

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. If you are alone, start with 30 seconds of CPR. If you are with someone else, start with 2 minutes of CPR. If you are alone, start with 30 seconds of CPR. If you are with someone else, start with 2 minutes of CPR.



Fig 2

If the patient is not breathing normally, give 30 breaths (compressions) to 2 breaths (compressions) in a ratio of 30:2. If the patient is not breathing normally, give 30 breaths (compressions) to 2 breaths (compressions) in a ratio of 30:2.



Fig 3

Check if the patient is responsive – if they do not respond, call 999/112. If there is no response, start resuscitation. If you are alone, start with 30 seconds of CPR. If you are with someone else, start with 2 minutes of CPR. If you are alone, start with 30 seconds of CPR. If you are with someone else, start with 2 minutes of CPR.

CHOKING

Adult and children over 1 year



Fig 1

- 1 Ask the person to lean forward. If they do not respond, call 999/112.
- 2 If they cannot cough or speak, stand behind the person and perform the Heimlich maneuver. (Fig 1)
- 3 If the person is not responding, perform the Heimlich maneuver. (Fig 1)
- 4 Continue the Heimlich maneuver until the object is removed or the person is unconscious. If the person is unconscious, start CPR. (Fig 2)
- 5 If the person is unconscious, start CPR. (Fig 2)

Always offer the Heimlich maneuver to a choking person lying on their back. If the person is lying on their back, perform the Heimlich maneuver. (Fig 3)



Fig 2

CHOKING (Infant)

Adult with a child under 1 year

- 1 If the infant is coughing or crying, encourage them to cough. If the infant is not coughing or crying, perform the Heimlich maneuver. (Fig 1)
- 2 If the infant is not responding, perform the Heimlich maneuver. (Fig 1)
- 3 Continue the Heimlich maneuver until the object is removed or the infant is unconscious. If the infant is unconscious, start CPR. (Fig 2)
- 4 If the infant is unconscious, start CPR. (Fig 2)



Fig 1



Fig 2

HEART ATTACK

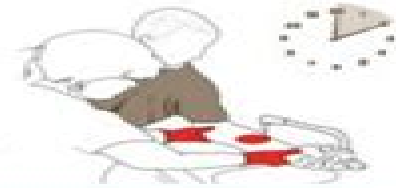


- 1 Ask the person to lie on their back. If they do not respond, call 999/112.
- 2 If they cannot cough or speak, start CPR. (Fig 1)
- 3 If they cannot cough or speak, start CPR. (Fig 1)
- 4 Continue the Heimlich maneuver until the object is removed or the person is unconscious. If the person is unconscious, start CPR. (Fig 2)
- 5 If the person is unconscious, start CPR. (Fig 2)

BURNS & SCALDS

Burns and scalds are the most common injuries.

- 1 Cool the burn or scald with running water for 10 minutes.
- 2 Cover the burn or scald with a clean, dry cloth.
- 3 Do not use ice, butter, oil, or any other substance.
- 4 Do not break blisters.
- 5 Do not use a bandage or tape.



SEVERE BLEEDING



- 1 Wash your hands before and after the first aid.
- 2 If the wound is deep, clean it with water. If the wound is not deep, clean it with water.
- 3 If the wound is deep, clean it with water. If the wound is not deep, clean it with water.
- 4 If the wound is deep, clean it with water. If the wound is not deep, clean it with water.
- 5 If the wound is deep, clean it with water. If the wound is not deep, clean it with water.

NOSE BLEED

- 1 Sit the person upright.
- 2 Pinch the nose for 10 minutes.
- 3 If the nose is still bleeding, pinch the nose for 10 minutes.
- 4 If the nose is still bleeding, pinch the nose for 10 minutes.
- 5 If the nose is still bleeding, pinch the nose for 10 minutes.



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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McCaulay Lmp**



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