

Phone Numbers

Emergency Services: **999/112**

Fire: _____

Police: _____

Health: _____

Other: _____

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 by "Shake, Scream, turn you over and". If there is no response, shout for help. Tilt the head back and insert an ADSP. Breathe the air in by the breathing method. If breathing normally, call an ambulance and put the person in the recovery position. Call 999 or 112 for an ambulance.



Fig. 2

If the person is not breathing normally, give 30 chest compressions with the palm of your hands, at the centre of the chest and pushing down to a depth of 5 cm.



Fig. 3

Open the airway by tilting the head back and give two breaths by covering the nose and placing the patient's mouth with your mouth. Breathe the air in by the breathing method. If breathing normally, call an ambulance and put the person in the recovery position. Call 999 or 112 for an ambulance.

CHOKING



Fig. 1

- Ask "Can you cough?" If they can cough or breathe, encourage them to cough to remove the object.
- If they cannot cough, give up to five back blows between the shoulder blades with the heel of your hand (Fig. 1).
- If this object is not dislodged, give up to five abdominal thrusts. These are performed just above the navel and put hands and fingers (Fig. 2).
- Continue this cycle of five back blows and five abdominal thrusts until the object is dislodged.
- If the person is pregnant or obese, give up to five back blows between the shoulder blades (Fig. 3).

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



Fig. 2

CHOKING (Infant)

Fig. 4, Fig. 5, Fig. 6, Fig. 7

- If an infant is choking, breathe into their mouth. If they have a severe allergic reaction, give up to five back blows between the shoulder blades with the heel of your hand.
- If the obstruction is not dislodged, give up to five chest thrusts with two fingers in the middle of the chest.
- If they cannot breathe, cough or speak, and the obstruction is not dislodged, continue with CPR.
- If they are not breathing, call 999 or 112 for an ambulance and then follow CPR guidance.
- If they are not breathing, call 999 or 112 for an ambulance and then follow CPR guidance.



Fig. 4



Fig. 5

HEART ATTACK



- A heart attack is one of the most common life-threatening heart conditions. Signs and symptoms are as follows:
- Pain or discomfort in the chest.
- Pain or discomfort in the chest, arms, shoulders, neck, jaw or back.
- Pain or discomfort in the chest, arms, shoulders, neck, jaw or back.
- Shortness of breath, sweating.
- If you are alone, call 999 or 112 for an ambulance and put the person in the recovery position. Call 999 or 112 for an ambulance.
- Call 999 or 112 for an ambulance immediately even if you are not sure if it is a heart attack.
- Be prepared for resuscitation.

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 anything else to cool the burn.
- Do not use ointments, creams or anything else to treat the burn.
- Do not use anything to cover the burn.
- Do not use anything to cover the burn.



SEVERE BLEEDING



- Most severe bleeding can be treated as quickly as possible.
- If the main artery is bleeding, use a tourniquet. If you have a tourniquet, use it. If you do not, use a cloth or bandage to tie the limb to the body.
- If the main artery is bleeding, use a tourniquet. If you have a tourniquet, use it. If you do not, use a cloth or bandage to tie the limb to the body.
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- If the main artery is bleeding, use a tourniquet. If you have a tourniquet, use it. If you do not, use a cloth or bandage to tie the limb to the body.
- Call 999 or 112 for an ambulance as soon as possible.

NOSE BLEED

- Sit down and lean forward.
- Pinch the soft part of the nose for 10 minutes.
- Ask the person to breathe through their mouth.
- Ask the person to breathe through their mouth.
- If the bleeding continues, call 999 or 112 for an ambulance.
- If the bleeding continues, call 999 or 112 for an ambulance.



RECOVERY POSITION



- If an adult is unconscious or not breathing normally, put them in the recovery position as soon as possible.
- If the person is breathing normally, put them in the recovery position as soon as possible.
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- If the person is breathing normally, put them in the recovery position as soon as possible.

RECOVERY POSITION (Infant)

- If an infant is unconscious or not breathing normally, put them in the recovery position as soon as possible.
- If the person is breathing normally, put them in the recovery position as soon as possible.
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