



AMERICAN FRIENDS OF
**MAGEN
DAVID
ADOM**



First-Aid Skills

First-aid for an asthma attack

Key skill: Help person take their medication.

1. Help the person sit in a comfortable position and assist them in taking their medication.
2. Reassure the person. If the attack becomes severe, call 911 or ask someone else to call for you.

First-aid for diabetic shock

Key skill: Give person something sweet to drink or eat.

1. Give them something with sugar to eat or drink — hard candy, carbohydrates, juice, or a non-diet drink.
2. Reassure the person. If there is no improvement, call 911 or ask someone else to call for you.

First-aid for seizures (epilepsy)

Key skill: Make person safe and prevent injury.

1. Do not restrain them, but use a blanket or clothing to protect their head from injury.
2. After the seizure, help the person rest on their side with their head tilted back.
Ask the person if you should call 911 or a doctor. (If the person loses consciousness, call 911 immediately.)

First-aid for a stroke

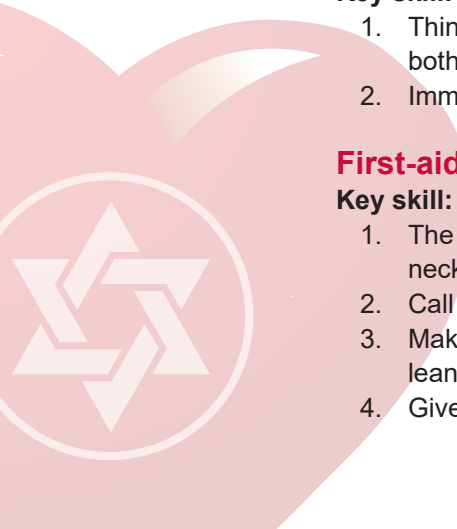
Key skill: Carry out the FAST test.

1. Think FAST. Face: Is there weakness on one side of the face? Arms: Can they raise both arms? Speech: Is their speech easily understood? Time: To call 911.
2. Immediately call 911 or ask someone else to call for you.

First-aid for a heart attack

Key skill: Ensure they're sitting and call 911 immediately.

1. The person may have persistent, vice-like chest pain, which may spread to their arms, neck, jaw, back, or stomach.
2. Call 911 immediately or ask someone else to call for you.
3. Make sure they're in a position that's comfortable for them (e.g. sit them on the floor, leaning against a wall or chair).
4. Give them constant reassurance while waiting for the ambulance.



Phone: 800-379-0044

VISIT: www.SavingLivesInIsrael.org

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ADOM**  **מגן דוד
אדום**
IT'S A MATTER OF LIFE



Magen David Adom, Israel's national medical emergency and ambulance service, is also responsible for all Israel's first-aid training.

These first-aid skills presented by **Magen David Adom** are not intended to be a substitute for expert medical advice, diagnosis, or treatment. If you think you may have a medical emergency, call 911 or contact your doctor immediately.

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First-aid for a broken bone

Key skill: Immobilize the affected part.

1. Encourage the person to support the injury with his or her hand, or use a cushion or items of clothing to prevent unnecessary movement.
2. As soon as possible, call 911 or ask someone else to call for you.
3. Continue supporting the injury until help arrives.

First-aid for burns

Key skill: Cool the affected area.

1. Cool the burn under cold running water for at least 10 minutes.
2. Loosely cover the burn with cling film or a clean plastic bag.
3. If necessary, call 911 or ask someone else to call for you.

First-aid for someone who's bleeding heavily

Key skill: Put pressure on the wound.

1. Put pressure on the wound with whatever is available to stop or slow down the flow of blood.
2. As soon as possible, call 911 or ask someone else to call for you.
3. Keep pressure on the wound until help arrives.

First-aid for someone who's unconscious and breathing

Key skill: Place the person on their side and tilt their head back.

1. Check breathing by tilting their head backwards and looking and feeling for breaths.
2. Move them onto their side and tilt their head back.
3. As soon as possible, call 911 or ask someone else to call for you.

First-aid for choking

Key skill: The delivery of back blows and abdominal thrusts (The Heimlich Maneuver)

1. Hit them firmly on their back between the shoulder blades to dislodge the object.
2. Stand behind them, join your hands around their stomach and form a fist. Pull your hands sharply inwards and upwards. Repeat up to five times. Don't attempt this technique on a child under one year old.
3. If necessary, call 911 or ask someone else to call for you.

Psalm 41:1

*"How blessed is he who considers the helpless;
The Lord will deliver him in a day of trouble."*

-Psalm 41:1