

Heartsaver First Aid Only Page References

First Aid Rescuers/Basics Pages 5-8

Legal Concerns	Page 4
Duties, Roles, Responsibilities	Page 5
Finding the Problem ~ Calling for Help	Pages 5-8
Follow the Dispatcher's Instructions	Page 8

Personal Safety Pages 11-17

Access the Scene	Page 11
Universal Precautions	Pages 12-15
Personal Safety: Review Questions	Pages 16-17

Medical Emergencies Pages 19-35

Breathing Problems	Pages 19-20
Choking in an Adult/Child/Infant	Pages 21-26
Allergic Reactions ~ Using an Epi Pen	Pages 27-28
Heart Attack	Pages 28-30
Fainting	Pages 31-32
Diabetes and Low Blood Sugar	Page 32
Stroke	Page 33
Seizure	Page 34
Medical Emergencies: Review Questions	Pages 35-37

Injury Emergencies Pages 39-54

External Bleeding	Pages 39-42
Shock	Pages 42-43
Wounds	Pages 43-48
Head, Neck, and Spine Injuries	Pages 48-49
Broken Bones and Sprains	Pages 50-21
Burns and Electrical Injuries	Pages 51-53
Injury Emergencies: Review Questions	Pages 54-55

Environmental Emergencies Pages 57-67

Bites and Stings	Pages 57-59
Heat-Related Emergencies	Pages 60-61
Cold-Related Emergencies	Pages 62-63
Poison Emergencies	Pages 64-66
Environmental Emergencies: Review Questions	Pages 67-68

Prevention Strategies Pages 69-71

Risks of Smoking and Vaping	Pages 69-70
Benefits of a Healthy Lifestyle	Pages 71