

Basic First Aid Awareness

Caregiver Learning Guide

How to use this guide: Read it alongside the lesson video, keep it as a quick reference on the job, and review it before taking the lesson quiz.

What you'll learn

- Respond calmly and safely in an emergency
- Recognize common first aid situations
- Know when and how to call 911 and get trained help
- Use each person's emergency information, and report afterward

Awareness, not certification

This lesson satisfies the 'basic first aid' orientation topic by building awareness. It does NOT certify you in First Aid or CPR. Hands-on certification must be earned in person through the American Heart Association or the American Red Cross. Always follow your agency's emergency policy and the person's plan.

Get certified: for real CPR and First Aid skills, take an in-person class through AHA or the Red Cross.

In any emergency

Stay calm, make sure the scene is safe, check the person, and call 911 if it's serious. Then follow your agency's emergency procedures and the person's plan.

Common situations (awareness)

- Bleeding — apply firm, direct pressure with a clean cloth; keep pressing
- Choking — if the person can't breathe or speak, call 911 and get trained help
- Falls/injuries — don't move someone who may be seriously hurt
- Seizures — cushion the head, clear hazards, time it; never restrain or put anything in the mouth; call 911 if over 5 minutes
- Burns — cool with running water; don't apply ice or ointments

When to call 911

- Unresponsive or not breathing normally
- Severe or uncontrolled bleeding
- Trouble breathing, chest pain, or signs of a stroke
- Any serious injury or a situation you cannot manage



Be prepared and follow up

Know each person's medical conditions, allergies, medications, and emergency contacts (in the support plan) before an emergency. Afterward, keep the person safe until help arrives, report to your supervisor, and document the incident.

Legal references

Minn. Stat. 245D.09, subd. 4(9) (basic first aid) · 245D.06 (incident response). For certification: American Heart Association or American Red Cross.

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