



Be Ready Be Prepared: Build a First Aid Kit



Presented by **Benjamin Pantner, (Pantner CPR Training)**
and the Los Altos Hills County Fire District Staff

Saturday, March 28, 2026

Los Altos Hills Town Hall 10am – 12pm

Welcome and Introductions



Ben Pantner, Pantner CPR Training And

**Denise Gluhan, Fire Captain Retired, LAHCFD
Community Education and Risk Reduction Manager
Dee King Raub, Fire Captain Retired, LAHCFD – Webinar Host**

Housekeeping, Safety, Hybrid Etiquette

AED, Fire Extinguishers, Restrooms

Two ways out of the Chambers

Evacuation Meet at Parking lot by circle

Class Objectives/Overview

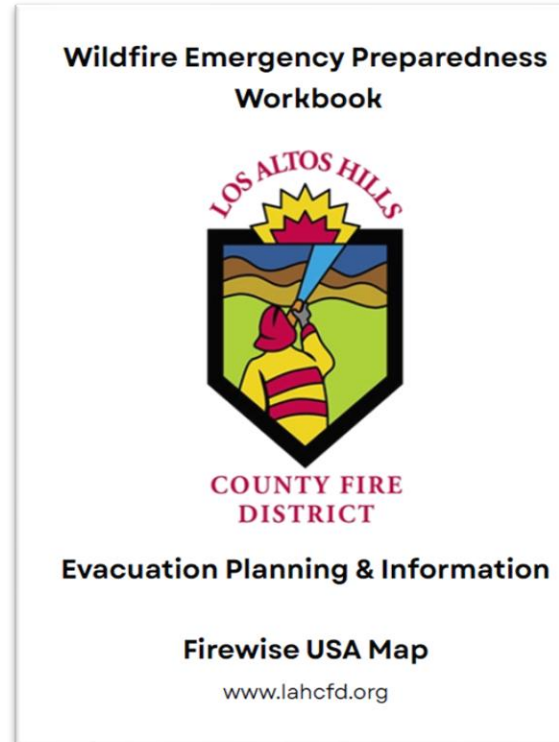


What will be taught:

- **Introduction to First Aid Kits**
- **Overall General Safety - (Calling 911, being prepared for an emergency)**
- **Consent Overview**
- **Gloves Demonstration**
- **Basic first aid/medical emergencies**
- **Choking Discussion: Visual Demonstrations: Practice**
- **Stop the Bleed Training**

Class Objectives/Overview

Refer to the Wildfire Emergency Preparedness Workbook – Page 8



BASIC FIRST AID KIT ITEMS

- Variety of bandages
- Antibiotic ointment
- Antiseptic wipes
- Tweezers
- Cold compress
- Gloves
- Gauze pads and roller bandages
- Thermometer
- Pain reliever
- Water bottle
- Face mask for smoke rated N95
- Specialty supplies ie. Diabetes, prescription meds, etc.



Questions? Email Education@lahcfd.org


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Past Classes In January and February




Visit the LAHCFD Website for Past Presentations

**Be Ready, Be Prepared:
Creating Emergency Plans**
January 24, 2026




Sign up at lahcfd.org/classes




[BRBP-Emergency-Plans-1_23_26.pdf](#)

**Be Ready Be Prepared:
Inclement Weather**
February 28, 2026



Sign up at lahcfd.org/classes



[Be Ready Be Prepared: Inclement Weather – Los Altos Hills County Fire District](#)

Introduction to First Aid Kits

Review items in Kit

**Explain each item and
how it can be used**



General Safety



Calling 911 and being prepared for an emergency) Very basic but a transition to engage participants with topic



Consent Overview



Consent Overview
(Steps for this as well as different ages/requirements; personal role and community role)



Gloves Demonstration



Gloves Demonstration
(Demonstrate first and then have the participants go through practicing putting them on and removing them per Skills Sheet on Next Slide)



Gloves Demonstration – Activity

 **SKILL SHEET**

Removing Latex-Free Disposable Gloves

1. Touching only the outside of the glove, pinch the palm side of one glove near your wrist.



2. Pull the glove toward your fingertips, turning it inside out as you pull it off your hand.



3. Hold the glove in the palm of your other (still gloved) hand.



4. Carefully slip two fingers under the wrist of the remaining glove. Avoid touching the outside of the glove.



5. Pull the glove toward your fingertips, turning it inside out as you pull it off your hand. The first removed glove is now contained inside.



6. Dispose of the gloves properly and wash your hands. Follow facility policies for when gloves need to be disposed of in a red biohazard waste bag.



Common Errors

- Not avoiding touching bare skin with contaminated surface of glove

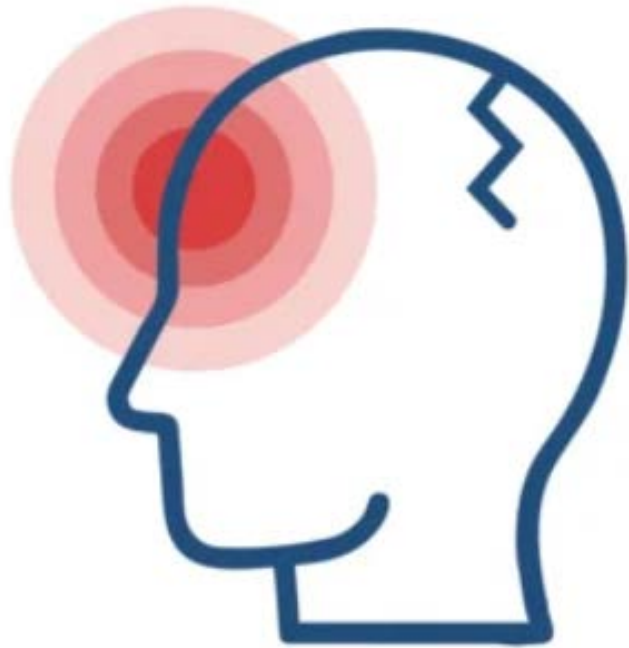
Basic First Aid and Medical Emergencies



Burns, Trips (head, neck, back), Concussion, Sprains/Splinting Practice



Continued - Concussion, Sprains/Splinting Practice



Basic First Aid and Medical Emergencies



Choking Discussion: Visual Demonstrations:

Practice with each other as a simulation, practice hands-on skills with infant manikins according to Skill Sheets on next two slides.

Basic First Aid and Medical Emergencies - Activity



SKILL SHEET

Giving Back Blows and Abdominal Thrusts

Do initial CHECK for a person who is responsive but appears to be choking.

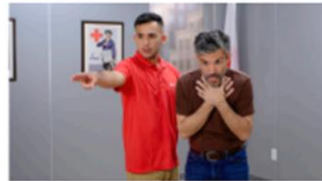
1. Verify the person is choking (e.g., ask, "Are you choking?").



Initiate the CALL step for a person who is responsive and choking.

2. Tell a bystander to call for help and get an AED and first aid kit.

NOTE: This is a Care First situation. If you are alone and have a mobile phone on you, call 9-1-1, put the phone on speaker mode and immediately begin care. If you do not have a phone, skip the call step and immediately begin care.



Give CARE starting with back blows.

3. Give 5 back blows.

- Position yourself to the side and slightly behind the choking person. For a small child, you may need to kneel rather than stand.
- Support the person:
 - Place one arm diagonally across the person's chest.
 - Bend them slightly forward at the waist.
- Using the heel of one hand, give 5 firm strikes* between the shoulder blades.



*For skill practice you should only simulate striking the person.



Continues on next page



Give abdominal thrusts.

4. Give 5 abdominal thrusts.

- Move behind the person and place your front foot between their feet. Bend your knees slightly. For a small child, you may need to kneel rather than stand.
- Find their navel with one hand. Place the fist of your other hand slightly above the navel and cover it with your first hand.
- Pull inward and upward* to give 5 abdominal thrusts.



*For skill practice you should only simulate giving abdominal thrusts to the person.



Continue giving cycles of back blows and abdominal thrusts.

5. Continue to give 5 back blows followed by 5 abdominal thrusts until:

- The person can speak, cry or cough.
- The person becomes unresponsive.



NOTE: If the person becomes unresponsive, gently lower them to a firm, flat surface, such as the ground, and begin CPR and AED use, starting with compressions. After each set of compressions and before attempting breaths, open the person's mouth, look for the object and, if seen, remove it with a finger sweep. Never do a finger sweep unless you actually see the object.

Common Errors

- Not correctly positioning one's hands during back blows or abdominal thrusts
- Not placing one's foot between the feet of the choking person during abdominal thrusts
- Not placing one's fist just above the navel


Basic First Aid and Medical Emergencies - Activity

SKILL SHEET

Giving Back Blows and Chest Thrusts to Infants

Do initial CHECK for an infant who is responsive but appears to be choking.


1. Verify the infant is choking (i.e., you do not hear coughing, crying or any sounds despite effort).



Initiate the CALL step for an infant who is responsive and choking.

2. Tell a bystander to call for help and get an AED and first aid kit.



NOTE: This is a Care First situation. If you are alone with the choking infant and have a mobile phone on you, call 9-1-1, put the phone on speaker mode and immediately begin care. If you do not have a phone, skip the call step and immediately begin care.



Give CARE starting with back blows.


3. Position the infant to give back blows.

- Place your forearm along the infant's back. Cradle the infant's head with your hand.
- Place your other forearm on the infant's front, supporting their jaw with your thumb and fingers but not covering their mouth.
- Turn the infant to a face-down position and use your thigh for support.
- Keep the infant's head lower than their body.

4. Give 5 back blows.


- Using the heel of one hand, give 5 firm back blows to the infant between the shoulder blades.
- Keep your fingers up to avoid hitting their head and neck.
- Support the infant's head and neck without covering their mouth.



Give chest thrusts.


5. Position the infant to give chest thrusts.

- Put the infant between your forearms, supporting their head and neck.
- Turn the infant face-up.
- Lower the infant onto your thigh with their head lower than their chest.



6. Give 5 chest thrusts.


- Place two fingers in the center of the infant's chest just below the nipple line.
- Give 5 distinct chest thrusts about 1 1/2 inches deep. Let the chest return to its normal position between each one.
- Support the infant's head, neck and back.



Continue giving cycles of back blows and chest thrusts.

7. Continue to give 5 back blows followed by 5 abdominal thrusts until:

- The infant can cry or cough.
- The infant becomes unresponsive.



NOTE: If the infant becomes unresponsive, gently lower them to a firm, flat surface, such as the ground, and begin CPR and AED use, starting with compressions. After each set of compressions and before attempting breaths, open the infant's mouth, look for the object and, if seen, remove it with a finger sweep. Never do a finger sweep unless you actually see the object.

Common Errors

- Not positioning the infant face-down with their head lower than their body for back blows
- Not supporting the infant's head and neck
- Not positioning the infant face-up with their head lower than their body for chest thrusts
- Not correctly positioning one's hands during back blows or fingers for chest thrusts

Basic First Aid and Medical Emergencies



Stop the Bleed Training

(Very basic on how to apply pressure with gauze, wrap a bandage according to Skill Sheet on next slide)

Basic First Aid and Medical Emergencies - Activity

SKILL SHEET

Using Direct Pressure

Initiate the CALL step.

1. Tell a bystander to call for help and get an AED and bleeding control kit or first aid kit.



NOTE: This is a Care First situation. If you are alone with the person and have a mobile phone on you, call 9-1-1, put the phone on speaker mode and immediately begin care. If you do not have a phone, immediately begin care.

NOTE: While it is recommended to wear gloves when giving care for life-threatening bleeding, do not delay care until you can find gloves or get other equipment if not immediately available.

Give CARE by applying direct pressure.

2. Apply direct pressure to the wound*.
 - Place a dressing on the wound. Use a hemostatic dressing if available.
 - Position your body with your shoulders over your hands and elbows locked.
 - Push down with both hands, applying firm, steady pressure over the wound.



*For practice, apply direct pressure to the simulated limb. Do not practice direct pressure on another person.

3. Hold direct pressure until:
 - The bleeding stops.
 - A tourniquet is applied (for life-threatening bleeding from an arm or leg).
 - Other responders arrive to relieve you.
 - You are too exhausted to continue.
 - The situation becomes unsafe.



If bleeding has stopped but EMS has not yet arrived, continue CARE by applying a bandage.

4. Apply the bandage over the dressing to keep pressure on the wound.
 - Place the end of the bandage on the dressing at an angle.
 - Continue wrapping the bandage over the dressing until covered, with a margin of several inches on the sides.
 - Tape, tuck or tie the bandage to secure it in place over the dressing.



Common Errors

- Not pushing down with both hands to apply firm, steady pressure



COUNTY FIRE
DISTRICT

Next Class in the Series: Be Ready Be Prepared Make a Go Bag

Saturday April 18, 2026

LAH Town Hall 10am – 12pm

Register Today!

[Be Ready Be Prepared: Make a Go Bag - Los Altos Hills County Fire District](#)



Presented by the Los Altos Hills County Fire District Staff

Thank you for Joining Us!



Any Questions?

For more information, email: education@lahcfd.org