The definition of First Aid is: the provision of limited care for an illness or injury, which is provided, usually by a lay person, to a sick or injured patient until definitive medical treatment can be accessed, or until the illness or injury is dealt with (as not all illnesses or injuries will require a higher level of treatment). It generally consists of series of simple, sometimes life saving, medical techniques, that an individual, either with or without formal medical training, can be trained to perform with minimal equipment.

The American Red Cross advocates that everyone to get a kit, make a plan and stay informed. For more information from the Red Cross, please visit their site at http://www.redcross.org.

A “First Aid” quick reference guide is available at the following website: