To handle an emergency situation, use Emergency Scene Management (ESM).

1. Take charge.
2. Call out for help.
3. Assess hazards and make the area safe.
4. Find out what happened.
5. Identify yourself and offer to help.
6. If head or spinal injuries are suspected, support the head and neck.
7. Assess responsiveness.
8. Send or go for medical help.

Note: Protect yourself and others by wearing non-latex gloves when giving first aid. Use a shield or face mask with a one-way valve when giving CPR.

Cardiopulmonary Resuscitation (CPR – Adult)

1. Open airway – push back on forehead and lift chin.
2. Check breathing. If the casualty is not breathing...
3. Pinch nose and make a tight seal over the mouth. Give 2 breaths.
4. Make sure casualty is on a firm flat surface.
5. Place hands on centre of chest.
6. Position shoulders directly over hands and keep elbows locked.
7. Compress firmly 30 times then give 2 breaths. Push hard - Push fast
8. Continue cycles of 30 compressions and 2 breaths until help arrives.

Choking (Adult)

If a choking person can speak, breathe or cough – STAND BY and encourage coughing.

If a conscious person cannot speak, breathe or cough:

1. Stand behind person and find top of the hip bones with your hands.
2. Place a fist midline against the abdomen.
3. Grasp fist with other hand and press inward and upward forcefully.
4. Continue until object is expelled or person becomes unconscious.

Emergency Numbers

<table>
<thead>
<tr>
<th>AMBULANCE</th>
<th>FIRE</th>
<th>POLICE</th>
<th>FAMILY DOCTOR</th>
<th>POISON INFORMATION CENTRE</th>
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</thead>
</table>

Note: This poster is a step-by-step guide to what you can do until medical help arrives. These tips do not take the place of first aid training.

St. John Ambulance
SALVING LIVES
at work, home and play

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