



FEMA's You Are the Help Until Help Arrives (Until Help Arrives) provides tools to educate and empower the public to act in an emergency situation before professional help arrives by taking five Until Help Arrives key actions:

- Call 9-1-1
- Protect the injured from harm
- Stop bleeding
- Position the injured so they can breathe
- Provide comfort

Until Help Arrives calls on individuals to take action before professional help arrives.

ACTING QUICKLY SAVES LIVES



Life-threatening injuries can occur at any time.

- Car, motorcycle, or bicycle crashes
- Home repair accidents
- Active shooter incidents
- Severe weather
- Acts of terrorism
- Transportation issues

The **Until Help Arrives** program teaches basic skills to **help keep people alive and safe until professional help arrives.**

98%

of people who took the training said they are **more likely to help** as a result of what they learned.

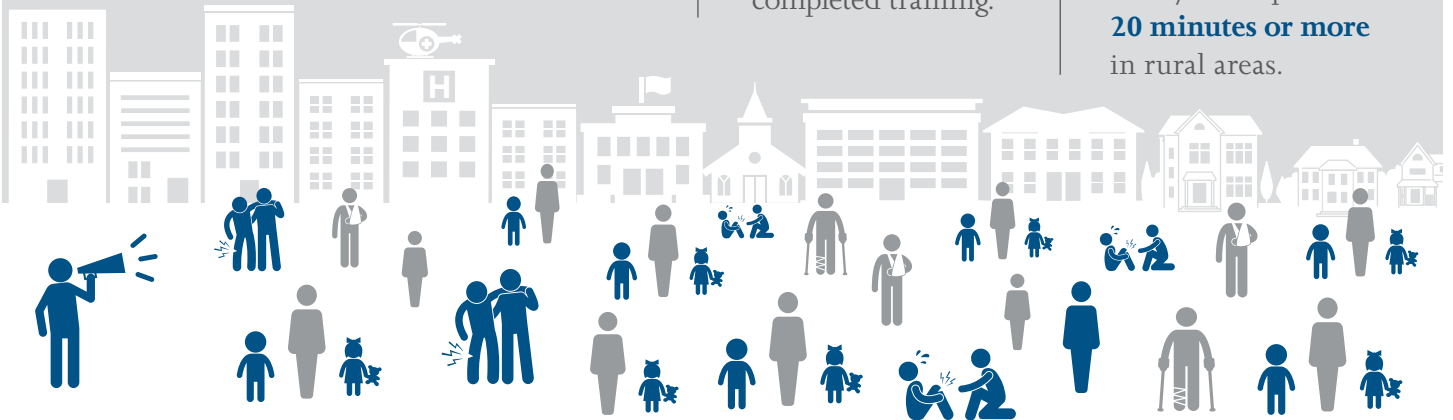
Since program launch

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individuals have completed training.

6 to 9 minutes

is the **national average response time** for Emergency Medical Services (EMS), but it may take up to **20 minutes or more** in rural areas.



Trauma

is the **leading cause of death** for Americans under

46 years old.

The first care someone gets requires no special skills and can potentially be **the difference between life and death.**

Training Citizen Responders

The Until Help Arrives program is designed to educate and empower the public to take action in an emergency situation and provide lifesaving care before professional first responders arrive. This approach builds a network of lifesaving individuals throughout the Nation.

Resources

Web-based and in-person resources make it easy to learn how to help and spread the word that **everyone can help in a life-threatening situation.**



For Individuals

A 30-minute self-guided training on the web shows participants why they should help and how they can do it safely.



For Groups

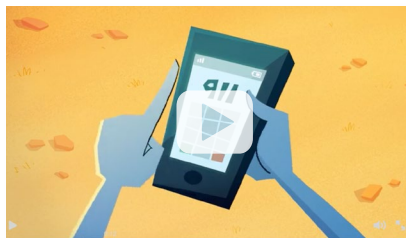
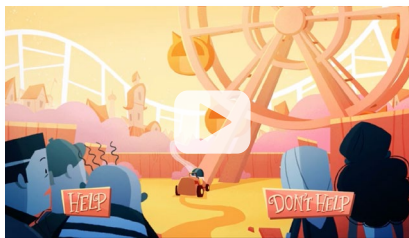
A free training curriculum for instructor-led, hands-on training is available for download. The 2.5-hour training teaches all five Until Help Arrives key actions.



Videos

Doctors and professional first responders explain how individuals can take an active role in an emergency, serving as the first link in the chain of survival.

An interactive, animated video shows how someone without special training can **save a life in an emergency.**



Training gives people practical guidance to become the first link in the chain of survival.

Learn more about Until Help Arrives at ready.gov/until-help-arrives.