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.