

First Aid at Home

A practical guide to staying calm and helping in everyday emergencies at home: what to do first, calling for help, CPR and choking basics, bleeding, burns, falls and sprains, illness and allergic reactions, children, and a well-stocked first aid kit.

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- Know what to do when it matters
- Emergencies, injuries and children
- Emergency card and kit checklist

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This e-book offers general first aid information for home use. It is not medical advice and does not replace a certified first aid course or professional medical care. Guidelines can change; follow the current guidance of recognized organizations such as the American Red Cross or American Heart Association. In an emergency, call 911 (or your local emergency number) right away. We strongly recommend taking a hands-on first aid and CPR course.

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