



**SCAN:** Scan the area for a phone or find someone who can help. Are you able to breathe or talk?

**CALL:** Call 911 or EMS from a landline if you are unable to breathe. Leave the phone off the hook.

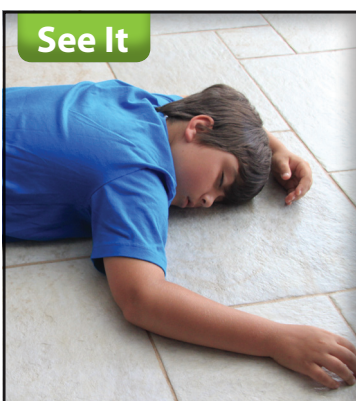
**ACT:** If you are able to breathe, cough repeatedly to try to remove the object. If you are unable to breathe or cough, try to remove the object by pressing your abdomen hard and repeatedly onto the back of a chair.

**NOTE:** If you witness a person choking, ask, "Are you choking? Can I help you?" If the person cannot breathe, shout for help and follow your local first aid standards for bystander choking.

CAUSES?

PREVENT?

CHOKING WHEN ALONE



See It

## Treat It UNCONSCIOUSNESS & NOT BREATHING

## Prevent It

**SCAN:** Scan the area and the person. Is the person AWAKE? Shout "Are you OK?" Pat the shoulders. Check for breathing. (Is the chest rising and can you hear breathing?)

**CALL:** Call 911 or EMS if no response or no breathing or having trouble breathing.

**ACT:** Take direction from EMS.

**NOTE:** Do CPR if required and trained.

CAUSES?

PREVENT?

UNCONSCIOUSNESS & NOT BREATHING



See It

## Treat It SEVERE BLEEDING

## Prevent It

**SCAN:** Scan the area and the person. Look for lots of blood or blood squirting.

**CALL:** Have someone call 911 or EMS. If alone, call 911 or EMS yourself.

**ACT:** Place a dressing over the wound and put direct pressure to stop bleeding.

**NOTE:** If the dressing becomes blood soaked, apply another dressing over the first one. Do not remove the dressings.

CAUSES?

PREVENT?

SEVERE BLEEDING



See It

## Treat It POISONING

## Prevent It

**SCAN:** Scan the area and the person. Look for trouble breathing, poisonous products nearby, nausea, vomiting, cramps.

**CALL:** Call 911 or EMS if person is unconscious/not breathing. Call your local Poison Control Centre if person is conscious and breathing.

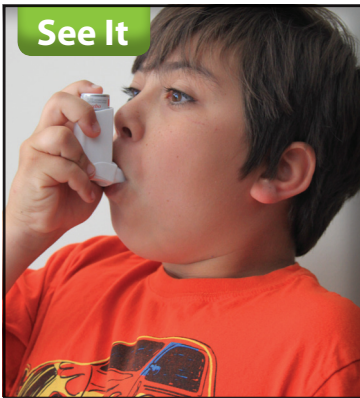
**ACT:** Follow directions provided by 911 or EMS, Poison Control or the product label.

**NOTE:** Do not give anything to eat or drink unless told to do so by EMS or Poison Control.

CAUSES?

PREVENT?

POISONING



See It

## Treat It ASTHMA

- SCAN:** Scan the area and the person.  
Look and listen for wheezing or trouble breathing.
- CALL:** After taking medication:
- Call 911 or EMS if breathing doesn't improve.
  - Call parents/guardians if breathing does improve.
- ACT:** Help the person get his/her medication. If you have asthma, take your medication according to directions.
- NOTE:** Always contact parents/guardians after taking your asthma medication.

## Prevent It

CAUSES?

PREVENT?

ASTHMA



See It

## Treat It SERIOUS ALLERGIES (ANAPHYLAXIS)

- SCAN:** Scan the area and the person.  
Look for swelling, rash, trouble breathing, itchiness, nausea or vomiting.
- CALL:** Call 911 or EMS.
- ACT:** Help the person get his/her medication.  
If you are having a serious reaction, use your medication according to directions.
- NOTE:** If the person goes unconscious, check for breathing and call 911 or EMS. If you are alone, use your medication and then dial 911 or EMS. Whenever anaphylaxis medication is used call EMS.

## Prevent It

CAUSES?

PREVENT?

SERIOUS ALLERGIES (ANAPHYLAXIS)



See It

## Treat It BURNS

- SCAN:** Scan the area and the person. Look for what caused the burn. Keep yourself safe.  
Look for redness, pain, swelling, blisters or charred flesh.
- CALL:** Call 911 or EMS if:
- trouble breathing.
  - burns cover a major body part or more (chest, arm, leg, hand, head).
  - burn is caused by explosion, chemicals or electricity.
- ACT:** Use cool water on the burn area for 10-20 minutes.
- NOTE:** If burn is caused by dry chemicals, brush off chemical before cooling with lots of water. If burn covers a large area, cool smaller areas at a time.

## Prevent It

CAUSES?

PREVENT?

BURNS



See It

## Treat It CUTS AND SCRAPES

- SCAN:** Scan the area and the person.  
Look for bleeding, pain, skin that is torn away.
- CALL:** Call parent/guardian or trusted adult.
- ACT:**
- 1 Apply direct pressure with a clean dressing to stop the bleeding.
  - 2 Wash the area well with soap and water. Blot the area dry with clean dressing.
  - 3 Apply antibiotic ointment if available and not allergic.
  - 4 Cover the wound with a sterile dressing.
- NOTE:** Have an adult check to see if stitches are required.

## Prevent It

CAUSES?

PREVENT?

CUTS AND SCRAPES





See It

Treat It **NOSEBLEEDS**

Prevent It

NOSEBLEEDS

**SCAN:** Scan the area and the person.  
Look for blood coming from the nose.

**CALL:** Call 911 or EMS if:

- bleeding continues for more than 15 minutes.
- there is a lot of blood.
- bleeding is due to a head injury.

**ACT:** Stop the nosebleed:

- 1 Place a dressing over the nose to absorb the blood.
- 2 Pinch the nostrils (breathe through mouth) and lean forward.
- 3 Hold for 10-15 minutes.

**NOTE:** Call parents/guardians to let them know about the nosebleed.

CAUSES?

PREVENT?



See It

Treat It **BROKEN BONES OR SPRAINS**

Prevent It

BROKEN BONES OR SPRAINS

**SCAN:** Scan the area and the person.  
Look for pain, swelling, deformity, or unable to move.

**CALL:** Call for help. Call 911 or EMS if you or the injured person cannot walk.

**ACT:** Use the RICE method: Rest, Immobilize, Cold, Elevate.

**NOTE:** If the person becomes unconscious or has trouble breathing, call 911 or EMS.

CAUSES?

PREVENT?

Always **SCAN THE AREA FIRST** for dangers. If there are dangers, call **911** right away.

## FOR EMERGENCIES, CALL 911

For emergencies, call 911 to get help fast! When you call 911, an operator will want to know your name, your location and details about the emergency. Firefighters, police or an ambulance (and sometimes all three) will be sent to help you. You can trust these emergency workers to help keep you safe. Don't be afraid of them.



It is better to call 911 from a landline but most people nowadays call 911 from their cell phone.



**Know the address of the location you are calling from.**