

**Unconsciousness** is a state of unresponsiveness, where the casualty is unaware of their surroundings and no purposeful response can be obtained.

**NO RESPONSE** → **NO Breathing or Abnormal Breathing** → Follow Basic Life Support Chart →

**Breathing Normally** → Recovery Position, Call ☎, monitor

**Causes of an unresponsive (unconscious), breathing state:**

- A - Alcohol
- E - Epilepsy (Pg 24)
- I - Insulin (Diabetes Pg 26)
- O - Overdose (Poisons Pg 33)
- U - Unwell (see below)
- T - Trauma (head/neck Pg 20, 21)
- I - Infections (malaria)
- P - Pretending
- S - Stroke (Pg 27)

**NO** The sense of feeling is usually the last sense to go, so be careful what you say near an unconscious casualty.

**All** unconscious casualties must be handled gently and every effort made to avoid any twisting or forward movement of the head and spine.

(An unconscious, breathing woman in advanced pregnancy should be placed on her left side).

The recovery position:

- Maintains a clear airway - allows the tongue to fall forward.
- Facilitates drainage and lowers the risk of inhaling foreign material (eg saliva, vomit)
- Permits good observation and access to the airway
- Avoids pressure on the chest which facilitates breathing.
- Provides a stable position and minimises injury to casualty.



Airway management takes priority over spinal injury



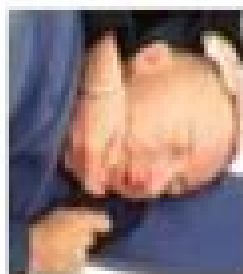
**Step 1**

- Roll the casualty's leftmost arm above the head.
- Place the casualty's nearest arm across the body.
- Bend up the casualty's nearest leg.
- With one hand on the shoulder and the other on the knee, roll casualty away from you.



**Step 2**

- Stabilise the casualty by flexing the bent knee to 90° when resting on the ground.
- Tuck the casualty's hand under their armpit.
- Ensure the casualty's head is resting on their outstretched arm.

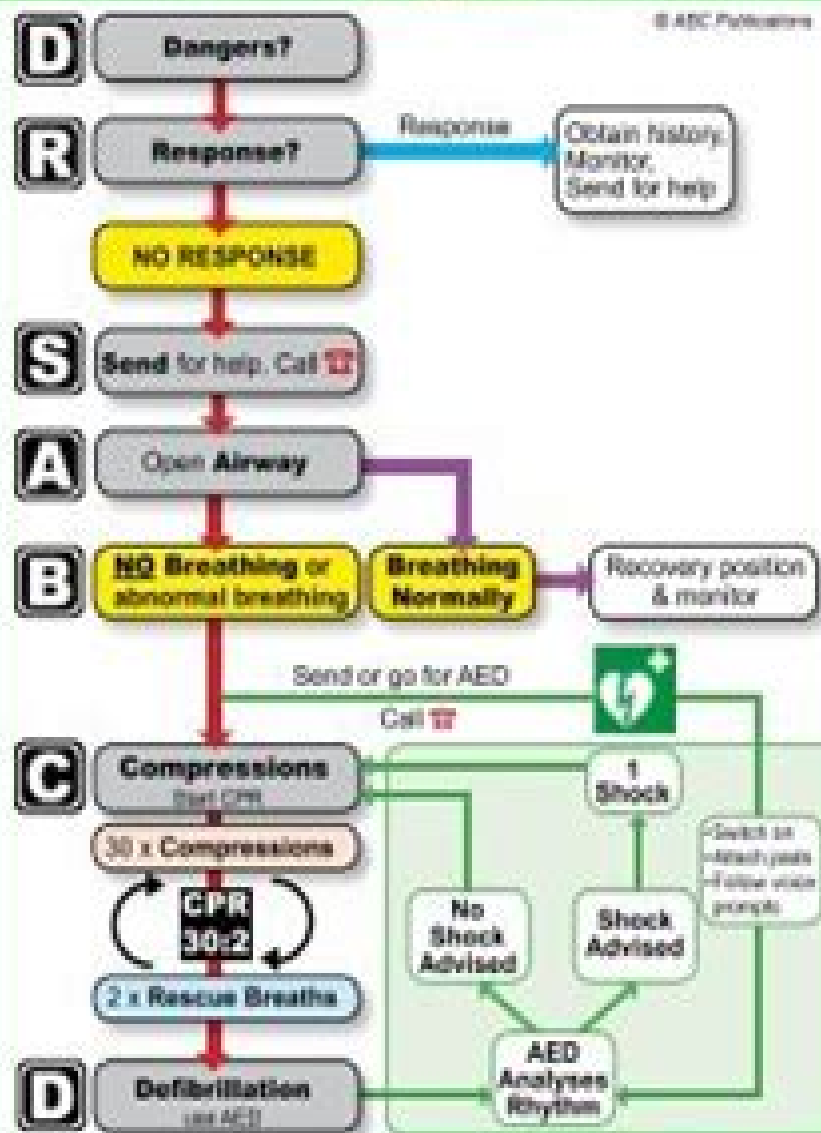


**Step 3**

- Carefully tilt the head slightly backwards and downwards. This facilitates drainage of saliva and/or stomach contents and reduces the risk of inhalation which may cause pneumonia.

## Basic Life Support & AED

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In an EMERGENCY CALL ☎ or 📱

# Abc First Aid Guide Answers

**Yi-Tong Ma**



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