

# First Aid Readiness: What Matters Most

---

A simple reminder for moments when calm, awareness, and early action matter.



## Recognize & Call For Help

If something feels serious, trust your instincts and call emergency services early.

## Start CPR & Use an AED (if needed)

Begin care and use an AED if one is available. You don't need to be perfect. Start and follow instructions.

## Stay Safe, Calm & Present

Check the scene, stay with the person, and continue care until help arrives.

*First aid is about preparation, not perfection.*