SURVIVAL RIDGE TRADING POST

Family First Aid At Home

Keep supplies and emergency information ready so your household can respond while professional help is on the way.



STEP 1

Keep A Household Kit Ready

Choose an accessible place adults know. Stock gloves, sterile gauze, adhesive bandages, medical tape, roller bandages, and a thermometer. Keep household emergency contacts, allergies, and medication information with it. Check expiration dates, replace used items, and take a first-aid and CPR class.



STEP 2

Check Safety And Call For Help

Check for hazards before approaching. Ask whether the person responds, breathes normally, or is bleeding severely. Call 911 for unresponsiveness, gasping, trouble breathing, or life-threatening bleeding. Give your address, put the phone on speaker, and follow the dispatcher's instructions, including CPR or AED guidance when needed.



STEP 3

Give Care Within Your Training

For severe external bleeding, press firmly and steadily on the wound with gauze or a clean cloth while help is coming. Wear gloves if available. Do not remove an embedded object; apply pressure around it. Use a tourniquet or wound packing only if trained.



STEP 4

Stay With Them And Reassess

Watch for changes in breathing, alertness, or bleeding and update the dispatcher. Keep the person comfortable and warm. Avoid moving someone with a possible head, neck, or spine injury unless the location is unsafe. Have someone meet responders and bring the medication and allergy list.

Prepare For Delayed Help

Keep a charged phone and a backup way to contact help. Store prescriptions safely and ask your clinician or pharmacist about emergency refills and refrigeration needs. A first-aid kit supports immediate care; it does not replace emergency services or hands-on training.

American Red Cross First Aid Steps

American Red Cross Severe Bleeding