

Phone Numbers

Emergency services	Non-999
Police	
Fire	
Health	
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

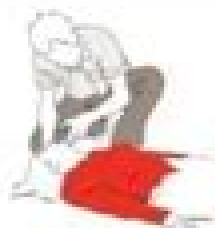


Fig 1

Check if the patient is responsive – "Hello, hello, can you hear me?". If there is no response, shout for help "Help! Someone's lying on the floor". Open the airway – see the 'breathing' section. 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, completely give 30 chest compressions, pushing your hands in the centre of the chest and pushing down to a depth of 5 cm.



Fig 3

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

CHOKING

Adult and children over 1 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 upwards and forwards (Fig. 2).
- Continue this cycle of five back blows and five abdominal thrusts until help arrives.
- If the person gives unconscious call 999 or 112 for an ambulance and then follow CPR guidance.

Anyone who has been treated for choking in the way should be advised to wear their pocket airer the accident.



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 foreign object in their throat, give up to five back blows between the shoulder blades with the heel of your hand.
- If the obstruction is not 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 gives unconscious call 999 or 112 for an ambulance and then follow CPR guidance.
- The person on 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:

- Chest crushing pressure.
- Chest pain located in the centre of the chest which might radiate to the neck and arms.
- Nausea and sweat.
- 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 continuously gentle (not cold) running water.
- Remove the fluid to reduce swelling.
- Cover the injury with a clean wet or dry cloth, and seek medical advice.
- Call 999 or 112 if serious burns.

British Red Cross First Aid Guide

Philip Jevon



British Red Cross First Aid Guide:

First Aid Manual British Red Cross Society, 2011-04 Fully revised and updated 9th edition includes changes to resuscitation techniques From first aid essentials to life saving procedures it's worth having someone who knows what they are doing to cope with life's little and big emergencies The latest edition of this best selling manual published in association with the UK's three leading first aid providers St John's Ambulance St Andrew's Ambulance Association and the British Red Cross gives you the knowledge you need instantly if someone falls ill or gets hurt Live action step by step photographs show you how to treat casualties and over 100 medical conditions and injuries from minor burns to heart attacks Find information on the latest life saving procedures and resuscitation guidelines as well as basic first aid techniques like bandaging and applying dressings Plus chapters explain what it's like being a first aider what to do in an emergency situation and how to look after a casualty Keep it handy for home for work and for leisure British Red Cross Society Training Manual Sir James Cantlie, 1913 **British Red Cross Society First-aid Manual** Sir James Cantlie, 1913 **First Aid Instructions** Stephen Cundee Dickinson, 1917 *ACEP First Aid Manual 5th Edition* DK, 2014-09-01 A possible life saving reference to keep around the house or in the car DK's First Aid Manual looks at more than 100 different conditions from splinters and sprained ankles to strokes and unconsciousness and shows exactly what to do with step by step photographic sequences Every condition is clearly explained outlining causes symptoms and signs and action plans The updated design makes the instructions easier to follow whether you need information on emergency first aid first aid for babies and children or tips on resuscitation This ACEP First Aid Manual is an invaluable resource to keep you and your loved ones safe and healthy

First Aid Manual Margaret Austin, Vivien J. Armstrong, St. John Ambulance (England), Rudy Crawford, St. Andrew's First Aid, British Red Cross Society, 2014-02-03 Updated 10th edition includes updates to first aid for choking infants The First Aid Manual is the UK's only fully authorised first aid guide endorsed by St John Ambulance St Andrew's First Aid and the British Red Cross and packed with step by step first aid advice Used as the official training manual for the UK's leading first aid organisations courses the bestselling First Aid Manual covers all aspects of first aid from emergency first aid and first aid for babies and children to resuscitation Find out how to treat over 100 different conditions from splinters and sprained ankles to strokes and unconsciousness and how to use essential equipment Step by step photography all shot in situ to reflect real life issues shows you what to do in any situation The ideal first aid book for you and your family keep the First Aid Manual handy it could be a life saver Previous edition ISBN 9781405362146 *Fundamentals of Care* Ian Peate, 2017-03-14 *Fundamentals of Care* is an accessible introductory textbook for all health care assistants assistant practitioners and social care support workers who are undertaking the newly introduced mandatory Care Certificate as well as offering a resource for providing care and support Practically focused each chapter begins with the outcomes associated with each standard which helps contextualise and focus the reader on the content and relevance to the Care Certificate The book also includes exercises to

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Basic Guide to Medical Emergencies in the Dental Practice Philip Jevon, 2014-05-12 The Basic Guide to Medical Emergencies in the Dental Practice is a must have book for all dental care professionals and general dentists Written in a clear and accessible style this second edition has been fully revised and updated in line with the latest guidelines Chapters cover such key topics as the ABCDE approach to patient assessment resuscitation equipment respiratory and cardiac disorders paediatric emergencies and legal and ethical issues Readers will also find two brand new chapters on the principles of first aid and drugs for medical emergencies Follows Resuscitation Council UK Guidelines Companion website with self assessment exercises serving as revision as well as non verifiable CPD credit Over 50% new images Student friendly colourful layout with learning outcomes *National Library of Medicine Current Catalog* National Library of Medicine (U.S.), 1973 First multi year cumulation covers six years 1965 70 **British Medical Journal** , 1914

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