

SURVIVE X

Pocket First-Aid Reference Cards

The calm, no-panic steps for the emergencies people actually face.

PRINT · CUT · LAMINATE · KEEP A SET IN EVERY KIT & GLOVEBOX

How to use: Print, cut along the card borders, and laminate (or slip into a zip bag). Keep a set in your first aid kit, your car, and your home. These are quick memory-joggers for a layperson — not a replacement for hands-on training. In a serious emergency, **call your local emergency number (911) first.**

The cards

Severe Bleeding

1. Apply firm DIRECT PRESSURE with a clean dressing.
2. Don't lift to peek. If it soaks through, add more on top — keep pressing.
3. Press hard and don't stop until help arrives.
4. Life-threatening limb bleed & you're trained? A tourniquet high & tight.

CALL 911. Get trained — look up Stop the Bleed.

Burns

1. Cool with cool running water 20 min. No ice.
2. Remove rings/tight items before swelling.
3. Cover loosely with a clean, non-stick dressing.
4. No butter, no toothpaste, don't pop blisters.

911 for large, deep, face/hands/genital burns.

Choking — Adult/Child

1. Ask “Are you choking?” If they can't speak: act.
2. 5 firm back blows between the shoulder blades.
3. 5 abdominal thrusts (just above the navel).
4. Alternate until it clears or they go limp.

If they collapse: CALL 911, start CPR.

Choking — Infant (<1 yr)

1. Face-down along your forearm, head low.
2. 5 back blows between shoulder blades.
3. Flip over: 5 chest thrusts with 2 fingers.
4. Repeat until clear or unresponsive.

CALL 911 immediately if it doesn't clear.

Not Breathing (CPR basics)

1. No breathing/only gasping? Start CPR.
2. Push HARD & FAST, center of chest, ~2” deep.
3. Rate ~100–120/min. Let chest fully recoil.
4. Use an AED as soon as one arrives.

CALL 911 first / put phone on speaker. Get certified.

Severe Allergic Reaction

1. Trouble breathing, swelling, hives, faint?
2. Use their epinephrine auto-injector NOW (outer thigh).
3. Help them lie back, legs up (sit up if breathing is hard).
4. A 2nd dose may be needed after 5–15 min.

CALL 911 every time epinephrine is used.

Cuts & Wound Care

1. Wash your hands / glove up.
2. Rinse the wound with clean water.
3. Direct pressure to stop bleeding.
4. Thin antibiotic ointment; cover with a clean dressing.

Deep, gaping, or dirty? Seek care. Check tetanus.

Sprains & Strains

1. R.I.C.E: Rest, Ice, Compression, Elevation.
2. Ice 15–20 min at a time (cloth barrier).
3. Wrap snug with an elastic bandage — not numb-tight.
4. Don't push through sharp pain.

Deformity, can't bear weight, or numbness? Get seen.

Head Injury

1. Watch for confusion, vomiting, unequal pupils, drowsiness.
2. Keep them still; apply gentle pressure to any bleeding.
3. No sleep-it-off if symptoms are present.
4. Ice the bump through a cloth.

CALL 911 for loss of consciousness, seizure, or worsening.

Shock

1. Pale, cold, clammy, rapid weak pulse, faint.
2. Lay them down, elevate legs ~12” (if no injury blocks it).
3. Keep them warm; loosen tight clothing.
4. Nothing to eat or drink.

CALL 911. Treat the cause (e.g. bleeding).

My Emergency Card

Emergency: 911

Poison Control: 1-800-222-1222

My address: _____

Out-of-area contact: _____

Allergies: _____

Meds: _____

Owning a kit is step one

Knowing how to use it is what matters. These cards live *inside* your kit as a reminder. For the real skills, our **M.A.R.C.H. Trauma First Aid course** is free.

survive-x.com

Cards are the reminder — the kit is the tool. A complete, organized kit means these steps actually work. [See the SurviveX Large First Aid Kit \(250 components\) →](#)