

Phone Numbers

Emergency Services: **999/112**

Red Cross: **1890 502 502**

Fire: **999**

Police: **999**

Health: **999**

Other: **999**

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 they are breathing normally. If they are, turn your head. If they are not, open their airway by tilting their head back. If they are still not breathing, give them 2 breaths. If they are still not breathing, give them 2 more breaths. If they are still not breathing, give them 2 more breaths. If they are still not breathing, give them 2 more breaths.



Fig. 2

If the person is not breathing normally, give 30 chest compressions. Then give 2 breaths. Repeat this cycle until an ambulance arrives.



Fig. 3

Open the airway by tilting the head back and give two breaths. If the person is still not breathing, give them 2 more breaths. If they are still not breathing, give them 2 more breaths. If they are still not breathing, give them 2 more breaths.

CHOKING



Fig. 1

- Ask: "Are you choking?" If they say yes, ask if they can cough or breathe. If they can, encourage them to keep coughing.
- If they cannot cough, give up to five back blows between the shoulder blades with the heel of your hand.
- If this object is not dislodged, give up to five abdominal thrusts. These are performed just above the navel and just below the armpits.
- Continue this cycle of five back blows and five abdominal thrusts until the object is dislodged.
- If the person is unconscious, lay them on their back and give them two breaths. If they are still not breathing, give them two more breaths.

Anyone who has been choked or who is choking is not to be left alone. Call 999 for an ambulance.



Fig. 2

CHOKING (Infant)

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

- If an infant is choking, do not try to dislodge the object by rubbing their back. Instead, give them up to five back blows between the shoulder blades with the heel of your hand.
- If this does not dislodge the object, give up to five chest thrusts. These are performed just above the navel and just below the armpits.
- If they are unconscious, lay them on their back and give them two breaths. If they are still not breathing, give them two more breaths.
- If they are still not breathing, give them two more breaths. If they are still not breathing, give them two more breaths.



Fig. 1



Fig. 2

HEART ATTACK



- A heart attack is one of the most common causes of death. It is caused by a blockage in the arteries that supply the heart with blood.
- If you suspect a heart attack, call 999 for an ambulance.
- If the person is unconscious, lay them on their back and give them two breaths. If they are still not breathing, give them two more breaths.
- If they are still not breathing, give them two more breaths. If they are still not breathing, give them two more breaths.
- If they are still not breathing, give them two more breaths. If they are still not breathing, give them two more breaths.

BURNS & SCALDS

Burns and scalds are among the most common injuries. They can be caused by fire, hot liquids, steam, or electricity.

- 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 break any blisters that form.
- Do not use ointments, creams, or lotions on the burn.
- Do not use a towel to dry the burn.



SEVERE BLEEDING



- If you have a severe bleed, call 999 for an ambulance. If you have a severe bleed, call 999 for an ambulance. If you have a severe bleed, call 999 for an ambulance.
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NOSE BLEED

- Sit down and lean forward.
- Pinch the soft part of your nose for 10 minutes.
- Do not tilt your head back.
- Do not breathe through your nose.
- Do not swallow any blood.
- Do not drink or eat anything.
- Do not use a tissue to wipe your nose.



RECOVERY POSITION



- If an adult is unconscious but breathing normally, place them in the recovery position. This is the safest position for an unconscious person.
- If an infant is unconscious but breathing normally, place them in the recovery position. This is the safest position for an unconscious infant.
- If a person is unconscious but breathing normally, place them in the recovery position. This is the safest position for an unconscious person.

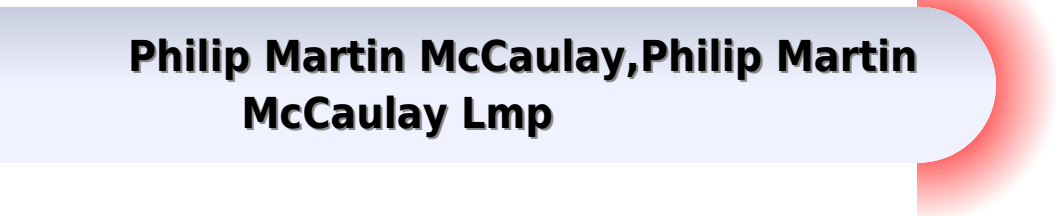
RECOVERY POSITION (Infant)

- If an infant is unconscious but breathing normally, place them in the recovery position. This is the safest position for an unconscious infant.
- If a person is unconscious but breathing normally, place them in the recovery position. This is the safest position for an unconscious person.



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**Philip Martin McCaulay, Philip Martin
McCaulay Lmp**



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