

F@ST INFORMATION CARD

Printing Instructions

The F@ST information cards should be printed on standard 8.5" x 11" paper.

Please print page 1 first.

Return the printed page to your printer and print page 2 on the opposite side of the sheet.

Cut out each information card and fold in half.
The F@ST logo should appear on the front of the card, with the procedures printed on the inside.

Final cut and folded size should be close to the size of a standard business card.

Download the Red Cross First Aid app today
for easy access to additional information

F@ST First at Scene Training



South Dakota Farm Bureau Federation
www.sdfbf.org
605-353-8050

 

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EMERGENCY PROCEDURE:

- Remain calm
- Check scene for safety
- Call 911 immediately
- Check circulation - is there a pulse?
- Check airway - feel for breath!
- Check breathing - is the chest rising and falling?
- If there is no breathing or circulation, start CPR immediately!
- If they are breathing and do have circulation, check for and stop bleeding!

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