



**ILLINI EMERGENCY  
MEDICAL SERVICES**  
ILLINOIS FIRE SERVICE INSTITUTE



HAS TRAINED YOU IN  
**HANDS ONLY CPR**

**TO SUMMARIZE**

If you find a motionless adult:

1. Call 911.
2. Tap and shout to try and wake them up.
3. With your arms straight and your shoulders over your hands, push the chest down at least 2 inches to the beat of *Stayin' Alive* (100-120 beats per minute) until:
  - An AED becomes available
  - Help arrives
  - You are too exhausted to continue

Illini Emergency Medical Services (IEMS) is a collegiate emergency medical services (EMS) program of the Illinois Fire Service Institute at the University of Illinois at Urbana-Champaign. IEMS provides training and standby medical care to the UIUC Community.

Illini Union, Mezzanine - 1401 W. Green Street Urbana, IL 61801 | [illinimedservices@illinois.edu](mailto:illinimedservices@illinois.edu) | (217) 333 - 9492



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HAS TRAINED YOU IN  
**STOP THE BLEED**

**TO SUMMARIZE**

If you find someone bleeding:

1. Call 911.
2. Put gloves on if available.
3. Apply pressure with hands.
4. Apply dressing and press firmly and steadily.
5. If the bleeding does not stop, apply a tourniquet.
6. A second tourniquet may be added next if necessary.

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## Components of a Stop the Bleed Kit:



## Am I protected from legal action if I get involved?

**Yes! Each state has their own Good Samaritan Law. In general, this law states that anyone “who, in good faith” provides emergency care to someone in need will be exempt from all legal liability.**

Typically, the following criteria apply:

- Provide care without expectation of compensation
- Acting within the scope of your training
- Not acting in a grossly negligent manner



**To learn more about CPR, bleeding control, or basic first aid, we recommend you take one of our classes!**

**We offer classes in:**  
**CPR/AED/First Aid**  
**Hands-Only CPR & AED**  
**AHA Basic Life Support (BLS)**  
**Bleeding Control**  
**EMT-Basic**

**More information is available at:**

**<https://www.fsi.illinois.edu/iems/education/>**

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