

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.