



Basic First Aid

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In an emergency, it can be vital that you know first aid. First, remember these five steps:

1. Stay calm so you can decide how to help the person.
2. Look at the scene around you to determine whether it is safe for you and any injured people to be there.
3. Get help. Call 9-1-1, or 0 for the operator, and be able to explain exactly where you are.
4. Look at the injured person. Is he or she awake? Breathing? Bleeding?
5. Administer first aid if needed.

Here are some actions to take for various injuries, emergencies or medical conditions:

Choking

1. Keep the person calm.
2. Allow the person to cough. Don't pound on his or her back.
3. If the person can't speak or breathe, stand behind him or her and make a fist with one hand. Place your fist just above the person's belly button. Your thumb should be toward the person's stomach.
4. Reach around the person's body and grab your fist with your other hand. Make sure your elbows are pointed out.
5. Quickly pull your arms in and up toward the person's head.
6. Repeat these steps until the person can breathe.

Cuts, scrapes and punctures

1. Wash your hands.
2. Wash the wound with soap and water.
3. Apply a bandage to the wound.
4. Wash your hands again.

If the bleeding doesn't stop:

1. Have the person sit down.
2. Put pressure on the wound with the palm of your hand and a clean cloth.
3. Put on a clean bandage after the bleeding has stopped.
4. Wash your hands again.

Nosebleeds

If a person has a nosebleed, instruct him or her to:

1. Sit down.
2. Lean forward and put your chin to your chest.
3. Squeeze the bony part of the nose and wait until the bleeding stops. You may have to wait as long as 10 minutes.
4. Don't put anything up the nose to stop the bleeding and don't lean backward.

Stings and bites

1. Wash the wound with soap and water for several minutes.
2. Control the bleeding (see previous section under *Cuts, scrapes and punctures*).
3. Try to identify the animal or insect that bit the person. Look at its body and note its size and anything else that identifies it.
4. If the wound is severe or the animal has escaped, the victim may need to see a doctor.

Produced by Agricultural Communications, The Texas A&M University System

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Issued in furtherance of Cooperative Extension Work in Agriculture and Home Economics, Acts of Congress of May 8, 1914, as amended, and June 30, 1914, in cooperation with the United States Department of Agriculture. Edward G. Smith, Director, Texas Cooperative Extension, The Texas A&M University System.