

**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, Lean your head". If there is no response, shout for help. Tilt the head back by tilting the neck. Open the mouth – see 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 before giving your hands. After 30 compressions, tilt the head back and pinch the nose. Seal the mouth.



Fig. 3

Open the airway by tilting the head back and give two breaths. Repeat until the head is tilted back and the patient's mouth is sealed. Then give the head a new position. Tilt the head back and give two breaths. Repeat until the head is tilted back and the patient's mouth is sealed.

## CHOKING



Fig. 1

- Ask "Can you cough?" If they can cough, or breathe, encourage them to cough. Continue the Heimlich maneuver.
- 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, give up to five abdominal thrusts. (Fig. 3) There is a difference between the Heimlich maneuver and the abdominal thrusts. (Fig. 4)
- Continue the Heimlich maneuver and the abdominal thrusts until the object is dislodged.
- If the person is unconscious, lay them on their back and give two breaths. Call 999 or 112 for an ambulance.

Anyone who has been choked for choking is the only person who should be allowed to use the Heimlich maneuver.



Fig. 2

## CHOKING (Infant)

Fig. 1, Fig. 2, Fig. 3, Fig. 4

- 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 remain conscious, lay them on their back and give two breaths.
- If they remain conscious, lay them on their back and give two breaths.
- If they remain conscious, lay them on their back and give two breaths.



Fig. 1



Fig. 2

## HEART ATTACK



- A heart attack is one of the most common causes of death. Symptoms include chest pain, shortness of breath, and sweating.
- Call an ambulance.
- If the person is conscious, lay them on their back and give two breaths.
- If the person is unconscious, lay them on their back and give two breaths.
- If the person is unconscious, lay them on their back and give two breaths.
- If the person is unconscious, lay them on their back and give two breaths.
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- If the person is unconscious, lay them on their back and give two breaths.

## BURNS & SCALDS

Burns and scalds are among the most common injuries. Helping emergency services.

- Cool the burn or scald as quickly as possible. Place 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 or creams.
- Do not use ointments or creams.
- Do not use ointments or creams.



## SEVERE BLEEDING



- If the person is conscious, lay them on their back and give two breaths.
- If the person is unconscious, lay them on their back and give two breaths.
- If the person is unconscious, lay them on their back and give two breaths.
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- If the person is unconscious, lay them on their back and give two breaths.
- If the person is unconscious, lay them on their back and give two breaths.

## NOSE BLEED

- Sit down and lean forward.
- Pinch the bridge of the nose for 10 minutes.
- Do not use ointments or creams.
- Do not use ointments or creams.
- Do not use ointments or creams.



## RECOVERY POSITION



- If the person is conscious, lay them on their back and give two breaths.
- If the person is unconscious, lay them on their back and give two breaths.
- If the person is unconscious, lay them on their back and give two breaths.
- If the person is unconscious, lay them on their back and give two breaths.
- If the person is unconscious, lay them on their back and give two breaths.



## RECOVERY POSITION (Infant)

If you cannot get the infant into the recovery position, lay them on their back and give two breaths.



# American Red Cross First Aid Study Guide

**Yan Bai**



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