

**Phone Numbers**

EMERGENCY SERVICES **999/112**

DOCTOR

HOSPITAL

DENTIST

OTHER

# 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 patient is responsive – “Hello, hello, can you hear me”. If there is no response, shout for help “Help! Can someone bring an AED”. Open the Airway - are they breathing normally? (If breathing normally, call an ambulance and put them in the recovery position). Call 999 (or 112) for an ambulance.



Fig 2

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



Fig 3

Open airway: tilt the head back and give two breaths by pinching the nose and covering the patient’s mouth with your mouth. Blow until the chest rises. Continue cycles of 30 compressions and 2 breaths until help arrives.

## CHOKING

Adult and child over one year



Fig 1

- Ask: “Are you choking?” 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 the object is not dislodged give up to five abdominal thrusts. Place a clenched fist above the navel and pull inwards and upwards. (Fig. 2)
- Continue this cycle of five back blows and five abdominal thrusts until help arrives.
- If the person goes unconscious dial 999 (or 112) for an ambulance and then follow CPR protocols.

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



Fig 2

## CHOKING (Infant)

Age less than one year



Fig 1



Fig 2

- If an infant is unable to breathe, cough or cry, and you suspect they have a severe obstruction in their throat: Give up to five back blows between the shoulder blades with the heel of your hand.
- If the obstruction is still present give up to five chest thrusts, with two fingers in the middle of the chest.
- Continue this cycle of five back blows and five chest thrusts until help arrives.
- If the person goes unconscious dial 999 (or 112) for an ambulance and then follow CPR protocols.
- The parents of the baby should be advised to have the baby seen by a doctor.

## HEART ATTACK



A heart attack is one of the most common life-threatening heart conditions. Signs and symptoms are as follows:

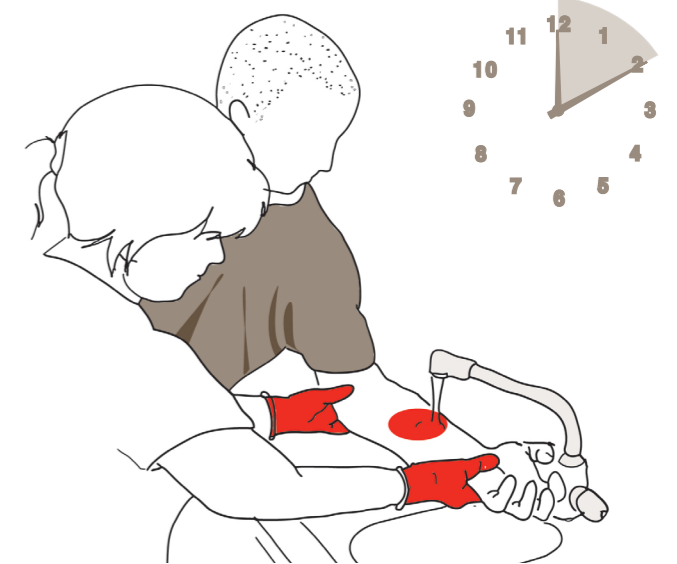
- Dull or crushing pressure.
- Chest pain located at the centre of the chest which could radiate to the neck and arms.
- Pale and sweaty.
- Shortness of breath, nausea/vomiting.

If you suspect someone is having a heart attack this is what you should do:

- Sit patient down in a comfortable position.
- Call for an ambulance immediately, even if you are not sure it is a heart attack.
- Be prepared to resuscitate.

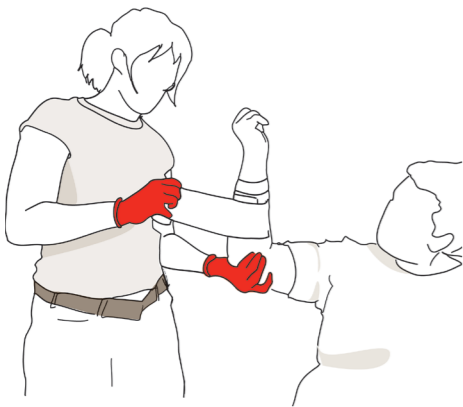
## BURNS & SCALDS

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



- Cool the burn as quickly as possible by placing the affected area under cold running water for at least ten minutes.
- Raise the limb to reduce swelling.
- Cover the injury using a clean pad or cling film, and seek medical advice.
- Dial 999 (or 112) in severe cases.

## SEVERE BLEEDING



Blood loss can be serious and should be treated as quickly as possible.

- Your main aim is to stem the flow of blood. If you have disposable gloves available, use them. It is important to reduce the risk of cross-infection at all times.
- Check whether there is an object embedded in the wound.
- If there is nothing embedded press on the wound with your hand, ideally over a clean pad and secure with a bandage.
- Raise the wound above the level of the heart.
- If you suspect there is something embedded take care not to press on the object. Instead, press firmly on either side of the object and build up padding around it before bandaging to avoid putting pressure on the object itself.
- Get the person to hospital as soon as possible.

## NOSE BLEED



- Ensure the person is sitting down.
- Advise them to tilt their head forwards to allow the blood to drain from the nostrils.
- Ask the person to pinch the end of their nose.
- After ten minutes, release the pressure.

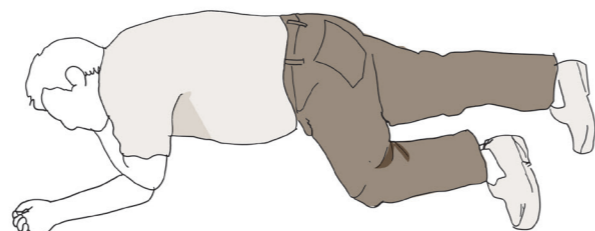
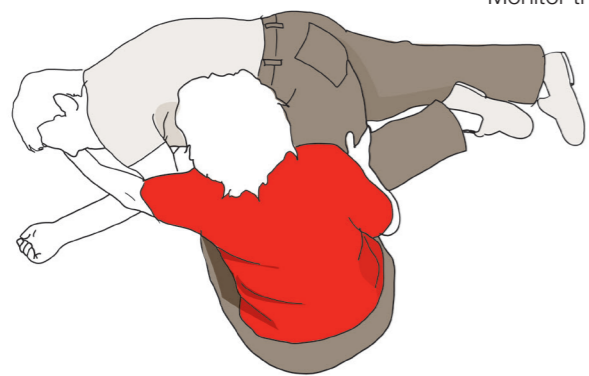
If the bleeding has not stopped reapply the pressure for up to two further periods of ten minutes.

- If bleeding continues seek medical advice.

## RECOVERY POSITION

If an adult or child is unconscious but breathing normally place them on their side in the recovery position as shown.

- Make sure the airway remains open by tilting the head back and lifting the chin, and check breathing.
- Monitor the person’s condition until help arrives.



## RECOVERY POSITION (Infant)

If an infant aged less than one year is unconscious, but breathing, hold them on their side, head tilted - as if you were giving them a cuddle - with their head lower than their tummy.

