

Phone Numbers

Emergency Services: **999/112**

Red Cross: **1890 502 502**

Fire: **999**

Police: **999**

Health: **999**

Other: **999**

FIRST AID GUIDE

How to deal with accidents and emergencies

- Keep calm and look for any dangers to yourself or the injured person.
- Find out what happened, and how.
- How many casualties are there?
- Is there anyone around who can help you?
- Do you need an ambulance?

ADULT RESUSCITATION



Fig. 1

Check if the adult is responsive (shake, talk, tap on their arm). If there is no response, shout for help. Tilt the head back and lift the chin. If the person is not breathing normally, give 30 chest compressions (see Fig. 2) and 2 breaths (see Fig. 3). If the person is not breathing normally, call an ambulance (999/112) for an ambulance.



Fig. 2

If the person is not breathing normally, give 30 chest compressions (see Fig. 2) and 2 breaths (see Fig. 3). If the person is not breathing normally, call an ambulance (999/112) for an ambulance.



Fig. 3

Open the airway by tilting the head back and give two breaths (see Fig. 3). If the person is not breathing normally, give 30 chest compressions (see Fig. 2) and 2 breaths (see Fig. 3). If the person is not breathing normally, call an ambulance (999/112) for an ambulance.

CHOKING



Fig. 1

- Ask: "Can you cough?" If they can cough or breathe, encourage them to cough. If they can't, perform the Heimlich maneuver (see Fig. 1).
- If they cannot cough, give up to five back blows between the shoulder blades with the heel of your hand (Fig. 2).
- If this object is not dislodged, perform up to five abdominal thrusts. These are performed just above the navel and just below the armpits (Fig. 3).
- Continue this cycle of five back blows and five abdominal thrusts until the object is dislodged.
- If the person is unconscious, lay them on their back and perform five chest compressions (see Fig. 4).

Anyone who has been treated for choking in this way should be advised to see their doctor after the incident.



Fig. 2

CHOKING (Infant)

Do not perform the Heimlich maneuver on an infant.

- If an infant is choking, perform five back blows (see Fig. 1) and five chest thrusts (see Fig. 2). If the object is not dislodged, give up to five chest thrusts with two fingers in the middle of the chest.
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Fig. 1



Fig. 2

HEART ATTACK



- A heart attack is one of the most common causes of death in Ireland. Signs and symptoms include chest pain, shortness of breath, sweating, nausea, dizziness, and fainting.
- If you suspect a heart attack, call an ambulance (999/112) immediately.
- If the person is unconscious, lay them on their back and perform CPR (see Fig. 1).
- If the person is conscious, give them aspirin (if you are sure they are not allergic to it).
- If the person is unconscious, give them aspirin (if you are sure they are not allergic to it).
- If the person is unconscious, give them aspirin (if you are sure they are not allergic to it).

BURNS & SCALDS

Burns and scalds are among the most common injuries requiring emergency treatment.

- Cool the burn or scald as quickly as possible, placing the affected area under cold running water for at least 10 minutes.
- Do not use ice or very cold water.
- Do not use butter, oil, or any other substance.
- Do not use a hot water bottle or any other heat source.
- Do not use a hot water bottle or any other heat source.



SEVERE BLEEDING



- If you have severe bleeding, call an ambulance (999/112) immediately.
- If the bleeding is from a wound, apply direct pressure to the wound with a clean cloth or bandage.
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NOSE BLEED

- Sit down and lean forward.
- Pinch the soft part of the nose for 10-15 minutes.
- Do not tilt the head back.
- Do not sniff or breathe through the nose.
- Do not sniff or breathe through the nose.



RECOVERY POSITION



- If an adult is unconscious, place them in the recovery position (see Fig. 1).
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RECOVERY POSITION (Infant)

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Red Cross First Aid Teaching Guide

CL Gary

A red cross graphic is positioned to the right of the 'CL Gary' text, partially overlapping the light blue bar.

Red Cross First Aid Teaching Guide:

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general s office U S Army Ser 3 v 10 p 1415 1436

Salsa Teachers Guide Book Thomas O'Flaherty, 2009 A teacher s guide covering everything from the origins of Salsa different styles of salsa dancing a 20 week learning syllabus of moves from Cuba New York LA and Colombia teaching methods learning styles and how to start your own salsa dance practice This book starts with my personal experience of salsa dance and explains the history of salsa from a worldwide historical view point It traces England s influence on the roots of salsa dancing and the development of the UK salsa scene This book is divided into practical guidance and theoretical exercises The book will tell you about the different ways to teach salsa the rules and regulations you must follow and how to set up a salsa dance school It shows you everything you need to set yourself up as a salsa dance teacher

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Table of Contents Red Cross First Aid Teaching Guide

1. Understanding the eBook Red Cross First Aid Teaching Guide
 - The Rise of Digital Reading Red Cross First Aid Teaching Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Red Cross First Aid Teaching Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Red Cross First Aid Teaching Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Red Cross First Aid Teaching Guide
 - Personalized Recommendations

- Red Cross First Aid Teaching Guide User Reviews and Ratings
- Red Cross First Aid Teaching Guide and Bestseller Lists
- 5. Accessing Red Cross First Aid Teaching Guide Free and Paid eBooks
 - Red Cross First Aid Teaching Guide Public Domain eBooks
 - Red Cross First Aid Teaching Guide eBook Subscription Services
 - Red Cross First Aid Teaching Guide Budget-Friendly Options
- 6. Navigating Red Cross First Aid Teaching Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Red Cross First Aid Teaching Guide Compatibility with Devices
 - Red Cross First Aid Teaching Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Red Cross First Aid Teaching Guide
 - Highlighting and Note-Taking Red Cross First Aid Teaching Guide
 - Interactive Elements Red Cross First Aid Teaching Guide
- 8. Staying Engaged with Red Cross First Aid Teaching Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Red Cross First Aid Teaching Guide
- 9. Balancing eBooks and Physical Books Red Cross First Aid Teaching Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Red Cross First Aid Teaching Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Red Cross First Aid Teaching Guide
 - Setting Reading Goals Red Cross First Aid Teaching Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Red Cross First Aid Teaching Guide
 - Fact-Checking eBook Content of Red Cross First Aid Teaching Guide

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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