The Evidence
Systematic reviews are conducted by the International Liaison Committee on Resuscitation First Aid Task Force. These studies are translated to make evidence-based guidelines for North American first aid providers.

Recommendations for First Aid Providers

Stroke
Activate emergency services for possible stroke when assessing an individual with any of the following:
- Facial droop
- Weakness in one arm or one side
- Speech disturbance

Chest Pain
Activate emergency services for non-traumatic chest pain, and encourage alert adults to

Bleeding
For treatment of life-threatening bleeding, perform the following:
- Apply a tourniquet ASAP to a life-threatening extremity bleeding or to bleeding that cannot be controlled with direct pressure.
- Apply direct pressure (with hemostatic dressing) if a tourniquet cannot be used, or until a tourniquet is available.

Hyperthermia
Cold-water, whole-body immersion is most effective at treating people with hyperthermia or heatstroke.

Hypoglycemia
Give oral glucose to adults and children with suspected hypoglycemia.

Tooth Avulsion
If emergency replantation is not available, transport the tooth in a balanced salt solution or wrapped in cling film.

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