

COMPANION TO THE TRAUMA BRIEF

The Trauma Brief Field Guide

What to do in the first 5 minutes of 65 emergencies

FIRST EDITION · OCTOBER 2026

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THE TRAUMA BRIEF FIELD GUIDE · FIRST EDITION · OCTOBER 2026

How to use this guide

Find the page for what's happening and do the steps in order. Every step comes with a short "why" because a reason is what you'll remember when your hands are shaking. The "Get help" box on each page tells you when it's 911, when it needs to be seen now, and when it's a doctor today.

This guide doesn't replace hands-on training: take a CPR and bleeding control class and practice on a manikin. When in doubt, call 911. The dispatcher will talk you through it. This is the companion to The Trauma Brief, which covers the doctrine behind these steps and the kit to carry.

WHAT'S INSIDE

1 BLEEDING & WOUNDS pp. 1–10

2 VIOLENT INJURY: THE FIRST 5 MINUTES pp. 11–20

3 BREATHING, HEART & COLLAPSE pp. 21–29

4 SUDDEN ILLNESS pp. 30–35

5 HEAD, SPINE & BONES pp. 36–38

6 HEAT, COLD, WATER, BURNS & HAZARDS pp. 39–48

7 BITES, STINGS & SWALLOWED THINGS pp. 49–53

8 KIDS pp. 54–65

HOW EVERY TOPIC PAGE IS BUILT

DO THIS
Numbered steps, in order. The olive line under each step says why.

✕ DON'T
The common mistakes that cost time or make it worse.

CALL 911 NOW
Red means call now, and keep working while help comes.

GET SEEN NOW
Go to the ER or urgent care today, now.

DOCTOR TODAY
Call your doctor or a clinic today.

911
CALL FIRST

How to call 911

1. Say where you are first: address, cross street or landmark.
2. Say what happened: "My child fell and isn't breathing."
3. Say how many people are hurt.
4. Say whether the scene is safe: traffic, fire, water, a weapon.
5. Stay on the line. Put it on speaker and follow the dispatcher.

Can't talk? Text 911 where available. Calling is still best when you can.

Poison Control (U.S., 24/7): **1-800-222-1222**

DISCLAIMER · This guide is for education only. It is not medical advice and does not replace hands-on first aid or CPR training. In an emergency, call 911, follow the dispatcher, and follow your local protocols. Each page is current to the sources listed on it as of October 2026. Guidelines change; check for updates.

THE TRAUMA BRIEF FIELD GUIDE

Contents

START HERE

How to use this guide · How to call 911 ii

1 · BLEEDING & WOUNDS 1

01 Severe bleeding: press hard, fast 1
02 Tourniquets: hasty or deliberate 2
03 Packing a wound 3
04 Tourniquet on a child KIDS 4
05 Impaled object: leave it in 5
06 Punctures and fishhooks 6
07 Amputation: the person first, then the part 7
08 Nosebleed: lean forward, pinch 8
09 Crush injury: get the weight off 9
10 Shot or stabbed in the chest or belly 10

2 · VIOLENT INJURY: THE FIRST 5 MINUTES 11

11 Shot in the leg: the first minute 11
12 Neck wound: one side, right on the hole 12
13 The blood sweep: find every hole 13
14 When you're the one who's hit 14
15 Slashed: forearm, hand, scalp 15
16 Beaten: airway first 16
17 Strangled: why 'fine' isn't fine 17
18 Active shooter: run, hide, fight, then bleeding 18
19 Several hurt, and you're the only helper 19
20 Car crash: what a bystander does first 20

3 · BREATHING, HEART & COLLAPSE 21

21 You've called 911. Now what? 21
22 Hands-only CPR (adult) 22
23 AED: you don't decide to shock 23
24 Heart attack: call 911 first 24
25 Choking: back blows first 25
26 Recovery position 26
27 Signs of shock (adult) 27
28 Keep them warm, even on a hot day 28
29 Fainting: get them down, keep them down 29

4 · SUDDEN ILLNESS 30

30 Anaphylaxis: epinephrine first 30
31 Asthma attack 31
32 Low blood sugar 32
33 Stroke: B.E. F.A.S.T. 33
34 Seizure (adult) 34
35 Opioid overdose 35

5 · HEAD, SPINE & BONES 36

36 Head injury (adult) 36
37 Spinal injury: don't move them 37
38 Broken bone: splint it as found 38

6 · HEAT, COLD, WATER, BURNS & HAZARDS 39

39 Burns: cool running water, 20 minutes 39
40 Chemical in the eye: water first 40
41 Eye injuries: don't rub, shield it, go 41
42 Electrical shock: cut the power first 42
43 Heat stroke: cool first, call 911 43
44 Cold water: expect the gasp, float first 44
45 Rip currents: float first, then swim sideways 45
46 Drowning doesn't look like drowning 46
47 Lightning: when thunder roars, go indoors 47
48 Generators and carbon monoxide 48

7 · BITES, STINGS & SWALLOWED THINGS 49

49 Snakebite: what not to do, and what works 49
50 Stingray and jellyfish stings 50
51 Animal bites and rabies 51
52 Swallowed coin battery: ER now 52
53 Knocked-out adult tooth: save it 53

8 · KIDS 54

54 Infant CPR (under 1 year) 54
55 Child CPR (age 1 to puberty) 55
56 Febrile seizure 56
57 Child head injury: when it's an emergency 57
58 Shock in a child: spot it early 58
59 Scald burns in toddlers 59
60 Dog bite: press, wash, get it seen 60
61 Broken arm: splint it as found 61
62 Knocked-out tooth: baby or adult? 62
63 Swallowed poison, pills, edibles, vapes 63
64 After a child is pulled from the water 64
65 Crushed or cut fingertip 65

PRINTABLES

Fridge card 66
Family emergency info sheet 67
Car card (2-up) 68
Home readiness checkpoints 69
About the author · The Trauma Brief 70

01 Severe bleeding: press hard, fast

> Heavy bleeding can kill within minutes, often before the ambulance arrives. Your hands are the first tool.

DO THIS

1. **Call 911 on speaker. Say the address first and stay on the line.**
   Phone location can be off by 50 meters; speaker keeps your hands free.

2. **Open the clothing and find where the blood is coming from.**
   You can't stop what you can't see.

3. **Press hard, straight down on the wound with gauze or a clean cloth.**
   Direct pressure is the first step in every first-aid guideline.

4. **Shallow wound soaked through? Leave the pad; press another on top.**
   That's for shallow wounds only. Deep wounds get packed (p. 3).

5. **Arm or leg pouring and pressure isn't winning? Tourniquet next (p. 2).**
   Life-threatening limb bleeding that pressure can't control needs one.

Good to know: normal blood pressure doesn't mean they're fine; it can hold until 30–40% of the blood is gone. Keep them warm.



Hard, direct pressure on a thigh wound

DON'T

✕ **Press away from the wound or hold it up**
Neither is taught anymore; pressing upstream, the pulse came back in about 20 seconds.

GET HELP

CALL 911 NOW

- Spurting, pooling, or soaking through clothes
- Pale, cool, sweaty, confused, or breathing fast

Sources: AHA/ARC First Aid 2024; ACS: Save a Life booklet (2017); Swan, J Trauma 2009

► WATCH: REEL 17

02 Tourniquets: hasty or deliberate

> Where a tourniquet goes depends on two things: are you safe, and can you see the wound?

DO THIS

1. **Not safe, or can't find the bleeding? Hasty: high and tight, over clothing.**
   High covers a wound you can't see.
2. **Safe, wound in view? Deliberate: on skin, 2–3 inches above it.**
   Lower placement spares healthy tissue.
3. **Twist until bleeding stops. Trained responders also confirm no pulse below.**
   A loose one squeezes veins, not the artery, and can make bleeding worse.
4. **Still bleeding? Tighten more, or add a second one just above.**
   Most failures: not tight enough.
5. **Write the time on it. No marker? Tell responders.**
   Under 2 hours is considered safe; surgeons need the start time.

PLACEMENT (limbs only) · Hasty: high & tight over clothing · Deliberate: on skin 2–3 in above the wound · Never over a joint

USE ON THIS PAGE: HASTY OR DELIBERATE HASTY DELIBERATE

Good to know: trained medics may move it onto the skin within about 2 hours. Bystanders leave it on.



C-A-T, a CoTCCC-recommended tourniquet

DON'T

- ✕ **Loosen it because it hurts, or to check**
  Pain means it's working. Only a paramedic or doctor loosens it.
- ✕ **Skip it for fear of losing the limb**
  In 428 combat tourniquets, none cost a limb by itself.

GET HELP

CALL 911 NOW

- **Any time a tourniquet goes on**

Sources: TCCC Guidelines (2026, military); ACS bleeding control (B-Con); Kragh, J Trauma 2008

► WATCH: REELS 5, 11 & 18

03 Packing a wound

> The groin, armpit and neck can't take a tourniquet. Fill the wound with gauze and press hard.

DO THIS

1. **Open the clothing, wipe away pooled blood, and find the source.**
   Gauze only helps on the spot that's bleeding.

2. **Push gauze in with your fingers, onto the source, until it's packed tight.**
   Packing presses on the deep vessel your palm can't reach.

3. **Press straight down with both hands, as hard as you can.**
   Packing to the source plus hard pressure matters more than the gauze type.

4. **How long? Hemostatic gauze: per its package. Plain gauze: until help takes over.**
   Products differ, from 1 minute up. Plain gauze has no set time, so don't let go.

5. **Bleeding controlled? Wrap a pressure dressing firmly over the packing.**
   The wrap keeps pressure on so the bleeding stays stopped.

Good to know: plain gauze or a clean cloth works if that's all you have. The neck can be packed too, carefully (p. 12).



Packing gauze into a trainer's thigh wound

DON'T

- ✕ **Stack pads on a packed wound still bleeding**
  The packing missed the source. Pull it out, repack, press again.
- ✕ **Never pack the chest or belly**
  That bleeding can't be stopped from outside (p. 10).

GET HELP

CALL 911 NOW

- **Any wound deep enough to pack**

Sources: ACS: Save a Life booklet (2017); TCCC Guidelines (2026, military); Littlejohn, Acad Emerg Med 2011

▶ WATCH: REEL 8

04 Tourniquet on a child KIDS

> Most cuts on a child stop with hard, direct pressure. A tourniquet is only for life-threatening limb bleeding, and age matters.

DO THIS

1. **Start with hard, direct pressure right on the wound.**
   For most cuts and scrapes in kids, that's all it takes.

2. **Under age 2: skip the tourniquet. Press hard, or use a pressure wrap.**
   Windlass tourniquets often can't tighten on a limb that small, and they hurt.

3. **Older child, life-threatening arm or leg bleeding? Use a tourniquet.**
   In one study of kids 6–16, an adult C-A-T stopped flow in 100% of arms.

4. **Hidden wound: high and tight, over clothing. Visible: on skin, 2–3 in above.**
   Same rules as adults: hasty when hidden, deliberate when in view.



Hard pressure on a child manikin's thigh

DON'T

- ✕ **Reach for a tourniquet for ordinary cuts**
  Not every nail needs a sledgehammer.

PLACEMENT (limbs only) · Hasty: high & tight over clothing · Deliberate: on skin 2–3 in above the wound · Never over a joint

USE ON THIS PAGE: HASTY OR DELIBERATE HASTY DELIBERATE

Kids: blood pressure can look normal until late. Pale, floppy, or hard to wake means 911 now (p. 58).

GET HELP

CALL 911 NOW

- Bleeding that won't stop with hard pressure
- Any tourniquet on a child

Sources: Harcke, Pediatrics 2019; El-Sherif, Mil Med 2019; Red Cross Scientific Advisory Council 2019

▶ WATCH: REEL 12

05 Impaled object: leave it in

A knife or stick stuck in someone looks like it must come out. It doesn't.

DO THIS

1. **Leave it in. Don't pull, twist, or push on it.**
   It tore tissue going in and can tear more coming out. It may be plugging the bleeding.

2. **Pad bulky dressings around it, press around it, and wrap it still.**
   Pressing on it pushes it in; movement can do more damage inside.

3. **Arm or leg bleeding badly? Tourniquet above the object.**
   The Red Cross says a needed tourniquet goes above the embedded object.

4. **Call 911, and leave any cutting to rescue crews.**
   Crews shorten an object only when transport needs it, held still.

PLACEMENT (limbs only) · Hasty: high & tight over clothing · Deliberate: on skin 2–3 in above the wound · Never over a joint

USE ON THIS PAGE: HASTY OR DELIBERATE

HASTY DELIBERATE

Good to know: surgeons take it out in the operating room, where they can control the bleeding.



Knife left in, padded with rolled gauze

DON'T

- ✕ **Take it out unless it blocks breathing or CPR**
  Those are the only exceptions; 911 will talk you through it.
- ✕ **Rinse or pull anything stuck in an eye**
  Tape a paper cup over it, on the bone, not touching the object.

GET HELP

CALL 911 NOW

- **Anything stuck in the body or eye**

Sources: American Red Cross: Life-Threatening External Bleeding; AAO: Eye injuries; ANZCOR 9.1.1(bleeding)

▶ WATCH: REEL 31

06 Punctures and fishhooks

Punctures look small but carry dirt deep. Clean them, and know which to leave alone.

DO THIS

1. **Rinse a puncture under running water for 5 minutes, then wash with soap.**
   A wound can be dirty even when you can't see it.

2. **Cover it with a clean bandage.**
   Guidelines say covering a clean wound helps it heal.

3. **Stepped on a nail, deep, or you have diabetes? Get it seen today.**
   Nail punctures through a sneaker can lead to serious bone infection.

4. **Last tetanus shot 5 or more years ago? Get a booster.**
   For punctures, CDC uses 5 years, not 10. It's the dirt, not the rust.

5. **Hook in the eye, face, deep, in a joint, or multi-hook lure? Leave it.**
   Pulling those can damage deeper parts. Tape the loose hooks; go to the ER.



Fishhook in a fingertip on a boat

DON'T

- ✕ **Dig for anything left inside**
  Leave it for a clinician to remove.
- ✕ **Push a hook through near the eye**
  Cup over the eye without touching the hook.

Good to know: MedlinePlus describes home removal for a shallow finger hook; Harvard Health says a doctor should. Not sure? Leave it.

GET HELP

GET SEEN NOW

- **Hook in or near the eye**

DOCTOR TODAY

- **Stepped on a nail or any fishhook**
- **Red, warm, swelling, red streak, or pus**

Sources: NLM MedlinePlus: Cuts and puncture wounds (2025); CDC Tetanus (2026); Inaba, Pediatr Emerg Care 1992

▶ WATCH: REEL 48

07 Amputation: the person first, then the part

A saw, mower or propeller can take off a finger or more. Person first, then the part.

DO THIS

1. **Press hard on the bleeding with a clean cloth, and call 911.**
   Saving the life matters more than saving the part.
2. **Arm or leg cut off, or pouring blood? Tourniquet.**
   Losing part of a limb counts as life-threatening bleeding.
3. **Rinse dirt off the part and wrap it in a damp, clean cloth.**
   Damp, not dripping, keeps tissue from drying out.
4. **Seal it in a plastic bag; set that bag in ice water.**
   Cold buys time for reattachment; the bag keeps ice off the part.
5. **Write their name and the time on the bag. It goes with them.**
   It belongs at the same hospital as the person.

PLACEMENT (limbs only) · Hasty: high & tight over clothing · Deliberate: on skin 2–3 in above the wound · Never over a joint

USE ON THIS PAGE: HASTY OR DELIBERATE

HASTY | DELIBERATE



Pressing a cloth hard on an injured hand

DON'T

- ✕ **Put the part right on ice or in water**
  Ice can freeze it, and parts left soaking have failed reattachment.
- ✕ **Cut off a part hanging by skin**
  It may still be reattached. Support it and cover it.

Good to know: no part is too small to save.

GET HELP

CALL 911 NOW

- **Any body part cut off**

Sources: ILCOR First Aid CoSTR 2025; ERC First Aid 2025; MedlinePlus: Amputation - traumatic (2024)

▶ WATCH: REEL 58

08 Nosebleed: lean forward, pinch

> Most people get a nosebleed at some point, and many handle it wrong. Tilting the head back sends blood down the throat.

DO THIS

1. **Sit up and lean forward.**
   Blood runs out the front instead of down the throat, where it can cause choking or vomiting.

2. **Pinch the soft part of the nose, below the bone.**
   Firm pressure on the soft lower part stops it; the bony bridge is the wrong spot.

3. **Hold it 10 to 15 minutes by the clock, without letting go.**
   Mayo Clinic says don't let go, even to check. Pressure needs time.

4. **Breathe through your mouth and spit the blood out.**
   Swallowing a lot of blood can make you throw up.

Good to know: on a blood thinner? Call the doctor who prescribed it; don't stop it yourself. A cold pack is optional.



Seated, leaning forward, pinching the soft nose

DON'T

- ✕ **Tilt the head back or lie flat**
  Both send blood down the throat.
- ✕ **Stuff tissue up the nose**
  The pressure that works comes from pinching outside.

GET HELP

CALL 911 NOW
- Feels faint or has trouble breathing

GET SEEN NOW
- Still bleeding after 15 minutes of pinching
- Started after a hit to the head

DOCTOR TODAY
- Nosebleeds keep coming back

Sources: Tunkel, AAO-HNS Epistaxis CPG 2020; NHS: Nosebleed; Mayo Clinic: Nosebleeds

▶ WATCH: REEL 26

09 Crush injury: get the weight off

The longer someone is pinned, the worse the damage. Get the weight off, safely and fast.

DO THIS

1. **Call 911 on speaker: say 'crushed' and for how long.**
   How long they've been pinned changes what medics bring.

2. **Check it's safe: fuel, traffic, or a load that could shift.**
   If you get hurt too, nobody is left to help.

3. **If you can lift the weight off safely, do it now.**
   Release fast, however long they've been trapped.

4. **Limb bleeding hard? Hasty tourniquet, but don't let it slow the lift.**
   It's for bleeding only, and you may not see the wound.

5. **Once free: keep them warm, nothing to eat or drink.**
   Cold blood clots poorly. Not breathing normally? CPR (p. 22).

PLACEMENT (limbs only) · Hasty: high & tight over clothing · Deliberate: on skin 2–3 in above the wound · Never over a joint

USE ON THIS PAGE: HASTY **HASTY** DELIBERATE



Using a jack to lift the weight off

DON'T

- ✕ **Never crawl under a car on a jack**
  Most jack injuries came from the car falling on someone.
- ✕ **Follow the old 15-minute rule**
  Leaving the weight on is outdated advice.

Good to know: crush damage can hide, with no pain or marks. Building collapse? Stay out; guide rescuers in.

GET HELP

CALL 911 NOW
- Anyone pinned or crushed

GET SEEN NOW
- Freed and looks fine: still the ER

Sources: ANZCOR 9.1.7 (2025); FPHC Crush Consensus (2025); NHTSA Jack Failures (1998)

▶ WATCH: REEL 50

10 Shot or stabbed in the chest or belly

> Chest and belly wounds bleed inside, where nobody can press. Cover it, protect breathing, get EMS fast.

DO THIS

1. **Call 911 now. Say 'shot' or 'stabbed' and where on the body.**
   It's an emergency; the details shape the response.

2. **Not safe? Get to cover first. They can hold their own wound.**
   Self-aid frees your hands while everyone moves to safety.

3. **No chest seal? Put a hand or a clean cloth over the hole.**
   Most stab and handgun holes are small; a loose cover is accepted.

4. **Watch their breathing. Getting worse? Lift the hand or cloth off.**
   Any cover can trap air in the chest. Lifting it lets that air out.

5. **Awake? Let them sit however they breathe best. Out but breathing? On their side.**
   The side position keeps an unconscious airway open.



His own hand over the wound; 911 called

DON'T

- ✕ **Never pack it or put a tourniquet on the torso**
  That bleeding comes from organs deep inside. Press only on what you see.
- ✕ **Organs showing? Don't push them back**
  Cover loosely with something clean and moist, then plastic wrap.

Good to know: chest seals are kit items; if you carry one, carry vented. Any cover or seal: breathing worse, lift it off.

GET HELP

CALL 911 NOW

- **Any chest or belly wound**

Sources: AHA/ARC First Aid 2024; C-TECC Active Bystander (2024); Red Cross: Abdominal Injury

▶ WATCH: REELS 55 & 13

11 Shot in the leg: the first minute

A gunshot to the thigh can be fatal, and the ambulance usually takes several minutes. Here's the first minute.

DO THIS

1. **Still shooting? Get both of you behind something that stops bullets.**
   A car door only hides you; an engine block can stop bullets.
2. **Call 911 on speaker: someone's been shot, and exactly where.**
   Your hands stay free, and a shooting brings police and EMS.
3. **Rip the pant leg open. Spurting, pooling, or soaking through?**
   Any of those means the bleeding is life-threatening.
4. **Press hard while you get the tourniquet out. Don't wait on pressure.**
   Waiting too long to apply one is a common mistake.
5. **Unsafe: hasty, over the pants. Safe: deliberate, on skin. Never over pocket items.**
   A phone or wallet under the strap keeps it from squeezing.

PLACEMENT (limbs only) · Hasty: high & tight over clothing · Deliberate: on skin 2–3 in above the wound · Never over a joint

USE ON THIS PAGE: HASTY OR DELIBERATE HASTY DELIBERATE



Behind the car, calling 911

DON'T

✕ **Treat a tourniquet as a last resort**
That's old teaching. Life-threatening leg bleeding gets one now.

Good to know: twist until the bleeding stops, write the time, never loosen it (p. 2).

GET HELP

CALL 911 NOW
- **Any gunshot wound**

Sources: C-TECC Active Bystander (2024); ILCOR First Aid CoSTR 2025; ACS bleeding control (B-Con)

▶ WATCH: REEL 61

12 Neck wound: one side, right on the hole

> You can't put a tourniquet on a neck. A lot of the time, two hands and some gauze are enough until help arrives.

DO THIS

1. **Scene safe? Call 911 on speaker: shot or stabbed in the neck.**
   A neck wound can get worse fast.

2. **Press hard right on the hole with gauze or a clean cloth.**
   Hands-on pressure comes first, here as anywhere.

3. **Bleeding through? Pack the wound channel with gauze, then press with both hands.**
   The neck can be packed. Stay in the wound, never down toward the chest.

4. **Press on the wounded side only. Never squeeze both sides.**
   Squeezing both sides can cut off blood flow to the brain.

5. **Awake? Let them sit up and lean forward.**
   Blood drains out of the mouth, not down the throat.

Good to know: pressure time follows p. 3: hemostatic gauze per its package, plain gauze until help takes over.



Pressing gauze on one side of the neck

DON'T

- ✕ **Nothing tied or wrapped around the neck**
  It can choke them. Tourniquets are for limbs.
- ✕ **Hold the head still for a gunshot or stab**
  For penetrating wounds, that's linked to more deaths, not fewer.

GET HELP

CALL 911 NOW

- **Any neck wound**
- **Neck swelling, voice changing, or breathing harder**

Sources: ACS: Save a Life booklet (2017); AHA/ARC First Aid 2024; Simpson, SJTREM 2021

▶ WATCH: REEL 62

13 The blood sweep: find every hole

> The hole you can see might not be the one that kills them. People who've been shot often have more than one.

DO THIS

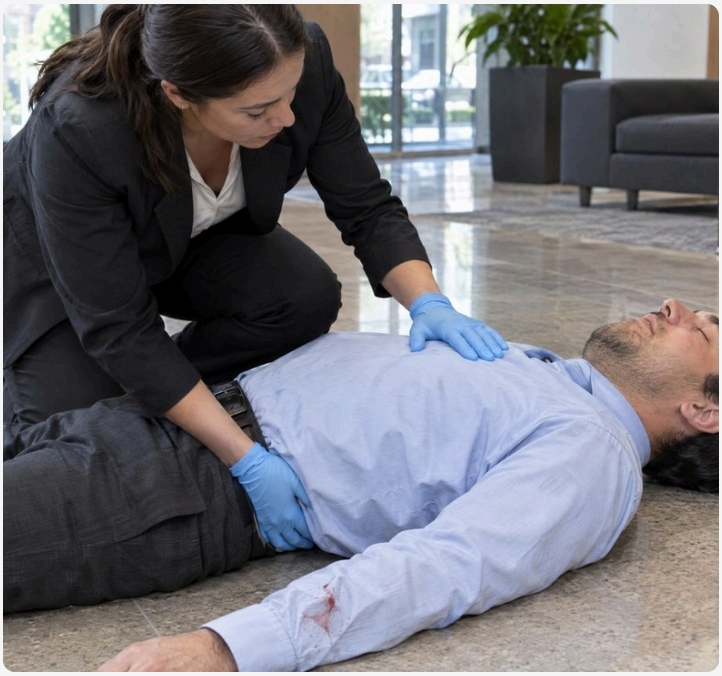
1. **Treat the bleeding you can see first.**
   Pouring blood can't wait for the search.

2. **Then sweep with gloved hands, front and back, every inch.**
   Medics call it a blood sweep. Blood on your glove shows where to look.

3. **Check armpits, groin, buttocks, back of the legs, and the ground underneath.**
   Clothing hides wounds there; blood pooling under them means serious bleeding.

4. **Shot or stabbed? Roll them toward you and check the back.**
   Holding the spine still isn't recommended for gunshots or stabs.

5. **Treat every hole you find. Don't try to tell entry from exit.**
   Trauma specialists misread entry, exit, or the count in about half of fatal cases.



Gloved hands sweeping the torso for wounds

DON'T

✕ **Leave them uncovered after the sweep**
Injured people lose heat fast.

Good to know: limb pouring, tourniquet (p. 2). Neck, armpit, groin: pack (p. 3). Chest or belly: hand over it (p. 10).

GET HELP

CALL 911 NOW

- **Getting confused or paler after treatment**

Sources: C-TECC First Responder (2024); AHA/ARC First Aid 2024; Collins, J Forensic Sci 1994

▶ WATCH: REEL 63

14 When you're the one who's hit

The person who stops your bleeding might be you, and you may not feel where you're hit.

DO THIS

1. **Get to cover first: something that stops bullets.**
   You can't treat a wound while you're still a target.
2. **Check yourself: look and feel for blood, front and back.**
   In one ER study, about a third felt no pain at first.
3. **Call 911. Can't talk? Leave the line open, or text 911.**
   Texting isn't accepted everywhere; a bounce-back means call.
4. **Arm hit? C-A-T one-handed: arm through the loop, pull, twist, clip.**
   The C-A-T's instructions include a one-handed method.
5. **Leg hit? Both hands, high and tight, twist until the bleeding stops.**
   Under threat, hasty is fastest.

PLACEMENT (limbs only) · Hasty: high & tight over clothing · Deliberate: on skin 2–3 in above the wound · Never over a joint

USE ON THIS PAGE: HASTY OR DELIBERATE HASTY DELIBERATE

Good to know: carry a real tourniquet either hand can reach, and train. Untrained people got it right 16% of the time; trained, 88%.



Behind cover, pressing his own wound

DON'T

- ✕ **Count on a belt as a tourniquet**
  Last resort only, not a working tourniquet: it needs 2+ in width and a stick.
- ✕ **Hold anything or reach toward police**
  Hands up, open and empty. Follow commands.

GET HELP

CALL 911 NOW

- You've been shot or stabbed

Sources: C-A-T Gen 7 IFU (NAR); Melzack, Pain 1982; Goralnick, JAMA Surg 2018

▶ WATCH: REEL 64

15 Slashed: forearm, hand, scalp

When a knife comes at you, your arms come up, so forearms and hands take the cuts. Most stop with hard pressure.

DO THIS

1. **Attacker gone? Name one person to call 911: 'You, gray shirt.'**
   Named, one person acts; in a crowd, everyone waits.

2. **Press gauze or a clean cloth hard on the cut. Gaping? Push edges together.**
   Closing the gap puts the pressure right on the bleeding.

3. **Soaked through? Don't peel it off. Press harder, add one pad.**
   Firm pressure beats a growing stack of pads.

4. **Forearm spurting, pressure losing? Tourniquet, never over the elbow or wrist.**
   In volunteer tests, tourniquets blocked forearm blood flow every time.

5. **Hand or finger: hard pressure, then wrap it firmly.**
   No tourniquet on a hand or wrist; a snug wrap keeps pressure on.

DON'T

✕ **Press on a dented or soft scalp spot**
It may be a skull fracture. Cover it; call 911.



Gauze pressed on a forearm cut

PLACEMENT (limbs only) · Hasty: high & tight over clothing · Deliberate: on skin 2–3 in above the wound · Never over a joint

USE ON THIS PAGE: HASTY OR DELIBERATE

HASTY DELIBERATE

Good to know: scalp cuts pour and can cause shock. Press hard; the skull is right underneath.

GET HELP

CALL 911 NOW
- Spurting, pooling, or soaking through

GET SEEN NOW
- Fingers numb or won't move

Sources: AHA/ARC First Aid 2024; ANZCOR 9.1.1(bleeding); Wall, JSOM 2015

▶ WATCH: REEL 65

16 Beaten: airway first

> After a beating, the first danger is often blood in the airway, not the bruises. What's in the mouth decides the position.

DO THIS

1. **Attacker gone? Pick one person and have them call 911.**
   That keeps your hands free for the airway.

2. **Awake with blood in the mouth? Sit them up, lean forward, let them spit.**
   Spitting beats swallowing it or breathing it in.

3. **Knocked out, breathing, blood or vomit in the mouth? Roll them onto their side.**
   Turn head, neck and body together, so fluid drains and the neck stays aligned.

4. **Mouth clear and you can watch them? Leave them as found.**
   If the airway is clear, not moving them protects the neck.

5. **Kicked in the belly or ribs, now pale, sweaty, or confused? Call 911.**
   Bleeding inside doesn't show on the outside.



Leaning forward, spitting blood into a cloth

DON'T

✕ **Argue with or hold down a confused person**
Stay, call 911, and say they're confused. Paramedics decide.

Good to know: sleep is fine once they've been checked, but an adult stays with them for 24 hours.

GET HELP

CALL 911 NOW

- Knocked out, even for a second
- Worsening headache, vomiting, or seizure
- One pupil bigger, or confused

GET SEEN NOW

- On a blood thinner or been drinking

Sources: AHA/ARC First Aid 2024; ANZCOR 9.1.6 (spinal, 2026); CDC: TBI danger signs (2025)

▶ WATCH: REEL 66

17 Strangled: why 'fine' isn't fine

> If someone squeezed your neck and you feel fine, you still need to get checked. Some injuries show up hours later.

DO THIS

1. **In danger right now? Call 911.**
   Getting safe comes before anything else.

2. **At the ER, say 'I was strangled,' not 'choked.'**
   Choking means food stuck inside. 'Strangled' tells staff to check the neck.

3. **Get checked today, even with no marks on the neck.**
   Marks are often faint, missing, or late; in some studies about half had none visible.

4. **Ask for a forensic nurse exam.**
   They document and photograph injuries, and can connect you with an advocate.

5. **Trouble breathing? Call 911 and let them sit up.**
   Sitting up is usually easiest to breathe in.



Describing a neck injury to an ER nurse

DON'T

✕ **Take 'I feel fine' as no injury**
Rare but deadly throat swelling or a torn neck artery can appear hours later.

Good to know: in Florida, strangling a partner or family member is a felony (Fla. Stat. 784.041).

GET HELP

GET SEEN NOW

- **Passed out, even for a second**
- **Voice changed, or hurts to swallow**
- **Wet themselves, or seeing spots**
- **Tiny red dots on face or eyes**

Sources: Training Institute on Strangulation Prevention; Stellpflug, JACEP Open 2022 (review); Matusz, Ann Emerg Med 2020

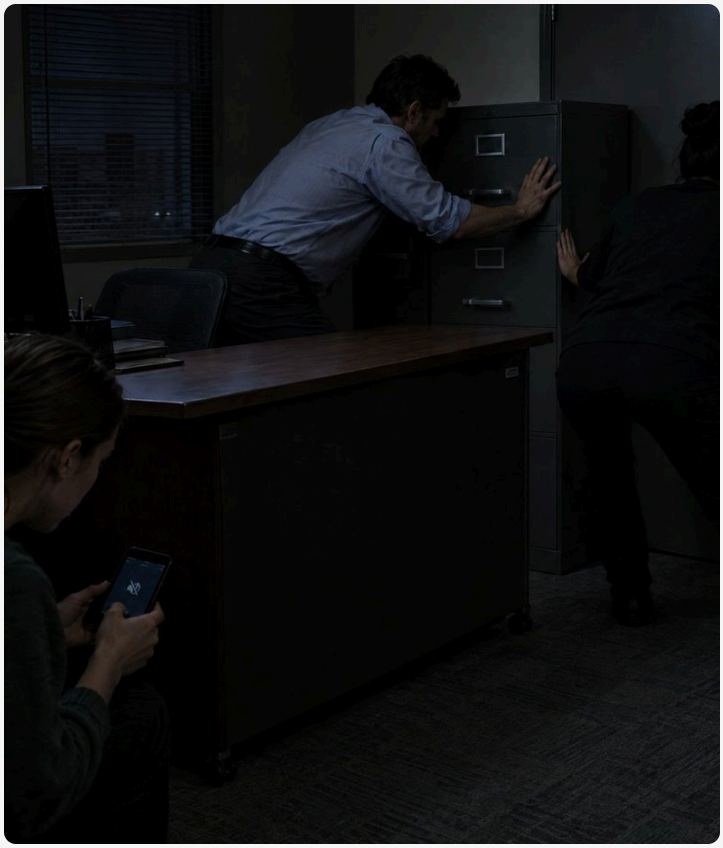
▶ WATCH: REEL 67

18 Active shooter: run, hide, fight, then bleeding

> Most active shootings are over in minutes, often before police arrive. Get out first; then the bleeding is yours until help comes.

DO THIS

1. **Run if there's a way out. Leave everything; keep your hands empty.**
   Your things slow you down, and police need to see empty hands.
2. **Can't get out? Lock and block the door, lights off, phone fully silent.**
   Vibration can give you away too.
3. **Call or text 911 when safe: the shooter's location and description.**
   That's what police need first. Can't talk? Leave the line open.
4. **Hiding with someone bleeding? Press hard now; hasty tourniquet when you can.**
   Pressure buys time; under threat, high and tight is fastest.
5. **Police come in: hands empty and up. No quick moves toward them.**
   The first officers go after the shooter; medics follow.



Hiding: door blocked, lights off

PLACEMENT (limbs only) · Hasty: high & tight over clothing · Deliberate: on skin 2–3 in above the wound · Never over a joint

USE ON THIS PAGE: HASTY **HASTY** DELIBERATE

DON'T

✕ **Fight unless there's no other option**
Fighting comes last, only when your life is in immediate danger.

Good to know: once the shooting moves away, work through p. 19.

GET HELP

CALL 911 NOW
- As soon as it's safe

Sources: CISA: Active Shooter Pocket Card (2022); DHS: Active Shooter — How to Respond; Run. Hide. Fight.® (City of Houston)

▶ WATCH: REEL 68

19 Several hurt, and you're the only helper

Several people are hurt and only you know what to do. Don't sort them; work in order.

DO THIS

1. **Locked in, or shooter gone? Now you work.**
   In a secure spot, stay there until police come in.

2. **Put people to work: 'You, gray sweater, both hands here, push hard.'**
   Anyone who can talk can press their own wound.

3. **Pouring, spurting, or pooling comes first. Small bleeds can wait.**
   Minor bleeding isn't life-threatening.

4. **Arm or leg: hasty tourniquet, then move to the next person.**
   It keeps working after your hands leave. Don't come back to loosen it.

5. **Not answering but breathing? Roll them on their side, then cover everyone.**
   You can't watch everyone, and floors are cold.

PLACEMENT (limbs only) · Hasty: high & tight over clothing · Deliberate: on skin 2–3 in above the wound · Never over a joint

USE ON THIS PAGE: HASTY **HASTY** DELIBERATE



Pointing to recruit a helper

DON'T

- ✕ **Pack chest or belly holes; cover them by hand**
  Neck, armpit and groin get packed. Torso bleeding needs a hospital fast.
- ✕ **No triage tags or sorting systems**
  Those are EMS tools, not bystander steps.

Good to know: when police come in, hands empty and up (p. 18).

GET HELP

CALL 911 NOW

- How many hurt, and which room
- Who has a tourniquet, since when

Sources: C-TECC Active Bystander (2024); AHA/ARC First Aid 2024; Hartford Consensus II (ACS 2014)

▶ WATCH: REEL 69

20 Car crash: what a bystander does first

At a crash, more traffic and fire are the biggest dangers, to you and to them. Get safe, get help coming, then breathing and bleeding.

DO THIS

1. **Park somewhere safe, off the road, away from traffic. Hazards on.**
   Further collisions and fire are the main dangers after a crash.

2. **Point at one person: 'You, red shirt, call 911.' Give road, direction, exit.**
   The exact road, direction and exit get crews to the right spot.

3. **Ask drivers to turn engines off. Don't pull anyone out unless there's danger.**
   Moving them can worsen a neck injury; fire, smoke, water or traffic change that.

4. **Not breathing normally? CPR (p. 22). Bleeding hard? Firm pressure (pp. 1–3).**
   Those two can kill before the ambulance gets there.

5. **Airbag didn't go off? Don't lean across the wheel or dash.**
   An undeployed airbag is unlikely to fire, but stay out of its path.

Good to know: Florida's Good Samaritan Act protects people who help in good faith and act reasonably (Fla. Stat. 768.13).



Assigning the 911 call to one bystander

DON'T

✕ **Stay near an EV that's hissing or smoking**
Battery fires can restart. Everyone back, upwind and uphill; tell 911 it's electric.

GET HELP

CALL 911 NOW
- **Anyone hurt, trapped, or not breathing normally**

Sources: UK Highway Code (2025); NHTSA EV Guidance (2012); Fla. Stat. 768.13

▶ WATCH: REEL 52

21 You've called 911. Now what?

> Nationally, the median wait for an ambulance is about 7 minutes, and about 13 in rural areas. What you do on the call, and while you wait, fills that gap.



911 on speaker while CPR starts

DO THIS

1. **Say your address first, before anything else.**
   Your phone's location can be off by 50 meters or more. That's half a football field.
2. **Put the phone on speaker and stay on the line.**
   Your hands stay free, and the call-taker tells you when it's okay to hang up.
3. **Do what the dispatcher tells you.**
   They coach you through CPR and first aid. In Phoenix, coached CPR raised survival from 9.1% to 12%.
4. **Help them find you: porch light on, pets away, someone out front.**
   The crew finds the right door fast instead of searching for it.

Good to know: CPR is on p. 22, the AED on p. 23, and bleeding control starts on p. 1.

DON'T

- ✕ **Hang up to go help.**
  Stay on speaker instead; you can work and listen at the same time.
- ✕ **Count on texting first.**
  Text-to-911 isn't available everywhere. Call if you can, text if you can't.

Sources: FCC wireless 911 location benchmark; 911.gov FAQ; ILCOR 2020 BLS (speakerphone, dispatcher CPR); Bobrow, JAMA Cardiol 2016; Mell, JAMA Surg 2017

► WATCH: REEL 15

22 Hands-only CPR (adult)

> Someone drops, won't answer, and is gasping. That gasp isn't breathing. About 9 in 10 people whose heart stops outside a hospital die.

DO THIS

1. **No answer and not breathing normally, or only gasping? Start CPR.**
   Gasping or snoring breaths are common when the heart stops. They aren't breathing.

2. **Call 911 on speaker; send someone to grab an AED.**
   The dispatcher coaches you while you push.

3. **Heel of one hand mid-chest, other hand on top, arms straight.**
   That's the lower half of the breastbone. Never the belly.

4. **Push at least 2 inches deep, 100 to 120 a minute.**
   That's the beat of "Stayin' Alive." Survival is better than with shallower or slower pushes.

5. **Let the chest rise fully. Don't stop. Trade off every 2 minutes.**
   Every pause makes the pressure feeding the heart drop almost at once.

Good to know: trained? Add 2 breaths after every 30 pushes. Kids, babies and drowning victims need breaths (pp. 54–55).



Heel of hand, center of the chest

DON'T

- ✕ **Check for a pulse.**
  Bystanders go by response and breathing, not a pulse.
- ✕ **Hold back for fear of a cracked rib.**
  Rib fractures are common in CPR and heal.

GET HELP

CALL 911 NOW

- **Not answering, not breathing normally**

Sources: AHA 2025 Adult BLS; AHA 2025 Systems of Care (T-CPR); AHA news release (Feb 2026); Hoke, Resuscitation 2004

▶ WATCH: REEL 57

23 AED: you don't decide to shock

> Most people fear the AED on the wall. You don't decide to shock: it reads the heart and only shocks a rhythm that needs it.

DO THIS

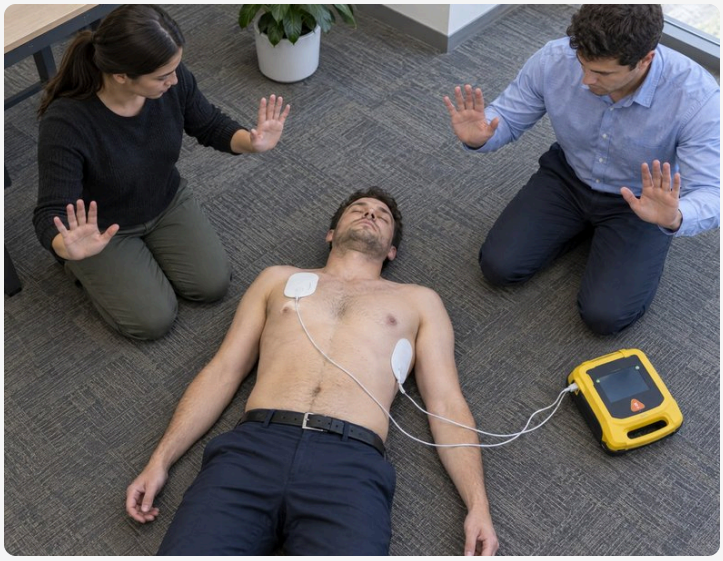
1. **Call 911, start CPR, and send someone for the AED.**
   Compressions keep going until the pads are on.

2. **Turn it on and do what the voice says.**
   It talks you through every step. Anyone can use one.

3. **Bare the chest. Put the pads where the picture on them shows.**
   One goes below the right collarbone, the other on the left side below the armpit.

4. **Wet chest: wipe. Patch: peel. Bump: move the pad. Bra: aside.**
   A patch can block the shock and burn skin. A bump is likely an implanted device.

5. **When it says don't touch, nobody touches. After a shock, push again right away.**
   Movement throws off the analysis, and every pause costs blood flow.



Pads on a bare chest; everyone's hands off

DON'T

- ✕ **Stop pushing when it says no shock.**
  Most arrests aren't a shockable rhythm. Then CPR is the treatment.
- ✕ **Let fear of a lawsuit stop you.**
  Florida law protects good-faith AED use (Fla. Stat. 768.1325).

Kids: child pads or child mode if it has them. If not, adult pads that don't touch.

GET HELP

CALL 911 NOW

- **Collapsed and not breathing normally**

Sources: AHA 2025 Adult BLS; AHA 2025 Pediatric BLS; ANZCOR Guideline 7; CARES 2024; Fla. Stat. 768.1325

▶ WATCH: REEL 33

24 Heart attack: call 911 first

Chest pressure, sweating or shortness of breath can be a heart attack. Every 30 minutes of delay raises the risk of death.

DO THIS

1. **Call 911 first, before anything else.**
   An ambulance crew can start treatment up to an hour sooner than a car ride in.

2. **Let EMS come to you. Don't drive them in.**
   Guidelines say EMS, not a private car, and the crew can revive a heart that stops.

3. **Alert adult, not allergic, not told to avoid it? Chew an aspirin.**
   One 325 mg or 2–4 low-dose 81 mg.
   Any doubt? Wait for EMS.

4. **Nitroglycerin? Only their own, as their doctor said.**
   It's prescribed for them. Never give someone else's.

5. **Collapsed, not breathing normally? CPR and the AED.**
   Their heart may have stopped (see pp. 22–23).



Chest pain at home; a helper calls 911

DON'T

- ✕ **No aspirin with stroke signs (see p. 33).**
  Not every stroke is a clot. Aspirin can make a bleeding stroke worse.
- ✕ **Take an aspirin and wait it out.**
  Aspirin never replaces the call.

Good to know: chest pain is #1 for women too, but women more often also have breathlessness, nausea, or back or jaw pain.

GET HELP

CALL 911 NOW

- **Chest pressure, pain or discomfort**
- **Breathless, cold sweat, nausea, arm or jaw pain**

Sources: AHA/ARC First Aid 2024; ACC/AHA Chest Pain Guideline 2021; ACC/AHA ACS Guideline 2025; De Luca, Circulation 2004

▶ WATCH: REEL 37

25 Choking: back blows first

> Someone who can't cough, talk or breathe has a blocked airway. The 2025 American Heart Association guidelines start with the back, not the Heimlich.

DO THIS

1. **Coughing hard? Let them cough, and stay with them.**
   A strong cough can clear it. Watch, because mild choking can turn severe.

2. **Can't cough or talk? Have someone call 911.**
   Severe choking always gets an ambulance, even if you clear it.

3. **Give 5 hard back blows between the shoulder blades.**
   Back blows come first now. In one registry, they gave the most relief with no injuries.

4. **Then 5 abdominal thrusts: fist just above the belly button, in and up. Repeat.**
   Keep alternating until it comes out or they become unresponsive.

5. **They go limp? Ease them down and start CPR.**
   An unresponsive choking person needs compressions now (see p. 22).



Back blows between the shoulder blades

DON'T

✕ **No blind finger sweeps.**
Guidelines rate them harmful. Only take out what you can see.

Good to know: late pregnancy, or can't get your arms around them? Back blows, then chest thrusts. Baby under 1: back blows and chest thrusts, never the belly.

GET HELP

CALL 911 NOW
- Can't cough, talk or breathe
- Becomes unresponsive

DOCTOR TODAY
- Any abdominal or chest thrusts were needed

Sources: AHA 2025 Adult BLS; AHA/AAP 2025 Pediatric BLS; ERC/RCUK 2025 First Aid; Dunne, Resuscitation 2024

▶ WATCH: REEL 25

26 Recovery position

Someone is unresponsive but breathing normally, and nothing suggests an injury. On their side, the airway stays clearer and anything they bring up can drain out.



Recovery position: on her side

DO THIS

1. **Gently roll them onto their side.**
   It helps keep the airway clear and lowers the risk of breathing in vomit.
2. **Keep checking their breathing, often.**
   On their side, rescuers in one study caught stopped breathing only about half the time within 2 minutes.
3. **Can't tell if they're breathing? Roll them onto their back and check again.**
   Guidelines say to lay them flat whenever the position hides signs of life.
4. **Not breathing normally? Start CPR.**
   CPR is done flat on their back (see p. 22).

Good to know: injured, with blood or vomit in the mouth, or you must leave them? Roll them as one piece, head in line with the body (see p. 37).

DON'T

- ✕ **Possible neck, back, hip or pelvic injury? Don't roll them.**
  Leave them as found unless the airway is blocked or the area isn't safe.
- ✕ **Walk away.**
  Breathing can stop, and nobody notices unless someone keeps watching.

GET HELP

CALL 911 NOW

- **Unresponsive, even if breathing normally**

Sources: ILCOR First Aid CoSTR 2025; AHA/ARC First Aid 2024; Freire-Tellado, Resuscitation 2017; ERC First Aid 2025

► WATCH: REEL 14

27 Signs of shock (adult)

Someone who's bleeding can look okay at first. In the classic teaching model, blood pressure doesn't drop much until 30 to 40 percent of the blood is gone, so watch for earlier signs.

DO THIS

1. **Look at the skin: pale, gray, cool or sweaty?**
   These are among the classic signs of shock, and they're easy to see from where you are.

2. **Feel the pulse at the wrist: fast and weak, or missing?**
   A weak or missing wrist pulse is one of two military field checks for shock.

3. **Check their thinking: confused, restless or thirsty?**
   Confusion that isn't from a head injury is the other field check.

4. **See the signs? Control the bleeding, keep them warm, call 911.**
   Bleeding control and warmth buy time; shock needs a hospital fast (see pp. 1 and 28).

5. **Alert: flat on their back. Drowsy or vomiting: on their side.**
   Flat suits an alert person; on the side keeps a drowsy person's airway clear.



Leg wound dressed, blanket over him

DON'T

✕ **Wait for the blood pressure to drop.**
Real patients rarely fit the textbook. Fewer than 1 in 10 did in one large registry.

GET HELP

CALL 911 NOW

- **Pale, sweaty, fast weak pulse**
- **Confused or restless after an injury**

Sources: TCCC Guidelines (2026, military); American Red Cross: signs of shock; ATLS teaching model (StatPearls); Mutschler, Resuscitation 2013; AHA/ARC First Aid 2024

▶ WATCH: REEL 19

28 Keep them warm, even on a hot day

> A bleeding person loses heat fast, and cold blood clots poorly. Trauma patients who arrived colder than 95°F died at 25.5%, compared with 3% of those who arrived warm.

DO THIS

1. **Control the bleeding first (see p. 1).**
   Stopping blood loss comes first. Stopping heat loss comes right after.

2. **Get them off the cold ground.**
   Military guidelines say to insulate them from the ground, which pulls heat away.

3. **Replace wet clothing with something dry.**
   Wet clothes keep drawing heat out of the body.

4. **Cover them and block the wind. A hypothermia wrap counts. So does a jacket.**
   Even mild cooling makes platelets less sticky, so clots form poorly.

Good to know: this is the H in MARCH: Massive bleeding, Airway, Respirations, Circulation, Head injury and Hypothermia.



Blanket over him, even on a warm day

DON'T

- ✕ **Skip it because it's hot outside.**
  In subtropical Queensland, about 1 in 20 badly injured patients arrived cold.
- ✕ **Overheat them.**
  Overheating is also linked to worse outcomes. The goal is to stop heat loss.

GET HELP

CALL 911 NOW

- **Severe bleeding or a serious injury**

Sources: TCCC Guidelines (2026, military); Martin, Shock 2005; Aitken, Resuscitation 2009; Wolberg, J Trauma 2004; Wade, Int J Emerg Med 2011

▶ WATCH: REEL 10

29 Fainting: get them down, keep them down

About 1 in 3 people faint at some point. Most of the danger is the fall, and what caused it.

DO THIS

1. **Feel one coming? Sit or lie down first.**
   Getting low before you go down keeps you from falling.

2. **Then cross your legs and squeeze hard.**
   In trials, tensing the legs cut faints by about half. Skip it with chest pain or stroke signs.

3. **Flat on their back. No head or neck injury? Raise the feet.**
   About a foot up may help. Skip it if the fall hurt them.

4. **Keep them down 10 to 15 minutes, then help them up slowly.**
   Standing up too quickly is a common cause of fainting.

5. **Not breathing normally? Start CPR (see p. 22).**
   A heart that has stopped can look like a faint, even with jerking.



Flat on her back, feet raised

DON'T

- ✕ **No slaps, no water in the face.**
  Neither one helps. Keep them lying down instead.
- ✕ **Nothing to eat or drink until fully awake.**
  Someone not fully awake gets nothing by mouth.

Good to know: later in pregnancy, lay her on her left side.

GET HELP

CALL 911 NOW

- Fainted during exercise or lying down
- Chest pain or racing heart first
- Not awake within a minute
- Hurt in the fall, or pregnant
- Shaking or jerking

DOCTOR TODAY

- Any first faint

Sources: AHA/ARC First Aid 2024; NHS: Fainting (2026); NLM MedlinePlus: Fainting (2025); Schwarzkoph, Resuscitation 2020

▶ WATCH: REEL 46

30 Anaphylaxis: epinephrine first

Hives, swelling, trouble breathing, dizziness or vomiting after a food, sting or medicine can be anaphylaxis. Epinephrine treats it. Waiting doesn't.

DO THIS

1. **Give epinephrine now, into the outer thigh. Regular pants are fine.**
   It's the treatment. A shot or a nose spray both count; use it as the label says.

2. **Then call 911, even if they get better.**
   Some reactions come back hours later.

3. **Lie them down; breathing hard, let them sit. Never stand or walk.**
   Sitting up or standing during the reaction has been linked to deaths.

4. **No better in 5–10 minutes, no EMS yet? Second dose.**
   AHA/ARC: a repeat dose may be considered if EMS is more than 5 to 10 minutes away.

Kids: listen for "my tongue feels funny," "this is too spicy," or "something's stuck in my throat." At school, use their own device or the school's stock.



Auto-injector to the outer thigh

DON'T

- ✕ **Give Benadryl and wait.**
  Antihistamines help the itch but don't open the airway or raise blood pressure.
- ✕ **Rule it out because there are no hives.**
  10% to 20% of reactions have no skin signs.

GET HELP

CALL 911 NOW

- **After any dose of epinephrine**
- **Trouble breathing, lip or throat swelling**

Sources: AHA/ARC First Aid 2024; WAO Anaphylaxis Guidance 2020; ANZCOR 9.2.7; FARE: How a Child Might Describe a Reaction; Turner, JACI Pract 2017

▶ WATCH: REEL 22

31 Asthma attack

Wheezing, a tight chest and struggling for breath can be an asthma attack. About 3,600 Americans died of asthma in 2023, and the first minutes matter.

DO THIS

1. **Sit them upright and stay calm.**
   Sitting up helps them breathe, and your calm helps them stay calm.

2. **Help them use their own reliever inhaler, with a spacer if they have one.**
   A spacer gets the medicine in better than the inhaler alone.

3. **No spacer? Use a plastic bottle or a paper cup.**
   Improvised spacers deliver about as much medicine as store-bought ones.

4. **One puff at a time, the way their asthma action plan says.**
   US guidelines set no fixed puff count. Their plan does.

Good to know: allergy plus sudden trouble breathing? Epinephrine first, then the inhaler (see p. 30). Can't tell asthma from panic? Treat it as asthma and call 911.



Sitting upright, a calm helper beside him

DON'T

- ✕ **No paper bag.**
  Rebreathing lowers oxygen, and asthma is already an oxygen problem.
- ✕ **Coffee is not a rescue inhaler.**
  Caffeine has no place in treating an attack. Use the inhaler.

GET HELP

CALL 911 NOW

- Can't talk or walk normally
- Blue lips or fingernails
- Drowsy or confused
- Inhaler not helping, or no inhaler

Sources: AHA/ARC First Aid 2024; NHLBI Asthma Action Plan (2020); National Asthma Council Australia (2022); CDC Asthma Data (2023); Callaham, Ann Emerg Med 1989

► WATCH: REEL 41

32 Low blood sugar

Slurring, stumbling, sweating and confusion can look like being drunk, but it may be low blood sugar. Look for a medical ID, an insulin pump or a glucose monitor.

DO THIS

1. **Awake and able to swallow? Give sugar.**
   Sugar by mouth is the first-aid fix for an awake person.

2. **Glucose tablets first. No tablets? Juice or regular soda.**
   Tablets bring relief faster than food sugars. Diet soda has no sugar.

3. **Not better in 10 minutes? Call 911.**
   If sugar hasn't helped by then, they need more than first aid.

4. **Better? Get some real food into them.**
   Diabetes guidance follows the quick sugar with a snack or meal.

5. **Not awake, or can't swallow? Nothing in the mouth. Call 911.**
   Sugar given to someone who can't swallow can cause harm. Breathing? Put them on their side.

Good to know: can't tell if it's high or low? If they're awake and can swallow, give sugar anyway.



Awake and can swallow: sugar now

DON'T

- ✕ **Skip the chocolate.**
  The fat slows the sugar down.
- ✕ **Never give them insulin.**
  Insulin lowers blood sugar. That's the opposite of what they need.

GET HELP

CALL 911 NOW

- Not awake or can't swallow
- A seizure
- No better 10 minutes after sugar

Sources: AHA/ARC First Aid 2024; American Diabetes Association; CDC (2024); American Red Cross: Diabetic Emergencies; Carlson, Emerg Med J 2017

► WATCH: REEL 28

33 Stroke: B.E. F.A.S.T.

A face that looks off or words that come out wrong can be a stroke. In a typical large stroke, nearly 2 million brain cells die every minute it goes untreated.

DO THIS

1. **Check B.E. F.A.S.T.: Balance, Eyes, Face, Arm, Speech.**
   One study: 1 in 7 strokes had no face, arm or speech sign; balance and eyes caught most.

2. **Any sign? Time to call 911, even if it goes away.**
   Signs that fade can still be a stroke and still need emergency care.

3. **Let the ambulance come. Don't drive them.**
   EMS starts care, warns the stroke team and picks the right hospital.

4. **Tell 911 the last time you knew they were normal.**
   Treatment is timed from when they were last known well, not from when you found them.

5. **Woke up like this? Still call. Say when they went to bed normal.**
   Waking up with stroke signs doesn't rule out treatment. The hospital decides.



Face drooping, arm weak: call 911

DON'T

✕ **No aspirin, food or drink.**
Some strokes are bleeds, and a stroke can affect swallowing.

Good to know: low blood sugar can look like a stroke (see p. 32). Call 911 anyway.

GET HELP

CALL 911 NOW

- **Any B.E. F.A.S.T. sign, even brief**

Sources: American Stroke Association (May 2026); AHA/ARC First Aid 2024; AHA/ASA Acute Ischemic Stroke Guideline 2026; Aroor, Stroke 2017; Saver, Stroke 2006

▶ WATCH: REEL 29

34 Seizure (adult)

About 1 in 10 people may have a seizure in their lifetime. Most stop on their own in a minute or two. Your job is to keep them safe, and to time it.

DO THIS

1. **Stay with them and time it from the start.**
   Past 5 minutes, a seizure may not stop without treatment.

2. **Clear hard things away, cushion the head, take off glasses, loosen the collar.**
   That keeps them from getting hurt while they jerk.

3. **Roll them onto their side as soon as you can, mouth toward the ground.**
   Saliva, blood or vomit drains out instead of being breathed in.

4. **Once it stops: not breathing normally? Call 911 and start CPR (see p. 22).**
   Most people breathe again on their own. If not, they need CPR.

Good to know: have a seizure action plan? Follow it. Nothing to eat or drink until they're fully alert.



On his side, head cushioned, timing it

DON'T

- ✕ **Nothing in the mouth.**
  Nobody can swallow their tongue. Objects break teeth, and fingers get bitten.
- ✕ **Hold them down.**
  Restraint can cause injuries and make them more confused.

GET HELP

CALL 911 NOW

- First seizure ever
- Lasts over 5 minutes
- Another one before they recover
- Hurt, in water, or pregnant
- Trouble breathing or not waking up
- Diabetes and loses consciousness

Sources: AHA/ARC First Aid 2024; CDC: First Aid for Seizures (2024); Epilepsy Foundation: Seizure First Aid

▶ WATCH: REEL 30

35 Opioid overdose

Unresponsive, with slow or no breathing, gurgling or snoring, and blue or gray lips, can be an opioid overdose. What kills is the breathing that slows and stops.

DO THIS

1. **Shout their name and rub the breastbone.**
   No response to your voice or a firm rub is the key warning sign.

2. **No response? Call 911 on speaker.**
   Your hands stay free for the naloxone and for breathing.

3. **Spray one dose of naloxone into one nostril. Follow the box.**
   Naloxone reverses opioids and is very unlikely to hurt someone who isn't on them.

4. **Not breathing normally? Give rescue breaths or start CPR.**
   Naloxone can take minutes to work. Breathing for them covers that gap.

5. **No change in 2 to 3 minutes? Next dose, other nostril.**
   Sprayed in the nose, it can take repeat doses.



Naloxone nasal spray, ready to give

DON'T

- ✕ **Leave once they wake up.**
  Naloxone can wear off in 30 to 90 minutes, before the drugs do.
- ✕ **No cold showers, slaps or injections.**
  They raise the risk of falling, drowning or going into shock.

Good to know: breathing again? Roll them onto their side and stay. Touching fentanyl won't overdose you; gloves are enough.

GET HELP

CALL 911 NOW

- Won't wake up
- Slow, noisy or no breathing

Sources: SAMHSA Overdose Prevention Toolkit (2023); Narcan OTC Drug Facts (2026); AHA 2025 CPR & ECC Guidelines; AHA/ARC First Aid 2024; ACMT/AACT Position Statement (2017)

▶ WATCH: REEL 32

36 Head injury (adult)

> Most hits to the head are minor. Some cause bleeding inside the skull. Know the danger signs.

DO THIS

1. **Neck might be hurt? Keep them still and call 911.**
   Move them only if they're in danger or the airway needs it (see p. 37).

2. **Knocked out, even for a second? Get them checked today.**
   Guidelines send anyone who was knocked out to be seen, even after they've come to.

3. **65 or older, or on a blood thinner? Checked today, even if fine.**
   Head injuries are a bigger worry in older adults who take blood thinners.

4. **Hurt playing sports? Pull them out right away.**
   They stay out until checked. In Florida, written medical clearance is the law.

5. **Checked, no danger signs? Let them sleep. Someone stays the first night.**
   Sleep is fine. Being hard to wake is the warning sign to watch for.

Kids: see p. 57.



One pupil bigger than the other

DON'T

✕ **Wake them hourly or keep them up all night.**
There's no evidence it helps. It just costs them rest.

GET HELP

CALL 911 NOW

- One pupil bigger than the other
- Can't stay awake or be woken
- Headache that keeps getting worse
- Slurred speech, weakness or numbness
- Vomiting again and again
- A seizure, confusion or strange behavior

Sources: CDC HEADS UP (2019); AHA/ARC First Aid 2024; NICE NG232 (2023); Fla. Stat. 1006.20 / 943.0438

▶ WATCH: REEL 38

37 Spinal injury: don't move them

After a fall, a crash or a shallow dive, neck or back pain can mean a spine injury. Moving them can make it worse.

DO THIS

1. **Don't move them unless they're in danger: fire, traffic or water.**
   Leave them as found unless the area isn't safe.

2. **Tell them not to move. Call 911, then kneel and hold the head still.**
   Holding the head as found limits neck movement until EMS arrives.

3. **Not breathing normally? Start CPR.**
   Breathing matters more than the neck.

4. **Vomiting, or must leave them? Roll them onto their side as one piece.**
   That keeps the airway clear while the head stays in line with the body.

5. **Helmet stays on unless it's blocking their breathing.**
   Leave it for EMS. 911 can talk you through it if it must come off.

Good to know: diving is the #1 sports cause of US spinal cord injuries. Feet first, first time.



Head held still, the way it was found

DON'T

- ✕ **No collar, no board, no rolled towels.**
  Routine rigid collars and boards from bystanders are rated harmful.
- ✕ **Help them up to see if they can walk.**
  Keep them still until EMS checks them.

5

GET HELP

CALL 911 NOW

- Neck or back pain after a fall
- Numbness, tingling or weakness
- Over 65 and fell, with neck pain

Sources: AHA/ARC First Aid 2024; ANZCOR 9.1.6 (2026); NLM MedlinePlus: Spinal injury (2025); NSCISC (2025, 2026)

▶ WATCH: REEL 47

38 Broken bone: splint it as found

A limb that's bent wrong, swollen or too painful to move may be broken. A splint eases pain and prevents more injury.

DO THIS

1. **Don't straighten it. Splint it the way you found it.**
   Trying to straighten a broken limb can cause harm.

2. **Pad something stiff along it, past the joint above and below.**
   That keeps the break from moving. A rolled magazine or pillow works.

3. **Tie it snug, not tight.**
   Too tight cuts off blood flow. Loosen it if numbness or swelling starts.

4. **Check fingers or toes before and after: color, warmth, feeling.**
   Blue, pale or cold means poor blood flow. Call 911.

5. **Cold pack wrapped in a cloth, about 20 minutes at a time.**
   Cold eases pain and swelling; the cloth protects the skin.

Good to know: life-threatening limb bleeding? Tourniquet first (see p. 2).



Padded splint, past wrist and elbow

DON'T

- ✕ **Push a bone back in.**
  Cover it with a clean dressing to lower the risk of infection.
- ✕ **Move a hip, thigh, neck or back injury.**
  Keep them still for EMS unless they're in danger.

GET HELP

CALL 911 NOW

- Hip, thigh, neck or back
- Bone through the skin
- Limb blue, pale or cold
- Severe bleeding, or not responding

Sources: AHA/ARC First Aid 2024; NLM MedlinePlus: Broken bone (2026); NLM MedlinePlus: How to make a splint (2025); AHA/ARC First Aid (Class 3: Harm, straightening)

► WATCH: REEL 40

39 Burns: cool running water, 20 minutes

> Butter, ice and toothpaste don't belong on a burn. Cool running water does, and most people stop too early.

DO THIS

1. **Get the burn under cool, not ice-cold, running water right away.**
   Cooling early stops the heat from going deeper.

2. **Aim for 20 minutes of cooling. Every minute counts.**
   In nearly 2,500 burned kids, 20 minutes was linked to fewer skin grafts.

3. **Remove rings, watches and clothing near the burn, unless stuck.**
   Burned skin swells, so tight things can cut off blood flow.

4. **Keep the rest of them warm, especially small kids.**
   Kids and older adults chill fastest during cooling.

Good to know: US guidance says 5–20 minutes; burn associations say 20, and it still helps up to 3 hours later. Toddler scalds: p. 59.



Burn under cool running water

DON'T

- ✕ **No ice straight on it, no butter or toothpaste.**
  Ice can damage the skin further. Grease traps the heat in.
- ✕ **Wrap plastic wrap around a limb.**
  Lay it on loosely. A swelling burn can make a wrap too tight.

GET HELP

CALL 911 NOW

- Trouble breathing, or soot at mouth or nose

GET SEEN NOW

- Face, hands, feet, groin or a joint
- Bigger than their own palm
- White, charred or painless skin
- Electrical burn (p. 42)
- Chemical on skin: flush 15 min (p. 63)

Sources: AHA/ARC First Aid 2024; ANZCOR Guideline 9.1.3; BBA & National Burns Network Statement (2026); Griffin, Ann Emerg Med 2020

▶ WATCH: REEL 21

40 Chemical in the eye: water first

> Bleach, drain cleaner or pool chemicals in the eye is a race against the clock. Plain running water, started now and kept going, is the treatment.

DO THIS

1. **Get to running water now: lukewarm or room temperature, not hot.**
   Starting fast matters more than waiting for warm water.

2. **Turn the bad eye down and to the side.**
   That way the runoff misses the good eye.

3. **Gently hold the lids open. Flush at least 15 minutes.**
   The water has to get in. Keep going if it still burns.

4. **Contacts didn't rinse out? Take them out, keep flushing.**
   Don't stop the water to hunt for them.

5. **Powder on the skin? Gloves on, brush it off, then flush.**
   Gloves keep the chemical off you too.

Good to know: bring the bottle, so the ER knows exactly what it was. Keep flushing on the way.



Flushing one eye under a kitchen faucet

DON'T

- ✕ **Rub. No eye drops or eye cups.**
  They don't help. Plain water does the work.
- ✕ **Try to neutralize it.**
  Only if Poison Control or a clinician tells you to.

POISON CONTROL · 24/7
1-800-222-1222
Not breathing, seizing or won't wake? Call 911 instead.

GET HELP

CALL 911 NOW
- Trouble breathing
- Seizure or passing out

GET SEEN NOW
- Every chemical in the eye, after flushing

Sources: AHA/ARC First Aid 2024; NLM MedlinePlus: Eye emergencies (2025); MedlinePlus: Chemical burn (2025); NHS: Eye injuries (2026)

▶ WATCH: REEL 42

41 Eye injuries: don't rub, shield it, go

> Sand in the eye usually washes out. A speck from a grinder, hammer or mower can go in, and that's an emergency.

DO THIS

1. **Dust or sand: don't rub. Blink and let tears work.**
   Tears flush small particles out. Rubbing can scratch the eye.

2. **Lift the upper lid over the lower lashes, then flush with water.**
   The lower lashes can sweep the speck out.

3. **Grinding, hammering, mowing? Tape a cup over the eye. Go.**
   High-speed bits can enter the eye. The cup keeps hands off it.

4. **Hit in the eye? Cold pack on the bone around it.**
   Eases pain and swelling. Never press the eyeball.

5. **Something stuck in it? Leave it, tape a cup over it, call 911.**
   The cup rests on bone, so nothing presses the object.



Paper cup taped over an injured eye

DON'T

- ✕ **No tweezers, swabs or fingers on the eyeball.**
  They won't get it out and can hurt the eye more.
- ✕ **No raw steak on a black eye.**
  Food can get bacteria into the eye.

Good to know: eye doctors estimate safety glasses could prevent 9 in 10 eye injuries. Chemicals: p. 40.

GET HELP

CALL 911 NOW
- Eye hurt by fireworks

GET SEEN NOW
- Vision change or double vision
- Blood in front of the colored part

DOCTOR TODAY
- Still feels like something's there

Sources: AHA/ARC First Aid 2024; AAO: Eye Injuries (2023); NLM MedlinePlus: Eye emergencies (2025); AAO: Eye Injury Prevention

▶ WATCH: REEL 49

42 Electrical shock: cut the power first

> When someone's being shocked, your instinct is to grab them. If they're still touching the source, you become part of the circuit too.

DO THIS

1. **Don't touch them. Unplug it or flip the breaker first.**
   The appliance's own switch may not stop the current.

2. **Power line down? Stay 35+ feet back. Call 911.**
   The ground up to 35 feet around it may be live.

3. **Line on your car? Stay inside unless it's on fire.**
   If it's burning, jump clear, feet together, and shuffle away.

4. **Power off and not breathing normally? Start CPR, get an AED.**
   Fast CPR after an electrical arrest can mean long-term survival. See p. 22.

5. **Get every real shock checked.**
   A burn can look small on the skin and go deep inside.



Unplugging the toaster before touching him

DON'T

- ✕ **Never a broom or stick on a power line.**
  Wood conducts if it's even slightly wet.
- ✕ **Jump in after someone frozen in water.**
  You could be shocked too. Kill the power, throw a float.

Good to know: feel a tingle in the water at a dock? Swim away from it, and don't grab metal ladders.

GET HELP

CALL 911 NOW
- Not breathing normally
- Downed power line involved

GET SEEN NOW
- A burn, passing out or racing heart
- Child, pregnancy or heart disease

Sources: NLM MedlinePlus: Electrical injury (2025); ESFI; Waldmann, BMJ 2017; NFPA (2023)

▶ WATCH: REEL 45

43 Heat stroke: cool first, call 911

> Sweaty and dizzy but thinking straight: heat exhaustion. Confused, slurring, passed out or seizing: heat stroke, even if they're sweating.

DO THIS

1. **Heat stroke: into cold water, neck down, now.**
   At the Falmouth Road Race, 454 of 454 cooled this way survived.

2. **Someone else calls 911. Don't stop cooling to wait.**
   Organ damage rises when cooling is delayed past 30 minutes.

3. **About 15 minutes, or until they're thinking clearly.**
   The US guideline when there's no rectal thermometer.

4. **No tub? A tarp of ice water, or rotate cold wet towels.**
   Ice packs alone cool too slowly.

5. **Exhaustion: shade, loosen layers, wet the skin, fan, sips if alert.**
   Fanning cools by drying water off the skin.

Good to know: new, or back after a week off? Build up over 1–2 weeks. Most heat deaths OSHA investigated came in week one.



Cold-water tub, neck down

DON'T

- ✕ **Rule it out because they're sweating.**
  During hard work or exercise, it can come with heavy sweating.
- ✕ **Trust forehead or ear thermometers.**
  They read low, so a normal number clears no one.
- ✕ **Never leave them alone or let them drive.**
  Heat illness can get worse fast.

GET HELP

CALL 911 NOW
- Confused, slurring, passed out or seizing

GET SEEN NOW
- Vomiting, or can't keep fluids down
- Not better within the hour

Sources: AHA/ARC First Aid 2024; OSHA: Heat Illness First Aid; Stearns, J Athl Train 2024; Tustin, JOEM 2018

▶ WATCH: REELS 24 AND 53

44 Cold water: expect the gasp, float first

> Below 70°F counts as cold water. Falling in triggers a gasp you can't control, and that raises the risk of drowning even for strong swimmers.

DO THIS

1. **Expect the gasp. Mouth up, lean back, float.**
   Floating lets you ride it out and get your breath back.

2. **Breathing settled? Then plan: swim, climb out or wait.**
   Swimming while gasping often fails, even for good swimmers.

3. **Someone else in? Reach or throw. Don't jump in.**
   You'd get hit by the same cold shock.

4. **Once out: keep them lying down and handle gently.**
   People can collapse during and after rescue. Flat is safer.

5. **Wet clothes off, wrap them, heat on chest and armpits.**
   Wet clothes keep pulling heat out. Warm the core first.

Good to know: wear the life jacket, don't stow it. In 2024, 87% of boaters who drowned weren't wearing one, where known (USCG).



Life jacket on, head back, floating

DON'T

- ✕ **No hot shower if drowsy or confused.**
  It can drop core temperature and blood pressure, and cause falls.
- ✕ **Rub or heat their arms and legs.**
  It sends cold blood back to the core.

6

GET HELP

CALL 911 NOW

- Confused, mumbling or very drowsy
- Not breathing normally: CPR (p. 22)

Sources: AHA/ARC First Aid 2024; ANZCOR 9.3.3 (2025); NWS: Cold Water Safety; USCG Recreational Boating Statistics 2024

▶ WATCH: REEL 54

45 Rip currents: float first, then swim sideways

> That calm, flat gap between the breaking waves is often the rip. It won't pull you under. It pulls you out.

DO THIS

1. **Swim near a lifeguard. Check the flags first.**
   Red with a no-swim symbol, or double red, means closed.

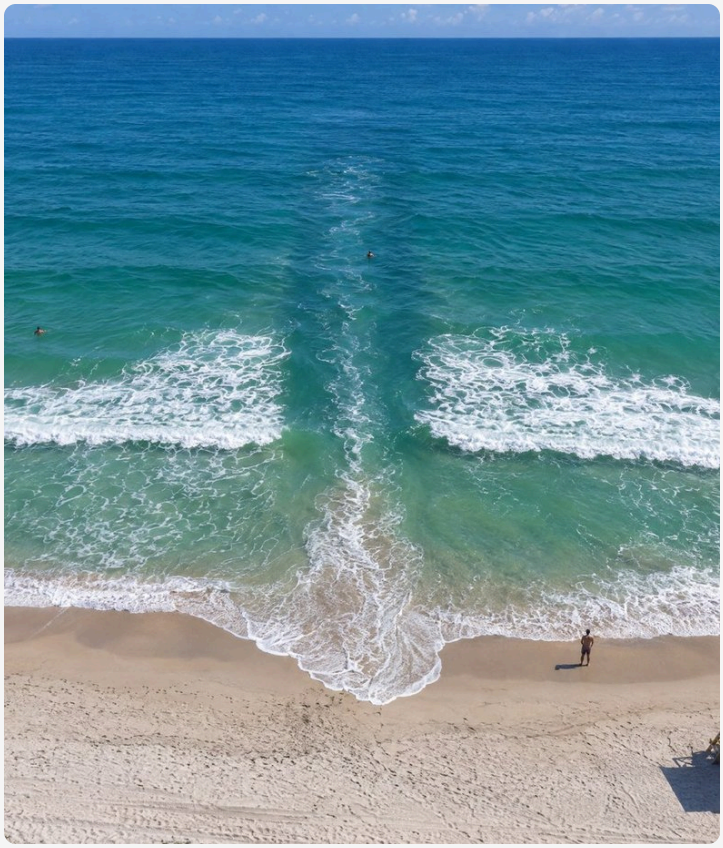
2. **Caught? Don't fight it. Float and catch your breath.**
   It won't pull you under. Floating saves your strength.

3. **Then swim sideways, along the beach, and angle back in.**
   Swimming along the shore gets you out of the pull.

4. **Can't get out? Keep floating, face the beach, yell and wave.**
   Floating keeps you up until help reaches you.

5. **Someone else caught? Lifeguard or 911. Throw something that floats.**
   Many would-be rescuers have drowned. Never swim out without a float.

Good to know: Florida had the most US surf-zone deaths of any state in 2024 and 2025 (NWS, preliminary).



The calm gap between breaking waves: a rip

DON'T

- ✕ **Swim straight back to shore.**
  A rip can outrun an Olympic swimmer. You won't win.
- ✕ **Read a green flag as safe.**
  Green means low hazard. Rips still form by piers and jetties.

GET HELP

CALL 911 NOW

- **Pulled out, not breathing: CPR (p. 46)**

Sources: NWS: Surviving a Rip Current; NWS/USLA Rip Current Sign; USLA: Rip Currents; FDEP Beach Warning Flag Program

▶ WATCH: REEL 59

46 Drowning doesn't look like drowning

> Drowning is often silent: no yelling, no waving. They can't get enough air to call out, and it can happen in under a minute.

DO THIS

1. **Pick one adult as the water watcher, phone down.**
   It's fast and quiet, so someone must be looking, not listening.

2. **Watch for head low, mouth at the water line, body upright.**
   Their arms press down on the water, so they can't wave.

3. **Reach or throw a pole, rope or float. Don't go in.**
   Without rescue training, help only from a safe spot.

4. **Out and not breathing normally? 911, then CPR with breaths.**
   Drowning is an oxygen problem. Can't give breaths? Push anyway.

5. **Needed breaths or CPR? They go to the hospital.**
   Even if they seem fine afterward (AHA).

Good to know: in Florida, drowning is the top accidental killer of kids 1 to 4. A child pulled from the water: p. 64.



Upright, mouth at the water line, silent

DON'T

- ✕ **Push on the belly to get water out.**
  Rescue experts say it's neither effective nor safe.
- ✕ **Count on floaties.**
  Use a Coast Guard life jacket. Even that is only one layer.

GET HELP

GET SEEN NOW

- **Coughing, short of breath or acting off**

Sources: Vittone & Pia, USCG On Scene 2006; American Red Cross (2026); WMS Drowning 2024; AHA/AAP Drowning Update 2024

▶ WATCH: REEL 27

47 Lightning: when thunder roars, go indoors

> If you can hear thunder, you're close enough to be struck, and no place outside is safe. From 1959 to 2017, Florida had more lightning deaths than any other state.

DO THIS

1. **Hear thunder? Get into a building now.**
   Lightning can strike miles from the storm, even before the rain.

2. **No building? A hard-topped car with the windows up.**
   The metal shell protects you, not the rubber tires.

3. **Wait 30 minutes after the last thunder before going out.**
   A storm moving off can still strike well beyond its edge.

4. **Someone struck? Check breathing. Not normal: 911, CPR, AED.**
   The body holds no charge, so it's safe to touch and help.

5. **Several people down? Help the ones who look dead first.**
   The heart often restarts while breathing stays stopped. Breaths and CPR save them.

Good to know: about 9 in 10 people struck by lightning survive, but many live with nerve and brain injuries afterward.



Leaving the beach as a storm rolls in

DON'T

- ✕ **Shelter under a tree, tent or picnic shelter.**
  None protect you. Trees are a leading cause of lightning casualties.
- ✕ **Count on crouching.**
  It doesn't make you safer. Keep moving to shelter.

GET HELP

CALL 911 NOW

- **Not breathing normally after a strike**

Sources: NWS weather.gov/safety/lightning; NWS Miami 2026; WMS Guidelines 2014; AHA 2025 Special Circumstances; Holle, NWS lightning deaths by state 1959–2017

▶ WATCH: REEL 35

48 Generators and carbon monoxide

> After Hurricane Irma in 2017, carbon monoxide poisoned 91 people in Miami-Dade in 9 days, and 3 died. It has no smell.

DO THIS

1. **Generator outside only, 20+ feet away, exhaust away from doors and windows.**
   20 feet is a minimum. People have been poisoned with generators outdoors.

2. **CO alarms with battery backup, every level, outside bedrooms. Test monthly.**
   Sleeping people can die before they feel anything.

3. **Know the signs: headache, dizziness, nausea, confusion.**
   Like flu, but everyone's sick at once, pets too.

4. **Alarm or symptoms? Everyone out, then call 911.**
   Fresh air away from the gas is the first treatment.

5. **Stay out until the fire department says it's clear.**
   You can't smell gas that's still inside.



Generator running outside, well away from the house

DON'T

- ✕ **Never in the house, garage or carport.**
  Open doors and windows still aren't enough.
- ✕ **No charcoal grill indoors.**
  It makes the same odorless gas.

POISON CONTROL · 24/7
1-800-222-1222
Not breathing, seizing or won't wake? Call 911 instead.

Good to know: buying a generator? Look for a CO shut-off (PGMA G300 or UL 2201). It isn't federally required yet.

GET HELP

CALL 911 NOW
- Alarm sounding, or symptoms in the house
- Trouble breathing or passing out

Sources: CDC CO Basics (2026); CPSC 2026 Generator Warning; Falise 2019 (Miami-Dade); Van Sickle, Am J Prev Med 2007

▶ WATCH: REEL 39

49 Snakebite: what not to do, and what works

> Tourniquet, cut, suck: what the movies taught can make a snakebite worse. What helps is getting to antivenom fast.

DO THIS

1. **Move away from the snake, then call 911.**
   Antivenom is the treatment. Nothing should delay getting to it.

2. **Keep them calm and still, lying or sitting.**
   Resting the limb is advised, as long as it doesn't delay the hospital.

3. **Rings and watches off before the swelling starts.**
   Bites swell, and those can get too tight.

4. **Limb still and relaxed, about heart level.**
   Guidelines differ on height. Just don't hold it up.

5. **Mark the swelling's edge on the skin and write the time.**
   The ER can see how fast it's spreading.

Good to know: no alcohol, aspirin or ibuprofen for the pain (CDC).



Marking the swelling's edge on the skin

DON'T

- ✕ **No tourniquet, band or tight wrap.**
  Linked to tissue loss and amputation.
- ✕ **Cut, suck, ice or shock it.**
  Suction removed 0.04% of venom in testing. Cutting and ice add damage.
- ✕ **Kill or catch the snake.**
  Dead snakes can still bite. Photo it from a distance.

GET HELP

CALL 911 NOW

- Any venomous or possibly venomous bite (coral snake: even without symptoms)

GET SEEN NOW

- Last tetanus shot 5+ years ago

Sources: AHA/ARC First Aid 2024; Wilderness Medical Society 2015; CDC/NIOSH: Venomous Snakes; Alberts, Ann Emerg Med 2004

▶ WATCH: REEL 23

50 Stingray and jellyfish stings

> Stingray barbs and jellyfish stings hurt right away. For both: get out of the water, and heat beats ice.

DO THIS

1. **Shuffle your feet as you wade.**
   So you don't step on a stingray.

2. **Stingray: get out and press on any bleeding.**
   The barb leaves a puncture. Pressure controls the bleeding.

3. **Soak 30–90 minutes, as hot as they can stand without burning.**
   Pain can hide a scald, so test the water with your own hand first.

4. **Jellyfish: lift tentacles off with tweezers or a gloved hand.**
   First-line now. Bare fingers get stung too.

5. **Rinse with seawater, not fresh water, then hot water.**
   Fresh water can fire stingers. In a trial, heat beat ice for pain.



Soaking a foot; helper tests the water

DON'T

- ✕ **Pee on it.**
  Urine can set off more stingers.
- ✕ **Pull a barb from chest, belly or neck.**
  It may plug the wound. Pad around it, call 911.
- ✕ **Touch a man o' war on the sand.**
  Dead or dried, it can still sting.

Good to know: vinegar for man o' war is contested. Florida Poison Control lists it; ANZCOR and Red Cross advise against. Seawater and hot water are safe.

GET HELP

CALL 911 NOW
- Trouble breathing or swelling (epinephrine: p. 30)

GET SEEN NOW
- Any stingray puncture

DOCTOR TODAY
- Last tetanus shot 5+ years ago

Sources: AHA/ARC First Aid 2024; ILCOR First Aid CoSTR 2025; NLM MedlinePlus: Stingray (2025); Florida Poison Control (2026)

▶ WATCH: REEL 43

51 Animal bites and rabies

Dog bite, cat bite, bat in the bedroom. Once symptoms start, rabies is nearly always fatal; shots before then work.

DO THIS

1. **Wash with soap and running water for a full 15 minutes.**
   It flushes virus out of the wound. Set a timer.

2. **Get every bite that breaks the skin seen today.**
   Saliva gets in. In one study, about 1 in 3 cat hand bites were admitted.

3. **Get the owner's name and the animal's vaccine record.**
   A dog, cat or ferret healthy after 10 days wasn't spreading rabies.

4. **Stray or wild? Call animal control or the health department.**
   They decide on watching or testing it, and on shots.

5. **Woke with a bat in the room? Don't let it out. Call.**
   Bat bites can go unnoticed. Bats cause at least 7 in 10 US rabies deaths.

Good to know: in Florida, raccoons and bats lead for rabies; cats lead among pets (FDOH 2025). Child's dog bite: p. 60.



Washing a bite with soap and running water

DON'T

- ✕ **Skip the doctor for a small bite.**
  Even small bites can pass rabies or infection.
- ✕ **No peroxide or iodine instead of washing.**
  Running tap water beats antiseptics for cleaning wounds.

GET HELP

GET SEEN NOW
- **Deep wound, or bleeding won't stop**

DOCTOR TODAY
- **Last tetanus shot 5+ years ago**

Sources: CDC Rabies (2025); CDC/ACIP, MMWR 2008 & 2010; AHA/ARC First Aid 2024; Babovic, J Hand Surg 2014

▶ WATCH: REEL 44

52 Swallowed coin battery: ER now

A child who may have swallowed a coin battery can look fine. Stuck in the throat, it can cause serious burns in as little as 2 hours.

DO THIS

1. **Swallowed, or might have? Go to the ER now.**
   There may be no symptoms at first. Don't wait for them.
2. **Call Poison Control on the way.**
   They can guide you while you drive.
3. **Age 1+, within 12 hours, can swallow? Honey, per Poison Control.**
   2 tsp (10 mL) every 10 min, up to 6 doses. It buys time, not a cure.
4. **Unsure what battery? Treat it as a lithium coin cell.**
   Poison Control assumes that unless it's a hearing-aid battery.
5. **Check remotes, key fobs, flameless candles and toys.**
   New products need secure compartments; older gadgets and loose spares are still around.

Kids: swallowed pills, medicine, edibles or vape liquid: see p. 63.

POISON CONTROL · 24/7
1-800-222-1222
Not breathing, seizing or won't wake? Call 911 instead.



Coin battery between a penny and a nickel

DON'T

- ✕ **Make them throw up.**
  Poison Control's battery guideline says not to.
- ✕ **No food or drink, except honey.**
  Nothing else until an X-ray shows it's past the throat.
- ✕ **No honey under age 1.**
  It isn't safe for babies. Just go.

GET HELP

GET SEEN NOW

- More than one magnet, or magnet plus battery
- Later fever, belly pain, vomiting, bloody stool

Sources: Poison Control (poison.org) Guideline 2018; Anfang, Laryngoscope 2019; Reese's Law, Pub. L. 117-171

▶ WATCH: REEL 36

53 Knocked-out adult tooth: save it

A knocked-out adult tooth can often be saved, but the cells on its root start dying within minutes once it dries.

DO THIS

1. **Pick it up by the crown, the white part, never the root.**
   The root carries the living cells the tooth needs.

2. **Dirty? Rinse a few seconds, in milk if you can. Don't scrub.**
   Guidelines advise only a brief rinse. Scrubbing harms the root.

3. **Best: put it back in the socket, bite on gauze or cloth.**
   Teeth back in within about 15 minutes do best.

4. **Can't? Store it in milk, or in their spit in a cup.**
   Most root cells are dead after about 30 minutes dry.

5. **Dentist or ER now. Ask about tetanus.**
   It's one of the few true dental emergencies.

Good to know: knocked out cold? Don't replant; store the tooth in milk. Airway and any head injury come first (p. 36).



Tooth held by the crown, not the root

DON'T

- ✕ **Store it in plain water.**
  Root cells can't tolerate water for long.
- ✕ **No napkin, and never keep it in the cheek.**
  Drying kills root cells. A tooth in the cheek can be swallowed.
- ✕ **Put back a baby tooth.**
  Baby teeth aren't replanted. Still see the dentist (p. 62).

GET HELP

GET SEEN NOW

- **Every knocked-out adult tooth**

Sources: IADT 2020 (Fouad, Dent Traumatol); AHA/ARC First Aid 2024; ILCOR SR, De Brier 2020; AAE (aae.org)

▶ WATCH: REEL 34

54 Infant CPR (under 1 year) KIDS

A baby's heart usually stops because breathing stopped first. That's why infant CPR needs pushes and breaths.

DO THIS

1. **Tap and shout. No response, not breathing normally or only gasping? Start CPR.**
   Gasping isn't breathing. Skip the pulse check; most people can't find one.

2. **911 on speaker. No phone, nobody near? About 2 minutes of CPR, then call.**
   The dispatcher coaches you.

3. **Firm, flat surface. Heel of one hand, or two thumbs, on the breastbone.**
   Two fingers can't push deep enough; AHA dropped them in 2025.

4. **Push about 1½ inches, a third of the chest, 100 to 120 a minute.**
   Depth is what moves blood. Let the chest rise fully after each push.

5. **After 30 pushes, 2 gentle breaths: your mouth over the mouth and nose.**
   Arrest usually starts with breathing, so breaths matter. Just enough to see the chest rise.



Heel of one hand on a manikin's chest

DON'T

- ✕ **Push on the belly**
  Center of the chest, just below the nipple line.
- ✕ **Stop if you can't do breaths**
  Pushes alone are far better than nothing.

Good to know: AED? Child pads if it has them; adult pads are OK if they don't touch: one front, one back.

GET HELP

CALL 911 NOW

- Won't respond, not breathing normally
- Only gasping

Sources: AHA 2025 Pediatric BLS (AHA/AAP); AHA 2025 Pediatric BLS Algorithm (single rescuer); RCUK/ERC 2025 Paediatric BLS

▶ WATCH: REEL 60

55 Child CPR (age 1 to puberty) KIDS

A child's heart usually stops because breathing stopped first, so kids need breaths, not just pushes.

DO THIS

1. **Tap their shoulder, shout their name. Not breathing normally, or gasping? Start CPR.**
   Gasping isn't breathing. Skip the pulse check.

2. **Call 911 on speaker and send someone for an AED.**
   The dispatcher coaches you. Alone, no phone? About 2 minutes of CPR, then call.

3. **Flat on the floor. Heel of one or two hands, center of the chest.**
   A mattress soaks up the push. Two hands if one isn't deep enough.

4. **Push about 2 inches, at least ⅓ of the chest, 100–120 a minute.**
   Hard and fast moves blood. Let the chest come all the way back up.

5. **After 30 pushes: tilt the head, lift the chin, pinch the nose, 2 breaths.**
   Breaths put back the oxygen that ran out first. Just until the chest rises.



Two hands, center of a child manikin's chest

DON'T

✕ **Skip the breaths if you can give them**
Breaths with pushes improve kids' survival. Pushes alone are only the backup.

Good to know: Under 8? Child pads or child mode; otherwise adult pads, not touching. Signs of puberty? Use adult CPR.

GET HELP

CALL 911 NOW

- Not responding, not breathing normally
- Only gasping
- Collapsed suddenly? 911 and AED now

Sources: AHA 2025 Pediatric BLS (AHA/AAP); AHA 2025 Pediatric BLS Algorithm (single rescuer); ERC/RCUK 2025 Paediatric BLS

▶ WATCH: REEL 70

56 Febrile seizure KIDS

A fever, then your child goes stiff and jerks. Terrifying, but usually over in 1 to 2 minutes.

DO THIS

1. **Check the time when it starts.**
   Over 5 minutes means 911; the doctor will ask how long.

2. **Ease them to the floor, clear the space, cushion the head.**
   Nothing hard to hit, nowhere to fall.

3. **Gently roll them onto their side, without holding them down.**
   Spit or vomit drains out instead of going into the lungs.

4. **When it stops, keep them on their side and stay with them.**
   Sleepy for a while is normal. They still get checked today.

Good to know: First-ever seizure: AAP says call your doctor; AHA/Red Cross, CDC and NHS say 911. We go with 911.



Child on their side; parent timing it

DON'T

- ✕ **Nothing in the mouth; don't hold them down**
  They can't swallow their tongue. Holding them down can hurt them.
- ✕ **No bath, cold sponging or medicine while seizing**
  Water adds a drowning risk; anything by mouth can go into the lungs.
- ✕ **Rely on fever medicine**
  It won't prevent a seizure.

GET HELP

CALL 911 NOW

- First seizure ever
- Over 5 minutes
- Trouble breathing
- Another seizure, or one side only
- Not back to normal in 5–10 minutes

DOCTOR TODAY

- Had them before, short, back to normal

Sources: AHA/ARC First Aid 2024; AAP: Febrile Seizures (HealthyChildren 2025); CDC: First Aid for Seizures; NHS (UK): Febrile seizures

▶ WATCH: REEL 71

57 Child head injury: when it's an emergency KIDS

> Most kids' head bumps are minor. Your job is spotting the few that aren't.

DO THIS

1. **Knocked out, a seizure, or neck pain? Call 911 and don't pick them up.**
   Even a second counts. Keeping them still protects the neck.

2. **Otherwise, hold a cold pack wrapped in a towel on the bump.**
   Cold eases swelling; the towel protects the skin.

3. **Let them sleep, with an adult close by for 24 hours.**
   'Don't let them fall asleep' is a myth. No night wake-ups unless the doctor says.

4. **Hit at practice? Out for the day; back only with a doctor's OK.**
   Going back too soon raises the chance of a second concussion.



Child asleep, an adult close by at night

DON'T

✕ **Shake a dazed child**
Shaking can worsen a head or neck injury.

Good to know: First couple of days: less screen time, light activity, no dark room needed.

GET HELP

CALL 911 NOW
- Knocked out, even for a second
- Seizure, or can't wake them normally
- Neck pain

GET SEEN NOW
- Throws up more than once
- Worsening headache or unequal pupils
- Confused, slurred speech, weak or clumsy
- Fluid or blood from nose or ears
- Baby under 1 with any bump or bruise

DOCTOR TODAY
- Threw up once: call the doctor now

Sources: CDC HEADS UP: Concussion danger signs (2025); AAP: Head injury in children (HealthyChildren 2024); AHA/ARC First Aid 2024; NHS (UK): Head injury (2025)

▶ WATCH: REEL 72

58 Shock in a child: spot it early KIDS

Kids hold their blood pressure up, then crash. Normal blood pressure doesn't mean they're OK.

DO THIS

1. **Floppy, hard to wake, or not acting like themselves?**
   Behavior changes early. 'Something's wrong' is reason to call.

2. **Check the skin: blotchy, gray or blue; cold hands and feet.**
   The body pulls blood from the skin first. On darker skin, check palms.

3. **Fingertip test: press 5 seconds, let go. Color back in 2 seconds is normal.**
   3 seconds or more: red flag. Normal doesn't clear them.

4. **Call 911. Don't wait for it to get worse.**
   When a child's blood pressure drops, they're already crashing.

5. **Awake: flat on their back. Drowsy or throwing up: on their side.**
   The side keeps the airway clear. Breathing hard? Let them sit up.



Floppy toddler on a parent's lap

DON'T

- ✕ **Nothing to eat or drink if very ill**
  A drowsy child can choke.
- ✕ **Bundle a burning-hot child**
  Cover a cold, blotchy child; don't over-wrap a feverish one.

Good to know: Alert with a tummy bug? Sips of oral rehydration solution (not juice); call the doctor.

GET HELP

CALL 911 NOW

- Floppy, hard to wake, not themselves
- Fast breathing, grunting, belly sucking in
- No pee or wet diaper in 12 hours
- Rash that doesn't fade when pressed

DOCTOR TODAY

- Alert, fewer wet diapers than usual

Sources: AHA/ARC First Aid 2024; NICE NG254 (2025); ANZCOR 9.2.3 (2025); Fleming, BJGP 2016

▶ WATCH: REEL 73

59 Scald burns in toddlers KIDS

A toddler's skin is thinner than yours, so a spilled cup of coffee burns them deeper and faster.

DO THIS

1. **Get the burn under cool running water right away. Aim for 20 minutes.**
   That stops the heat going deeper. It helps even 3 hours later.

2. **Remove wet clothes, diaper and jewelry unless stuck to skin.**
   Soaked cloth holds heat in; burned skin swells around anything tight.

3. **Keep the rest of them wrapped warm. Shivering? Stop cooling and warm them.**
   Little kids lose heat fast; cool only the burn.

4. **Cover it loosely: plastic wrap laid on in strips, or a clean cloth.**
   Protects without sticking. Never around a limb or on the face.

Good to know: US guidance: cool 5–20 minutes; burn experts aim for 20. Water heater at 120°F or lower.



Burned forearm under cool running water

DON'T

- ✕ **No ice, butter, oil, toothpaste or creams**
  Ice damages skin and chills a small child; butter traps heat.
- ✕ **Pop blisters**
  They protect the healing skin.

GET HELP

CALL 911 NOW

- Breathing trouble, burns near mouth or nose
- A large burn
- Sleepy, floppy or cold

GET SEEN NOW

- Blisters bigger than your child's hand
- Face, hands, feet, genitals or joint
- All the way around a limb
- White, charred or painless skin
- Any blister on a baby

DOCTOR TODAY

- Any other scald on a toddler

Sources: AHA/ARC First Aid 2024; ANZCOR Guideline 9.1.3; BBA & National Burns Network Statement (2026)

▶ WATCH: REEL 74

60 Dog bite: press, wash, get it seen KIDS

> Most dog bites to kids come from a dog they know. The younger the child, the more often it's the face.

DO THIS

1. **Child away, dog secured. Press hard with a clean cloth until bleeding stops.**
   Pressure stops the bleeding. No set time: keep pressing until it stops.

2. **Wash with soap and running water, a full 15 minutes if they'll let you.**
   Washing flushes out germs and any rabies virus from the dog's saliva.

3. **Cover it with a clean dressing. Don't tape or glue it shut.**
   Closing a bite can trap germs. The doctor decides about stitches.

4. **Get the owner's name, number, the dog's rabies record and vet.**
   The doctor uses it to decide on rabies shots. Florida law entitles you to it.

Good to know: Report it to animal control or the health department. A pet dog is usually watched for 10 days.



Pressing the bite; dog behind a gate

DON'T

✕ **Leave a young child alone with any dog**
Even the family dog. Most bites happen during everyday play.

GET HELP

CALL 911 NOW
- Bleeding you can't stop
- A deep bite to the face or neck
- Many bites
- Child looks pale, sleepy or faint

DOCTOR TODAY
- Any bite that breaks the skin
- Face, hands, feet, genitals or a puncture

Sources: AAP: Treatment for Animal Bites (HealthyChildren 2025); CDC: Dogs — Preventing bites (2026); Florida DOH: Rabies; Fla. Stat. 828.30

▶ WATCH: REEL 75

61 Broken arm: splint it as found KIDS

A child can still move a broken arm. Pain, swelling or not using it? Treat it as broken.

DO THIS

1. **Splint it as found: rolled magazine past both joints, then a towel sling.**
   Keeping it still eases pain and stops the broken ends doing more damage.

2. **Rings and watches off. Check the fingers are pink, warm and wiggling.**
   Swelling traps rings. Cold, pale, blue or numb: poor blood flow.

3. **Older kids: cold pack in a towel, up to 20 minutes.**
   Cold eases pain. No ice on babies or toddlers; it can hurt their skin.

4. **Nothing to eat or drink, not even pain medicine, until a doctor says.**
   Setting a bone may need anesthesia, which needs an empty stomach.



Splinted arm in a towel sling

DON'T

- ✕ **Pull, twist or try to pop it back**
  A pulled elbow and a break look alike; the doctor fixes it.
- ✕ **Push a bone back under the skin**
  Press around it, cover it, call 911.

Good to know: Hurt near a wrist or elbow? Growth plates can break unseen on X-ray. Keep follow-ups.

GET HELP

CALL 911 NOW
- Bone through the skin
- Bleeding you can't stop
- Cold, pale, blue or numb hand
- Thigh, hip, neck or back injury

GET SEEN NOW
- Crooked arm
- Pain, swelling, or won't use it

Sources: AHA/ARC First Aid 2024; AAP: Broken Bones in Children (HealthyChildren 2026); AAOS OrthoInfo: Growth Plate Fractures

▶ WATCH: REEL 76

62 Knocked-out tooth: baby or adult? KIDS

A knocked-out front tooth can often be saved if you act fast. First: baby or adult?

DO THIS

1. **Under about 6, it's a baby tooth: don't put it back.**
   It can hurt the adult tooth growing behind it, or get breathed in.

2. **Adult tooth: pick it up by the white part, never the root.**
   The root is covered in living cells the tooth needs to reattach.

3. **Dirty? A splash of milk or water. Push it in gently; bite on cloth.**
   Back in the socket is the best place to keep those root cells alive.

4. **Won't go in? Into milk or a cup of their spit, then dentist now.**
   Milk keeps root cells alive. Never in their cheek: they could choke.

Good to know: Age 6 to 8 and unsure? Don't push it in. Milk, then the dentist now.



Baby tooth or adult tooth?

DON'T

✕ **No scrubbing, no storing in water, no drying in tissue**
They damage the root cells; after about 30 minutes dry, most are gone.

GET HELP

CALL 911 NOW
- Knocked out, confused or throwing up
- Hit hard in the jaw

GET SEEN NOW
- Adult tooth out: dentist or ER
- Mouth bleeding that won't stop
- Tooth missing and child coughing

DOCTOR TODAY
- Baby tooth out: call the dentist
- Chipped or pushed-in tooth

Sources: IADT 2020 (Dent Traumatol); AHA/ARC First Aid 2024; AAPD (Reference Manual 2025); AAP: Knocked-Out Permanent Tooth (HealthyChildren 2025)

▶ WATCH: REEL 77

63 Swallowed poison, pills, edibles, vapes KIDS

> Toddler had an open bottle but seems fine? Call anyway: some poisons take hours to show.

DO THIS

1. **Take it away; get what's left out of their mouth.**
   Anything still in their mouth can still be swallowed.

2. **Grab the bottle or pack; count what's missing.**
   Poison Control needs what, how much and when. The label tells them.

3. **Call Poison Control, 1-800-222-1222, even if your child seems fine.**
   Free, 24/7. Usually they'll say stay home; if not, they'll say go.

4. **Pills, edible or vape liquid? Call, even for a little.**
   One adult pill or a little vape liquid can seriously hurt a toddler.

5. **Splashed on skin or in eyes? Lukewarm running water for 15 minutes.**
   It keeps burning while it sits. Rinsing early saves skin and sight.

Good to know: Not breathing normally after pills? 911, CPR with breaths, naloxone if you have it.



Toddler found with an open pill bottle

DON'T

- ✕ **Make them throw up: no ipecac, no salt water**
  What burned going down burns again coming up; they can choke.
- ✕ **Nothing to eat or drink unless Poison Control says**
  A few products call for a sip of water. They'll tell you.

POISON CONTROL · 24/7
1-800-222-1222
Not breathing, seizing or won't wake? Call 911 instead.

GET HELP

CALL 911 NOW
- Won't wake up
- Not breathing normally
- A seizure

GET SEEN NOW
- Button battery: ER now (p. 52)

Sources: AAP: Poison Prevention (HealthyChildren 2026); HRSA Poison Help; MedlinePlus: Poisoning first aid (2025); StatPearls: Deadly Single Dose Agents (2026)

► WATCH: REELS 78 & 51

64 After a child is pulled from the water KIDS

Drowning is a breathing problem: what matters is how long they went without air.

DO THIS

1. **On their back. Not breathing normally? 911 and CPR with breaths (pp. 54–55).**
   Drowning starves the body of oxygen, so breaths put it back. Can't? Push anyway.

2. **Breathing, but drowsy or throwing up? Roll them onto their side.**
   Vomiting is common after drowning. On their side it drains out, not into the lungs.

3. **Get the wet clothes off and wrap them up warm.**
   Wet little kids lose heat fast, and a cold child gets sicker.

4. **Every child who went under: doctor today, then watch them 8 hours.**
   ANZCOR's rule, stricter than most US advice. Lung trouble shows in those first hours.

Good to know: No 'dry drowning' days later out of nowhere. Trouble shows within hours.



Child on their side on a pool towel

DON'T

✕ **Try to get the water out**
No belly squeezes, no Heimlich. Little water gets in, and the body absorbs it.

GET HELP

CALL 911 NOW
- Needed breaths or CPR, even if recovered
- Went limp, blue or unconscious
- Hard to wake, confused, struggling to breathe

GET SEEN NOW
- Cough that won't settle
- Fast or hard breathing
- Foam at mouth or nose
- Very sleepy or acting strange

DOCTOR TODAY
- Every child who went under

Sources: AHA 2025 Pediatric BLS; AHA/AAP Drowning Update 2024; ANZCOR Guideline 9.3.2; Szpilman, Cleve Clin J Med 2018

▶ WATCH: REEL 79

65 Crushed or cut fingertip KIDS

Most little kids' fingertip injuries come from doors, often with an adult nearby.

DO THIS

1. **Wrap the fingertip in a clean cloth and press firmly until it stops.**
   Pressure squeezes cut vessels shut so a clot forms. Holding it up doesn't.

2. **Once it's controlled, check for blood under the nail or a torn nail.**
   The nail bed grows the nail; torn and unrepaired, it can grow back deformed.

3. **Piece missing? Damp gauze around it, sealed bag, bag into ice water.**
   Cold buys time. In kids under 6, even a fingertip can sometimes go back on.

4. **Go to the ER with the piece, however small.**
   No piece is too small to save.

Good to know: Pressure, not elevation, stops bleeding. Crushes count as dirty wounds for tetanus.



Cloth pressed on a toddler's fingertip

DON'T

- ✕ **Never put the piece straight on ice**
  Direct ice freezes the tissue the surgeon needs.
- ✕ **No rubber band, hair tie or tourniquet on a finger**
  A band can cut off the whole finger's blood. Under age 2, no tourniquet anywhere.

GET HELP

CALL 911 NOW
- Pale, sweaty or faint
- Heavy bleeding that won't stop

GET SEEN NOW
- A piece is missing
- Bone showing
- Bleeding won't stop with firm pressure

DOCTOR TODAY
- Blood under the nail
- Nail torn or lifted
- Deep cut or crooked finger

Sources: AAP: Fingertip Injuries (HealthyChildren 2026); AAOS OrthoInfo: Fingertip Injuries and Amputations; AHA/ARC First Aid 2024; ANZCOR Guideline 9.1.1

▶ WATCH: REEL 80

PRINTABLE · FILL IT IN, CUT ALONG THE DASHED LINE, POST IT ON THE FRIDGE

MED-TAC INTERNATIONAL

EMERGENCY FRIDGE CARD

EMERGENCY 911

POISON CONTROL 1-800-222-1222

HOME ADDRESS + NEAREST CROSS STREET

PEDIATRICIAN (NAME + NUMBER)

DENTIST (NAME + NUMBER)

NEAREST ER

ALLERGIES + MEDICINES (NAME: ALLERGIES · MEDICINES)

IN THE FIRST 5 MINUTES

Bleeding
Press hard, and don't let up.

Choking
5 back blows first, then 5 thrusts (chest thrusts for a baby).

CPR
Push hard and fast in the center of the chest.

Burn
Cool running water, about 20 minutes.

The Trauma Brief Field Guide · tactical-medicine.com/pages/brief

Education, not medical advice. In an emergency, call 911.

PRINTABLE · FAMILY EMERGENCY INFO SHEET

Family Medical Information

Keep this with the fridge card. Hand it to EMS or the ER.

EMERGENCY 911

POISON CONTROL 1-800-222-1222

NAME	DATE OF BIRTH	ALLERGIES	MEDICINES	CONDITIONS	DOCTOR

Last updated: _____ Updated by: _____

PRINTABLE · 2 CARDS · CUT ON THE DASHED LINES · VISOR + GLOVE BOX

MED-TAC INTERNATIONAL

CALLING 911 FROM THE ROAD

911
CALL

Where you are first

1. "I'm on [road], heading [direction], near [exit, mile marker or landmark]."
2. "There's been [a crash / someone collapsed]. [Number] people are hurt."
3. "It is / isn't safe: [traffic, fire, smoke, water]."
4. Stay on the line. Speaker on. Follow the dispatcher.

Poison Control (U.S., 24/7): **1-800-222-1222**

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MED-TAC INTERNATIONAL

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Education, not medical advice. In an emergency, call 911.

PRINTABLE · HOME READINESS

Home Readiness Checkpoints

Walk through this list twice a year, when the clocks change. Date each box when it's done.

CHECKPOINT	CHECK 1 DATE	CHECK 2 DATE	CHECK 3 DATE	CHECK 4 DATE
☐ Everyone at home knows where the first aid kit is.				
☐ Check the kit twice a year: replace anything used, opened or expired.				
☐ Medicines stay locked, up high, in their original containers.				
☐ Poison Control, 1-800-222-1222, is saved in every phone in the house.				
☐ Everyone old enough has taken a hands-on CPR and bleeding control class.				
☐ The fridge card is filled in and posted where a babysitter can see it.				

EMERGENCY 911

POISON CONTROL 1-800-222-1222

MED-TAC INTERNATIONAL

The Trauma Brief Field Guide

What to do in the first 5 minutes.

65	8	5	4
emergencies, one page each	sections, from bleeding to kids	minutes: what you do before help arrives	printables for the fridge, the car and the home

FREE · THE COMPANION TO THIS GUIDE

Get The Trauma Brief

This guide covers what to do with your hands in the first 5 minutes. The Trauma Brief covers the rest: the doctrine behind every step, the decision logic for when to do what, and the kit that matches your mission. Get it free at tactical-medicine.com/pages/brief.

tactical-medicine.com/pages/brief

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Marco R. Torres, MD, NRP, is a physician and medical educator and a U.S. Navy veteran. He has 15 years of experience in tactical medicine as a flight medic, as a paramedic, and in high-threat VIP protection operations, and he taught EMS for 7 years. He is the founder and CEO of MED-TAC International Corp., a clinician-founded, veteran-led, SDVOSB-certified company, and of ALKEONHealth.com.

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DISCLAIMER · This guide is for education only. It is not medical advice and does not replace hands-on first aid or CPR training. In an emergency, call 911, follow the dispatcher, and follow your local protocols. Each page is current to the sources listed on it as of October 2026. Guidelines change; check for updates.

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