

Emergency Cheat Sheet

What to do in the minutes before help arrives.

ER — EMERGENCY RESPONSE · BUILT BY A FIRST RESPONDER

ALWAYS CALL 911 FIRST.

A quick reference — not a substitute for training or medical care.

1 Adult CPR

Call 911 and grab an AED if one is nearby.

Push hard and fast in the center of the chest — about 2 inches deep, 100–120 per minute.

Don't stop until they breathe or help takes over.

2 Choking — Adult or Child

If they can't breathe, cough, or speak: give 5 back blows between the shoulder blades.

Then 5 abdominal thrusts (Heimlich).

Repeat 5-and-5.

If they go unresponsive, start CPR and call 911.

3 Choking — Baby (under 1)

Face-down along your forearm, head low: 5 firm back blows.

Turn face-up: 5 chest thrusts with 2 fingers on the center of the chest.

Repeat until it clears; call 911 if it doesn't.

4 Severe Allergic Reaction

Signs: trouble breathing, swelling of face/lips/tongue, hives, dizziness.

Use an epinephrine auto-injector (EpiPen) in the outer thigh right away.

Call 911 — a second dose may be needed even if they seem better.

5 Severe Bleeding

Press hard and directly on the wound with a clean cloth.

Keep pressing — don't lift to peek; add more cloth on top.

For life-threatening limb bleeding, use a tourniquet 2–3 inches above it.

6 Seizure

Ease them to the floor, cushion the head, and turn them on their side.

Don't restrain them or put anything in their mouth.

Time it — call 911 if over 5 minutes, a first seizure, or any injury.

Step-by-step video guidance for any emergency — free.

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