

Tips for Helping During Emergency Situations

During an emergency, there may be instances where you need to help someone else. For example, if there's a fire or a choking incident, knowing basic life-saving techniques can go a long way toward saving a person's life.

Here are some tips for getting ready in case of an emergency, which are good to review so you keep them in mind:

The first step of helping is to call 911

Call 911 if:

- You see someone who needs help and you are able or willing to offer assistance. Be sure not to put yourself in danger by going near an unstable situation or moving an injured person without proper training or equipment.
- You, a family member, friend or pet need immediate medical attention. **Try not to panic**; think clearly about what you need and how best to get it. If possible, stay on the phone with 911 until help arrives so they can give further instructions regarding your specific situation.

Give the person oxygen if they're having trouble breathing

- If the person is having trouble breathing, give them oxygen as soon as possible by using a mask or holding their mouth and nose closed.
- Hold the mask in place until they are breathing normally again. If you don't have a mask, use your hands to cover their nose and mouth.

Know where the fire extinguisher is, and that it works and is not expired

A fire extinguisher is an important piece of emergency equipment to have at home. It should be stored in a place that is easy to get to, and the date on the label should be checked at least once a year. The most recent date on the label will tell you how long it's been since your fire extinguisher was last tested. The test itself is straightforward: just take off the safety pin from the side of the extinguisher and squeeze its handle hard enough so that it releases some powder when you pull it back again; this means that there's still CO₂ gas inside your fire extinguisher. Then close up again with your pin (or screw cap) and replace where you found it!

Now let's talk about how to actually use one of these things in case of emergency—those instructions are printed right there on all fire extinguishers, so hopefully everyone knows them by now! But just in case: point nozzle towards base of flames, press lever firmly down until foam fills hose or container, move away from area once foam has covered flames completely and wait for 30 seconds before returning

Keep a first aid kit handy

As a responsible adult, it's important that you keep a first aid kit handy. It should contain the basics: bandages of various sizes, gauze pads and rolls, non-latex gloves, antiseptic wipes or spray, pain relievers (ibuprofen), scissors and tweezers. As well as personal items like your preferred brand of sunscreen or Chapstick if needed. The kit should be placed in an easily accessible location (such as inside your car glove box) so that it can be grabbed quickly when needed during an emergency situation.

Make sure that all family members know where the first aid kit is kept and how to use its contents in case there is no time for instruction while they're trying to help someone else out!

Encourage everyone in your home to learn basic life-saving techniques

- Encourage everyone in your home to learn basic life-saving techniques.
- CPR is a great place to start. It's simple and easy to learn, yet can be a lifesaver when someone has stopped breathing or has no pulse.
- The Heimlich maneuver is another useful skill that anyone can master with practice. This technique can help dislodge foreign objects from the throat, like an apple core or piece of food that gets stuck there after eating – even if the victim isn't choking but appears unresponsive (this is called “being unconscious”).
- Knowing how to use a fire extinguisher could save your neighbors' lives if their house caught on fire. You might not have time for lengthy training sessions before emergencies happen, so consider taking an online course.

If you don't have choking safety skills, take a class or watch tutorial videos online

Take a choking safety class at your local Red Cross chapter, or study the topic online. Choking is a leading cause of death in children and adults, but with proper training you can prevent someone from choking on food or non-food items. For example, if you ever find yourself eating with a family member who has trouble chewing or swallowing their food properly (which is common among elderly people), learn how to perform the Heimlich maneuver on them so that they can continue enjoying eating experience without having to worry about choking.

You can also get certified in basic first aid through various organizations such as the American Heart Association or American Red Cross; these certifications include instruction

on emergency protocols for dealing with emergencies like heart attacks, strokes and seizures—all life-threatening situations that require immediate medical attention.

Look for signs of choking when you're eating with others

It's important to know the signs of choking. Choking is a serious condition because it can lead to death. According to the American Red Cross, some signs of choking include wheezing, coughing and gagging. If someone is choking, ask them to cough or speak; if they can't speak or cough on their own you need to help them by performing abdominal thrusts (the Heimlich maneuver).

Consider purchasing an anti-choking device, such as the LifeVac

Lifevac home kit Consider purchasing an anti-choking device, such as the [LifeVac choking aid](#).

This device works by suctioning food and liquid out of the mouth with a plastic tube, so it can be used to clear an airway in someone who is unconscious or unable to breathe on their own. Anti-choking devices are extremely helpful in emergency situations, because they do not require any additional training or equipment beyond that which one already has access to during an emergency.

However, these devices will not work on objects stuck farther down into the throat than just above the vocal cords — meaning that if you only have access to an anti-choking device (and no other form of medical intervention), there's still a chance that it won't help your pet survive long enough for professional help to arrive.

Additionally, some pets may be too large for standard models available online; others may be too small for standard models available online; make sure you check before buying! Also keep in mind that many people don't realize how easy it can be for a cat's tongue or paw get caught between its teeth while trying desperately (but fruitlessly) remove itself from danger...so maybe hold off on bringing home one until after this particular situation has passed?

Be prepared to help others by learning these useful skills!

If you are ever in an emergency situation, knowing how to react and help others is vital. The best way to prepare yourself for this kind of scenario is by learning some basic first aid and CPR skills. If you are interested in becoming a certified first aid instructor, we recommend that you take one of our online courses. They will give you the knowledge base required for teaching classes, as well as providing access to all of our training materials at no extra charge!

For those who just want the basics and not necessarily certification (or any formal recognition), there are many online courses available that can teach what's needed for basic survival skills and self-sufficiency in emergency situations. The American Red Cross also offers excellent resources for learning how best to respond if an emergency occurs where someone may be injured or injured themselves.

It's important that everyone has access to basic tools such as fire extinguishers when they live on property with lots of combustible material like woodlands or brushy areas nearby.

What else?

There are many things you can do to help a person in need. If you're not sure about what to do, **it's best to call 911 and wait for professional assistance**. However, knowing how to do some basic first aid and choking safety skills will always be useful!

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