

# CHECK, CALL, CARE

## The 3 basic steps to follow in any emergency

Remember: stay calm, look for dangers, never risk your own safety

### 1 CHECK the person

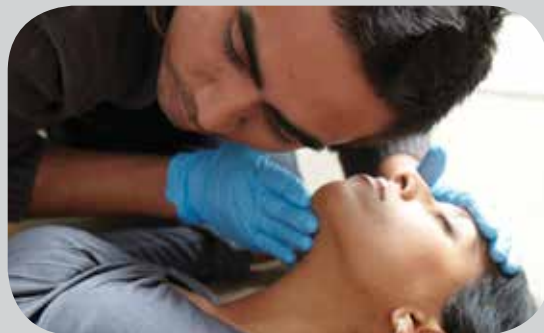
Check if the person is responsive.

Does the person want your help? If the person is unable to answer, assume you have permission to give first aid.

Check the person's ABCs:



Airway



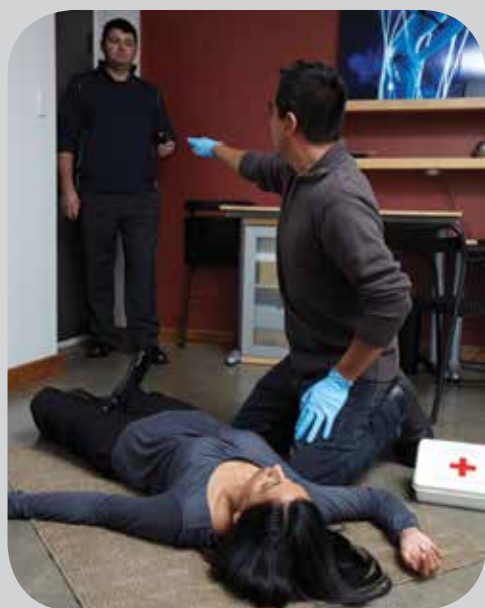
Breathing



Circulation

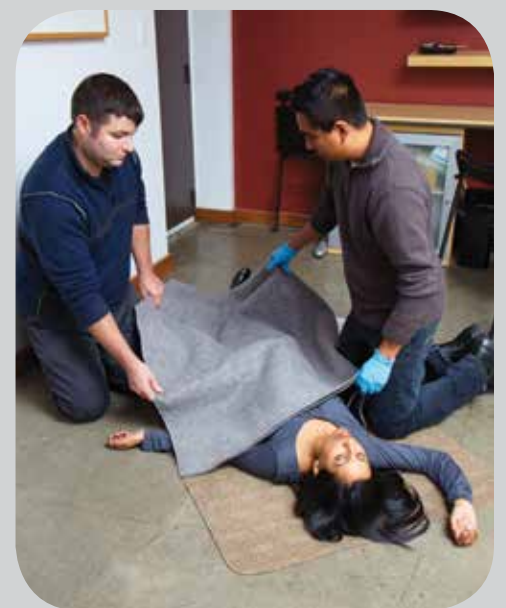
### 2 CALL EMS/9-1-1

If the person responds, find out if there is a need to call EMS/9-1-1. If the person does not respond, call for help and EMS/9-1-1.



### 3 CARE for life-threatening conditions first

Give the care that is needed, within the scope of your knowledge and training.



The information in this poster does not replace formal First Aid & CPR training.

Contact us to find a Red Cross First Aid course in your area and download our free First Aid app:

[myrc.redcross.ca](http://myrc.redcross.ca) | 1.877.356.3226 | [redcross.ca/apps](http://redcross.ca/apps)

