

# Basic First Aid

Learn the right First Aid steps. Our printable, guide for performing First Aid can help you correctly administer care during a crisis. Dec 23, 2025 · Basic first aid is the immediate care given to a sick or injured person. In some cases, it may be the only care a person needs. In other cases, first aid is a way to prevent a person's ... When providing First Aid or CPR make sure you take the universal precaution and treat all blood and other body fluids as if they are infected with disease. If you take this universal precaution it will help ... First aid refers to the initial assistance and care given to a person who has been injured or suddenly falls ill before professional medical help is available. It involves a set of simple, yet crucial, techniques and ... Mar 14, 2025 · Learn essential techniques to help you respond confidently and effectively in emergencies, from treating cuts and burns to recognizing heart attack and stroke symptoms. ... Jan 25, 2026 · Learn about what you need in your first aid kit and how to help if someone is injured. The YMCA offers American Red Cross (ARC) CPR & First Aid training. Certifications and training classes are offered in two formats. Oct 30, 2025 · Basic first aid refers to the initial process of assessing and addressing the needs of someone who has been injured or is in physiological distress due to choking, a heart attack, allergic ... Learn more about the First Aid Guidelines. First Aid Guidelines are jointly co-authored and released by The American Heart Association and the American Red Cross. Learn basic first aid information and treatment procedures and instruction, first aid kits, and more.

*How to Do Basic First Aid: Treat Cuts, Burns & More - wikiHow*

[The Basics of First Aid: Guide for Common Emergencies](#)

*First Aid Manual - National Academy of Safety and Health*

[First Aid Steps | Perform First Aid | Red Cross](#)  
**First-Aid Basics Everyone Should Know: Essential Skills for Every ...**

[First Aid Guidelines - American Heart Association CPR & First Aid](#)

**First Aid Guide and Emergency Treatment Instructions - WebMD**

[Basic First Aid to Help Manage 10 Emergencies - Verywell Health](#)

**First Aid Classes & CRP Training In Minneapolis, MN**

**First Aid - MedlinePlus**

## Basic First Aid

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