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SAFETY IS A SOCIAL RESPONSIBILITY



ARE YOU PREPARED TO HELP SOMEONE IF THIS HAPPENS?



RESCUE BREATHING

1. OPEN THE AIRWAY
2. LOOK, LISTEN, AND FEEL
3. PINCH AND SEAL
4. BLOW TWICE
5. CHECK FOR A PULSE
6. GIVE MORE BREATHS

YOUR IMMEDIATE ACTIONS CAN MAKE THE DIFFERENCE BETWEEN LIFE AND DEATH!

➔ SIZE UP THE SCENE

➔ EVALUATE THE INJURIES

⊕ SEEK MEDICAL HELP

LEARN YOUR ROLE IN THE FIRST AID BASICS FOR:

1. CPR
2. SHOCK
3. CHOKING
4. BLEEDING
5. BANDAGING
6. WOUNDS
7. SPRAINS AND FRACTURES
8. BURNS
9. CHEMICAL EXPOSURE
10. POISONINGS
11. ALLERGIC REACTIONS
12. TICK BITES
13. ELECTRIC SHOCKS
14. HEAD INJURIES
15. COLD AND HEAT EXPOSURE
16. SEIZURES
17. HEART ATTACKS

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