACT FAST DURING AN EMERGENCY...

CPR/ HEART ATTACK

IF UNCONSCIOUS AND NOT BREATHING NORMALLY...

CALL 9-1-1



POSITION HANDS & START CPR



Position Hands Over Sternum

GIVE 100 CHEST COMPRESSIONS PER MINUTE

(HUM TO THE BEE GEES' SONG "STAYING ALIVE")



SCAN QR CODE
FOR QUICK
TUTORIAL



Credit: American Heart Association.



DROWNING

IF UNCONSCIOUS AND NOT BREATHING NORMALLY...

CALL 9-1-1



POSITION HANDS & START CPR



Position Hands Over Sternum

GIVE 100 CHEST COMPRESSIONS PER MINUTE

(HUM TO THE BEE GEES' SONG "STAYING ALIVE")



SCAN QR CODE
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TUTORIAL



Credit: American Heart Association.



CHOKING

IF A PERSON IS CHOKING & CAN'T TALK OR CRY OUT...

GIVE 5 BACK BLOWS



GIVE 5 ABDOMINAL THRUSTS



ALTERNATE BETWEEN 5 BLOWS & 5 THRUSTS UNTIL THE BLOCKAGE IS DISLODGED



SCAN QR CODE
FOR QUICK
TUTORIAL



Credit: Parkview Health.



STOP THE BLEED

CALL 9-1-1



APPLY PRESSURE WITH HANDS



PACK WOUND & PRESS TO COVER



APPLY TOURNIQUET OR TIGHT BANDAGE/CORD TO STOP/SLOW BLOOD FLOW



(RE)ACT FAST DURING A FIRE...

SKIN BURN/ MAJOR BURN

**CALL
9-1-1**



REMOVE JEWELRY, BELTS,
SLEEVES, ETC.
AROUND THE BURN AREA



COVER AREA OF BURN.
USE COOL MOIST BANDAGE
OR CLEAN CLOTH



DON'T SUBMERGE SEVERE
LARGE BURNS IN WATER



ELEVATE BURN AREA ABOVE
HEART LEVEL, IF POSSIBLE



KITCHEN FIRE

IF SMALL, COVER THE PAN WITH
A LID & TURN OFF THE BURNER



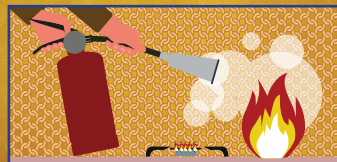
IF IN MICROWAVE, KEEP DOOR CLOSED,
UNPLUG APPLIANCE, & TURN OFF.
LET BURN OUT IN ENCLOSED PLACE



THROW BAKING SODA ON IT
OR SMOTHER FIRE WITH
A WET TOWEL/CLOTH



DO NOT USE WATER!
USE A FIRE EXTINGUISHER



IF IT GROWS
CALL 9-1-1
& SAFELY EVACUATE
ALL OCCUPANTS



HOME FIRE

**CALL
9-1-1**



STAY LOW TO THE GROUND
& CRAWL TO ESCAPE



IF DOOR ESCAPE IS NOT
AVAILABLE, USE A WINDOW TO
CLIMB OUT OR USE A LADDER



MAKE SURE ALL
OCCUPANTS ARE SAFE



WILDFIRE

**CALL
9-1-1**



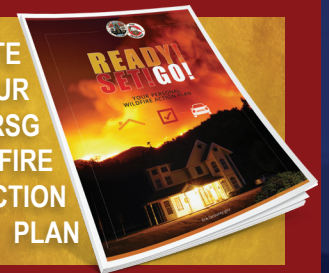
PACK UP ALL IRREPLACEABLE
ITEMS & PREPARE TO BE
AWAY FOR SOME TIME



GO BEFORE YOU ARE
TOLD TO DO SO



ACTIVATE
YOUR
RSG
WILDFIRE
ACTION
PLAN



SCAN QR CODE
FOR QUICK
REFERENCE GUIDE

