

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 (shake gently, say 'are you OK?'). If there is no response, shout for help. Tilt the head backwards using an A&P. Breathe slowly in, use the breathing method. If breathing normally, call an ambulance and put the person in the recovery position. Call 999 on 112 for an ambulance.



Fig. 2

If the person is not breathing normally, give 30 chest compressions using 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, each lasting no less than 1 second. The patient's mouth will be covered with your mouth. Breathe into the chest of the adult using rescue and 2 breaths in each cycle.

CHOKING



Fig. 1

- Ask 'Can you cough?' If they can cough or breathe encourage them to cough for some time (5-10 min).
- 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 up and down (Fig. 2).
- Continue this cycle of five back blows and five abdominal thrusts until help arrives.
- If the person is pregnant, stand with her feet on either side of your knees and deliver 5 back blows.

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. 3, Fig. 4, Fig. 5, Fig. 6

- If an infant is choking, breathe into their mouth. If they have a severe object stuck in their throat, 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 remain conscious, stand and give chest thrusts with two fingers.
- If they remain conscious, stand and give 5 back blows between the shoulder blades and 5 chest thrusts with two fingers.
- If they are unconscious, lay them on their back and give 5 back blows between the shoulder blades and 5 chest thrusts with two fingers.



Fig. 1



Fig. 2

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 think someone is having a heart attack, call 999 or 112 for an ambulance immediately.
- Call 999 or 112 for an ambulance immediately.
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- Call 999 or 112 for an ambulance immediately.

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.
- Remove any clothing or jewellery from the area.
- Cover the burn or scald with a sterile dressing or a clean, dry cloth.
- Do not use ice or very cold water.



SEVERE BLEEDING



- Most severe bleeding can be controlled by applying direct pressure to the wound.
- If the wound is on the arm or leg, use a bandage to apply pressure.
- If the wound is on the head, neck or face, use a clean cloth to apply pressure.
- If the wound is on the torso, use a clean cloth to apply pressure.
- If the wound is on the back, use a clean cloth to apply pressure.
- If the wound is on the neck, use a clean cloth to apply pressure.
- If the wound is on the face, use a clean cloth to apply pressure.
- If the wound is on the arm or leg, use a bandage to apply pressure.
- If the wound is on the head, neck or face, use a clean cloth to apply pressure.
- If the wound is on the torso, use a clean cloth to apply pressure.
- If the wound is on the back, use a clean cloth to apply pressure.
- If the wound is on the neck, use a clean cloth to apply pressure.
- If the wound is on the face, use a clean cloth to apply pressure.

NOSE BLEED

- Sit down and lean forward.
- Pinch the bridge of the nose for 10 minutes.
- Ask the person to breathe through their mouth.
- After 10 minutes, release the nose.
- If the bleeding continues, repeat the process for up to 20 minutes.
- If the bleeding continues, seek medical advice.



RECOVERY POSITION



- If an adult or child is unconscious or breathing normally, place them in the recovery position.
- If the person is breathing normally, place them in the recovery position.
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RECOVERY POSITION (Infant)

- If an infant is unconscious or breathing normally, place them in the recovery position.
- If the person is breathing normally, place them in the recovery position.
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