

Phone Numbers

Emergency services: 999/112

First Aid: _____

First Aid: _____

First Aid: _____

First Aid: _____

FIRST AID GUIDE

How to deal with accidents and emergencies

- Keep calm and think 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 – if they do not respond, call 999/112. If there is no response, start resuscitation. Check if the patient is breathing. If not, start mouth-to-mouth resuscitation. If the patient is breathing, start CPR. If the patient is not breathing, start mouth-to-mouth resuscitation. If the patient is breathing, start CPR. If the patient is not breathing, start mouth-to-mouth resuscitation.



Fig 2

If the patient is not breathing normally, give 30 chest compressions. If the patient is breathing normally, give 2 chest compressions. If the patient is not breathing normally, give 30 chest compressions. If the patient is breathing normally, give 2 chest compressions.



Fig 3

Check if the patient is breathing normally. If not, start mouth-to-mouth resuscitation. If the patient is breathing normally, start CPR. If the patient is not breathing, start mouth-to-mouth resuscitation. If the patient is breathing normally, start CPR. If the patient is not breathing, start mouth-to-mouth resuscitation.

CHOKING

Adult and children over 1 year



Fig 1

- 1 Ask the person to lean forward. If they do not, stand behind them and perform the Heimlich maneuver.
- 2 If they cannot cough or speak, stand behind them and perform the Heimlich maneuver. If they can cough or speak, stand behind them and perform the Heimlich maneuver.
- 3 If the Heimlich maneuver is not successful, perform the Heimlich maneuver. If it is successful, the person should be able to breathe. If it is not successful, perform the Heimlich maneuver.
- 4 Continue the Heimlich maneuver until the object is dislodged or the person becomes unconscious. If the person becomes unconscious, start CPR.
- 5 If the person becomes unconscious, start CPR. If the person is still unconscious, start CPR. If the person is still unconscious, start CPR.

Always offer the Heimlich maneuver to a choking person who is conscious. If the person is unconscious, start CPR.



Fig 2

CHOKING (Infant)

Adults, children under 1 year



Fig 1



Fig 2

- 1 If an infant is choking, hold them upright and give 5 back blows. If they are not coughing or speaking, give 5 back blows. If they are not coughing or speaking, give 5 back blows.
- 2 If the infant is still choking, give 5 chest thrusts. If they are not coughing or speaking, give 5 chest thrusts. If they are not coughing or speaking, give 5 chest thrusts.
- 3 Continue the cycle of 5 back blows and 5 chest thrusts until the object is dislodged or the infant becomes unconscious. If the infant becomes unconscious, start CPR.
- 4 If the infant becomes unconscious, start CPR. If the infant is still unconscious, start CPR. If the infant is still unconscious, start CPR.
- 5 The person who is choking should be able to breathe. If they are not, start CPR.

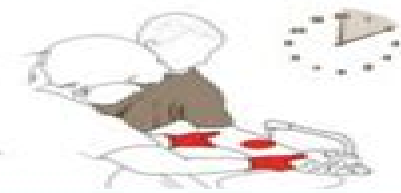
HEART ATTACK



- 1 Ask the person if they are having a heart attack. If they say yes, call 999/112. If they say no, start CPR. If the person is unconscious, start CPR. If the person is conscious, start CPR.
- 2 If the person is unconscious, start CPR. If the person is conscious, start CPR. If the person is unconscious, start CPR. If the person is conscious, start CPR.
- 3 If the person is unconscious, start CPR. If the person is conscious, start CPR. If the person is unconscious, start CPR. If the person is conscious, start CPR.
- 4 If the person is unconscious, start CPR. If the person is conscious, start CPR. If the person is unconscious, start CPR. If the person is conscious, start CPR.
- 5 If the person is unconscious, start CPR. If the person is conscious, start CPR. If the person is unconscious, start CPR. If the person is conscious, start CPR.

BURNS & SCALDS

Burns and scalds are the most common injuries.



- 1 Cool the burn or scald with running water for 10-20 minutes. If the burn or scald is on the face, cool it with a clean cloth.
- 2 Cover the burn or scald with a clean cloth. If the burn or scald is on the face, cover it with a clean cloth.
- 3 Cover the burn or scald with a clean cloth. If the burn or scald is on the face, cover it with a clean cloth.
- 4 Do not use ice, butter, or any other home remedies.

SEVERE BLEEDING



- 1 Wash your hands and wear gloves. If you do not have gloves, use a clean cloth. If you do not have a clean cloth, use a clean cloth.
- 2 Apply direct pressure to the wound with a clean cloth. If the wound is on the face, apply direct pressure with a clean cloth.
- 3 If the wound is on the face, apply direct pressure with a clean cloth. If the wound is on the face, apply direct pressure with a clean cloth.
- 4 If the wound is on the face, apply direct pressure with a clean cloth. If the wound is on the face, apply direct pressure with a clean cloth.
- 5 If the wound is on the face, apply direct pressure with a clean cloth. If the wound is on the face, apply direct pressure with a clean cloth.

NOSE BLEED

- 1 Sit the person upright and lean forward. If the person is lying down, sit them up. If the person is lying down, sit them up.
- 2 Pinch the nose with your thumb and index finger. If the nose is bleeding from the front, pinch the nose with your thumb and index finger.
- 3 If the nose is bleeding from the front, pinch the nose with your thumb and index finger. If the nose is bleeding from the front, pinch the nose with your thumb and index finger.
- 4 If the nose is bleeding from the front, pinch the nose with your thumb and index finger. If the nose is bleeding from the front, pinch the nose with your thumb and index finger.
- 5 If the nose is bleeding from the front, pinch the nose with your thumb and index finger. If the nose is bleeding from the front, pinch the nose with your thumb and index finger.



RECOVERY POSITION



- 1 Roll the person onto their left side. If the person is lying on their back, roll them onto their left side. If the person is lying on their back, roll them onto their left side.
- 2 Roll the person onto their left side. If the person is lying on their back, roll them onto their left side. If the person is lying on their back, roll them onto their left side.
- 3 Roll the person onto their left side. If the person is lying on their back, roll them onto their left side. If the person is lying on their back, roll them onto their left side.
- 4 Roll the person onto their left side. If the person is lying on their back, roll them onto their left side. If the person is lying on their back, roll them onto their left side.
- 5 Roll the person onto their left side. If the person is lying on their back, roll them onto their left side. If the person is lying on their back, roll them onto their left side.

RECOVERY POSITION (Infant)

- 1 Roll the infant onto their left side. If the infant is lying on their back, roll them onto their left side. If the infant is lying on their back, roll them onto their left side.
- 2 Roll the infant onto their left side. If the infant is lying on their back, roll them onto their left side. If the infant is lying on their back, roll them onto their left side.
- 3 Roll the infant onto their left side. If the infant is lying on their back, roll them onto their left side. If the infant is lying on their back, roll them onto their left side.
- 4 Roll the infant onto their left side. If the infant is lying on their back, roll them onto their left side. If the infant is lying on their back, roll them onto their left side.
- 5 Roll the infant onto their left side. If the infant is lying on their back, roll them onto their left side. If the infant is lying on their back, roll them onto their left side.



American Red Cross First Aid Manual

Charles Lynch



American Red Cross First Aid Manual:

American Red Cross First Aid/ CPR/ AED Participant's Manual American Red Cross,2021-10-19 **American Red Cross First Aid/CPR/AED Instructor's Manual** American Red Cross,2021-10-30 **American Red Cross First Aid/CPR/AED** ,2014 First Aid/ CPR/ AED Participant's Manual American Red Cross,2014-08-01 **American Red Cross Abridged Text-book on First Aid** Charles Lynch,1914 **American Red Cross Text-book on First Aid and Relief Columns** Charles Lynch,American National Red Cross,1918 **American National Red Cross Text-book on First Aid and Relief Columns** Charles Lynch,1917 **Text-book for First Aid Classes of the American National Red Cross** Edward Howe,1903 American Red Cross Text-book on First Aid Charles Lynch,1918 **The American Red Cross First Aid and Safety Handbook** American Red Cross,Kathleen A. Handal,1992-05-27 The first moments after an injury occurs are the most critical This authoritative guidebook based on course materials used by Red Cross chapters across the United States shows you how to handle every type of first aid emergency

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