

Phone Numbers

Emergency services: 999/112

First Aid: _____

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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, tilt their head back, pinch their nose shut and breathe into their mouth. If there is no response, repeat this. If there is still no response, call for help and start CPR. If there is still no response, call for help and start CPR. If there is still no response, call for help and start CPR.



Fig 2

If the patient is not breathing normally, give 30 chest compressions. Do this at a rate of 100-120 per minute. If the patient is not breathing, give 2 breaths.



Fig 3

Check again. If the first 2 breaths are not given, repeat the first 2 breaths. If the patient is still not breathing, repeat the first 2 breaths. If the patient is still not breathing, repeat the first 2 breaths. If the patient is still not breathing, repeat the first 2 breaths.

CHOKING

Adult and children over 1 year



Fig 1

1. Ask the person to lean forward. If they are lying down, place them on their side.
2. If they are standing, stand in front of the person between the shoulders and the back of the head (Fig 1).
3. With the heel of one hand, grasp the person's abdomen. Place your thumb just above the navel and your fingers just below the navel (Fig 2).
4. Give 5 quick upward thrusts. If the person is still choking, repeat the thrusts.
5. If the person is still choking, repeat the thrusts. If the person is still choking, repeat the thrusts. If the person is still choking, repeat the thrusts.



Fig 2

Repeat the thrusts until the object is dislodged. If the person is still choking, repeat the thrusts. If the person is still choking, repeat the thrusts. If the person is still choking, repeat the thrusts.

CHOKING (Infant)

Adults, children under 1 year



Fig 1



Fig 2

1. If the infant is choking, hold them upright, and give 5 quick upward thrusts. If the infant is still choking, repeat the thrusts.
2. If the infant is still choking, repeat the thrusts. If the infant is still choking, repeat the thrusts. If the infant is still choking, repeat the thrusts.
3. If the infant is still choking, repeat the thrusts. If the infant is still choking, repeat the thrusts. If the infant is still choking, repeat the thrusts.
4. If the infant is still choking, repeat the thrusts. If the infant is still choking, repeat the thrusts. If the infant is still choking, repeat the thrusts.
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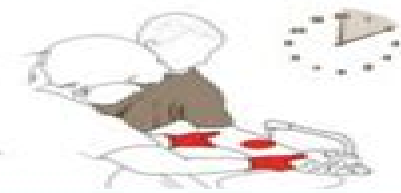
HEART ATTACK



1. Check if the person is conscious. If they are not conscious, call for help and start CPR.
2. If the person is not conscious, call for help and start CPR.
3. If the person is not conscious, call for help and start CPR.
4. If the person is not conscious, call for help and start CPR.
5. If the person is not conscious, call for help and start CPR.

BURNS & SCALDS

Burns and scalds are the most common injuries.



1. Cool the burn or scald with cool running water for at least 10 minutes.
2. Cover the burn or scald with a clean cloth. Do not use ointments or creams.
3. Cover the burn or scald with a clean cloth. Do not use ointments or creams.
4. Cover the burn or scald with a clean cloth. Do not use ointments or creams.
5. Cover the burn or scald with a clean cloth. Do not use ointments or creams.

SEVERE BLEEDING



1. Wash your hands and wear gloves if you have them.
2. If the person is lying down, place them on their back. If the person is sitting, place them on their back.
3. If the person is lying down, place them on their back. If the person is sitting, place them on their back.
4. If the person is lying down, place them on their back. If the person is sitting, place them on their back.
5. If the person is lying down, place them on their back. If the person is sitting, place them on their back.

NOSE BLEED

1. Sit the person upright and lean forward.
2. Pinch the soft part of the nose for 10-15 minutes.
3. If the person is still bleeding, repeat the steps.
4. If the person is still bleeding, repeat the steps.
5. If the person is still bleeding, repeat the steps.



RECOVERY POSITION



1. If the person is unconscious, place them in the recovery position.
2. If the person is unconscious, place them in the recovery position.
3. If the person is unconscious, place them in the recovery position.
4. If the person is unconscious, place them in the recovery position.
5. If the person is unconscious, place them in the recovery position.

RECOVERY POSITION (Infant)

1. If the infant is unconscious, place them in the recovery position.
2. If the infant is unconscious, place them in the recovery position.
3. If the infant is unconscious, place them in the recovery position.
4. If the infant is unconscious, place them in the recovery position.
5. If the infant is unconscious, place them in the recovery position.



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