



First Aid and CPR Flowchart

Personal Safety

Hazards	Are there any hazards...or could hazards develop? Gloves?
What Happened	How did this happen...what kind of injuries might be likely...is it now safe?
How many people need help	Is there just one person...or several people who are injured or need assistance?
Helpers	Is there anyone nearby who can help you...or call 9-1-1 and get an AED?

Assess ABC's

A - Airway	Is the airway clear...is a Head-Tilt-Chin-Lift needed?
B - Breathing	Is the person breathing?...Yes or No...Are they alive or dead?
C - Circulation	Do they appear to be bleeding?...Are they Pale?...Sweaty?...Red?...Bluish?

Call 9-1-1

Should you Call 9-1-1?	Err on the side of caution
	Send someone else...have them report back and bring an AED if possible

Ongoing Assessment and Care

A - Airway	Keep the airway open	<p style="text-align: center;">Assisting with Medication</p> <p>You can help someone with their medication if...</p> <ul style="list-style-type: none"> • It is safe to do so • The person is responsive and has expressed a desire for help with the medication
	Roll them if needed	
B - Breathing	Ensure they are breathing	
	CPR if they stop breathing.	
C - Circulation	Control major bleeding	
	Treat for Shock	

Secondary Survey

Interview	
S	Signs and Symptoms – what is hurting or causing discomfort
A	Allergies – are you allergic to anything...and have you been recently exposed
M	Medications – do you take medication...have you taken too much...too little...new ones recently?
P	Previous Medical History – eg: Diabetes...Asthma...Angina...?
L	Last Meal – what and when did you last eat or drink...is that normal for you?
E	Events Leading Up To – what were you doing when the pain or discomfort started?

Vital Signs	
Level of Consciousness	Do they appear more or less conscious than earlier?
Breathing	Does their breathing appear better or worse than earlier?
Skin	How does their skin look and feel?

Injury Check	
Hands-On Examination	Physically check and feel for injuries (Unresponsive patients)
Hands-Off Examination	Thoroughly look at and feel any areas of pain or discomfort (Responsive patients)

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