

When there is life-threatening injury, YOU can BE THE HELP UNTIL HELP ARRIVES.

Ensure your safety. If needed, quickly move the injured to safety. **THEN:**

1 *Stop the bleeding.*

Apply direct pressure to the wound, then, if needed and available, apply tourniquets or pack the wound/apply a pressure dressing. Do not pack wounds of the chest or abdomen.



2 *Open the airway.*

Manually clear mouth of any foreign debris. Use a chin lift/jaw thrust to open the airway if unconscious.



3 *Improve breathing.*

Cover any hole in the chest with anything plastic that will stop air flow, preferably a manufactured vented chest seal, if trained.



4 *Position and keep warm.*

Allow the person to assume position of comfort, including sitting up. If unconscious, place the person on his or her side. Cover and keep the person warm. Insulate him/her from the ground and protect from the elements.



5 *Provide psychological support.*

Talk to the person. Tell him/her that help is coming! Remind him/her of someone or something to live for.



Committee for Tactical Emergency Casualty Care

For more information visit www.C-TECC.org.