

**Phone Numbers**

112 (EUROPEAN EMERGENCY NUMBER)  
 119 (FIRE)  
 120 (POLICE)  
 121 (AMBULANCE)  
 122 (ROADSIDE ASSISTANCE)  
 123 (SHELTER)  
 124 (MOUNTAIN RESCUE)  
 125 (SUPPORT)  
 126 (SUPPORT)  
 127 (SUPPORT)  
 128 (SUPPORT)

# FIRST AID GUIDE

**How to deal with accidents and emergencies**

- Keep calm and look for any dangers to yourself or to 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 breathing. If there is no breathing, check for any dangers to yourself or to the injured person. If there is no response, check for any dangers to yourself or to the injured person. If there is no response, check for any dangers to yourself or to the injured person. If there is no response, check for any dangers to yourself or to the injured person.



Fig. 2

If the person is not breathing normally, give 30 chest compressions before giving 2 breaths. Repeat this cycle until the ambulance arrives or you are relieved of duty.



Fig. 3

Open the airway by tilting the head back and give two breaths. Repeat this cycle until the ambulance arrives or you are relieved of duty. If you are not sure if the person is breathing, give two breaths. Repeat this cycle until the ambulance arrives or you are relieved of duty.

## CHOKING

- Ask the person if they are choking. If they are choking, ask if they can cough or breathe. If they cannot cough or breathe, ask if they can perform the Heimlich manoeuvre. If they cannot perform the Heimlich manoeuvre, ask if they can perform the abdominal thrusts. If they cannot perform the abdominal thrusts, ask if they can perform the back blows. If they cannot perform the back blows, ask if they can perform the abdominal thrusts. If they cannot perform the abdominal thrusts, ask if they can perform the back blows. If they cannot perform the back blows, ask if they can perform the abdominal thrusts.



Fig. 1



Fig. 2

Repeat until the person has been freed from the obstruction. If the person is still choking, call for an ambulance. Do not give anything to eat or drink until the person has been freed from the obstruction.

## CHOKING (Infant)

- If an infant is choking, ask if they can cough or breathe. If they cannot cough or breathe, ask if they can perform the Heimlich manoeuvre. If they cannot perform the Heimlich manoeuvre, ask if they can perform the back blows. If they cannot perform the back blows, ask if they can perform the abdominal thrusts. If they cannot perform the abdominal thrusts, ask if they can perform the back blows. If they cannot perform the back blows, ask if they can perform the abdominal thrusts.



Fig. 1



Fig. 2

Repeat until the person has been freed from the obstruction. If the person is still choking, call for an ambulance. Do not give anything to eat or drink until the person has been freed from the obstruction.

## HEART ATTACK



- Check if the person is conscious. If they are not conscious, check for any dangers to yourself or to the injured person. If there are no dangers, check for any signs of a heart attack. If there are signs of a heart attack, call for an ambulance. Do not give anything to eat or drink until the person has been freed from the obstruction.

## BURNS & SCALDS

- Remove the person from the source of the burn or scald. If the person is still in contact with the source of the burn or scald, call for an ambulance. Do not give anything to eat or drink until the person has been freed from the obstruction.



## SEVERE BLEEDING



- Check if the person is conscious. If they are not conscious, check for any dangers to yourself or to the injured person. If there are no dangers, check for any signs of severe bleeding. If there are signs of severe bleeding, call for an ambulance. Do not give anything to eat or drink until the person has been freed from the obstruction.

## NOSE BLEED

- Have the person sit up and lean forward. Do not give anything to eat or drink until the person has been freed from the obstruction.



## RECOVERY POSITION



- Lay the person on their side. If the person is still in contact with the source of the burn or scald, call for an ambulance. Do not give anything to eat or drink until the person has been freed from the obstruction.

## RECOVERY POSITION (Infant)

- Lay the infant on their side. If the infant is still in contact with the source of the burn or scald, call for an ambulance. Do not give anything to eat or drink until the person has been freed from the obstruction.



# Red Cross First Aid Teaching Guide

**CL Gary**



## Red Cross First Aid Teaching Guide:

**Instructor's Guide** United States. Office of Civil Defense,1965 **Teachers' Guide to Child Development** Arch Oliver Heck,California. State Curriculum Commission,Edith Anna Lathrop,Fletcher Bascom Dresslar,Frank Kale Foster,Gabriel E. Loftfield,James Frederick Abel,James Frederick Rogers,Walter Herbert Gaumnitz,Ward W Keesecker,Haskell Pruet,1930 **A Model Curriculum and Teaching Guide for the Instruction of the Homemaker-home Health Aide** ,1981 **Instructor's Guide, IG-14-1** United States. Federal Civil Defense Administration,1956 *Instructor's Guide IG 14.1. Basic Rescue Course Instructor's Guide* United States. Civil Defense Office,1963 **Instructor's Guide for Introduction to Leadership Development** ,1976 *Journal of Health, Physical Education, Recreation* ,1963 **Resources in Education** ,1994-03 **The ICT Handbook for Primary Teachers** David Hall,2015-06-12 The ICT Handbook for Primary Teachers will help all those involved in primary education whether in training teaching or leadership roles to develop the ICT knowledge understanding and skills required to enhance children s learning in the classroom This new edition reflects the changes to the curriculum from 2014 It includes a new section on the Computing curriculum and an overview of the reorganisation of those online agencies that serve to support ICT Covering theory and practise this essential handbook explores and outlines the usefulness of a wide range of up to date ICT resources in a range of primary contexts and advice is offered on assessing whether ICT is preferable to other approaches for enhancing learning With reference to supplementary online resources providing activities multimedia resources and further reading the book covers the requirements of the new Computing curriculum the place for ICT in enhancing teaching and learning across the curriculum using ICT in core curriculum subjects and in cross curricular contexts different models of e learning interactive whiteboards tablet PCs mobile devices the Internet etc how ICT can be used to help pupils with special educational needs and using ICT for planning delivery assessment and recording This book is an indispensable guide to ICT for students on PGCE BEd and undergraduate teaching courses along with practising teachers SENCOs ICT coordinators and school leaders *Instructor's Guide, IG-12-1* United States. Federal Civil Defense Administration,1957 New Civil Defense Legislation United States. Congress. House. Committee on Government Operations,1957 Considers legislation to establish a Department of Civil Defense **Hearings** United States. Congress. House,1966 *National Union Catalog* ,1980 Includes entries for maps and atlases *Shelter System Officer Training Course: Instructor guide* ,1984 Proceedings Pacific Railway Club,1922 *Proceedings of the Pacific Railway Club ...* Pacific Railway Club,1923 Air Force AFM. ,1962 **Index-catalogue of the Library of the Surgeon-General's Office, United States Army** National Library of Medicine (U.S.),1955 **Index-catalogue of the Library of the Surgeon General's Office, United States Army (Armed Forces Medical Library).** Armed Forces Medical Library (U.S.),National Library of Medicine (U.S.),Library of the Surgeon-General's Office (U.S.),1955 Collection of incunabula and early medical prints in the library of the Surgeon

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