

LIFE-SAVING SKILLS EVERYONE SHOULD KNOW



**LEARN THIS NOT FOR
STRANGERS – BUT FOR
SOMEONE YOU LOVE.**

[Intentfulink.com](https://intentfulink.com)

Medical Emergencies

1) CPR[cardiopulmonary resuscitation]

CPR for adults:

Video Guide in English: [How to Perform CPR](#)

Video Guide In Hindi: [How to Give CPR](#)

CPR for Infants:

Video Guide in English: [How to give baby CPR](#)

Video Guide In Hindi: [How to give infant CPR](#)

Article on CPR:

[Everything you need to know about CPR](#)

2) Heart Attack

Video Guide in English: [First Aid for heart attack](#)

Video Guide In Hindi: [Heart attack symptoms and first aid](#)

Article: [How to spot and treat heart attack](#)

3) Choking [Heimlich maneuver]

Choking First Aid for Adults & Children

Video Guide in English: [Conscious Adult Choking Aid](#)

[Unconscious Adult Choking Aid](#)

Choking First Aid for Infants(below 1 year).

Video Guide in English: [Conscious Infant Choking Aid](#)

[Unconscious Infant Choking Aid](#)

Video Guide In Hindi: [First Aid- Choking \[Baby & Adults\]](#)

Article: [Choking First Aid](#)

4) Electric Shock

Video Guide in English: [First Aid- Electric Shock](#)

Video Guide In Hindi: [First Aid for Electric Shock](#)

Article: [Electric Shock- Affects & Recovery](#)

5) Severe Bleeding

Video Guide in English: [How to treat Severe Bleeding](#)

Video Guide In Hindi: [First Aid for bleeding senarios](#)

Article: [Severe Bleeding- First Aid](#)

6) Brain Stroke

Video Guide in English: [First Aid Skills - Stroke](#)

Video Guide In Hindi: [Brain Stroke: Symptoms & First Aid](#)

Article: [First Aid for Brain Stroke](#)

7) Heat Stroke

Video Guide in English: [How to treat Heat Stroke](#)

Video Guide In Hindi: [Heat Stroke First Aid](#)

Article: [Heat Stroke Symptoms & First Aid](#)

8) Faintness

Video Guide in English: [What to do when someone faints](#)

Video Guide In Hindi: [First Aid for faintness](#)

Article: [Fainting - First Aid](#)

9) Seizures

Video Guide in English: [Seizures First Aid](#)

Video Guide In Hindi: [Seizures First Aid \(hindi\)](#)

Article: [First Aid for seizures](#)

This guide is just the beginning.

There's still so much more we all need to learn—about disaster preparedness, animal-related emergencies, and other life-saving skills.

But for now, even knowing these basics can make a real difference.

Keep learning, keep growing—and never underestimate the power of being prepared.

Just the Beginning

This guide is one piece of a bigger picture.

At intentfulink.com, I write blogs that explore what often goes unnoticed—from societal issues and personal growth to stories that make us reflect, question, and act.

If this guide made you think,
you'll find more thought-provoking reads
waiting for you there.

