

**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 normally, start mouth-to-mouth resuscitation. If the patient is breathing normally, start CPR.

## CHOKING

Adult and children over 1 year



Fig 1

- Ask the person to take a deep breath and hold it.
- If they cannot breathe, stand behind them and perform the Heimlich maneuver. If they can breathe, ask them to take a deep breath and hold it.
- If the person is not breathing, perform the Heimlich maneuver. If they can breathe, ask them to take a deep breath and hold it.
- Continue to perform the Heimlich maneuver until the person can breathe.
- If the person is not breathing, perform the Heimlich maneuver. If they can breathe, ask them to take a deep breath and hold it.

Always offer the Heimlich maneuver to a choking person lying on their back. If the person is not breathing, perform the Heimlich maneuver.



Fig 2

## CHOKING (Infant)

Adults, children under 1 year

- If the person is not breathing, perform the Heimlich maneuver. If they can breathe, ask them to take a deep breath and hold it.
- If the person is not breathing, perform the Heimlich maneuver. If they can breathe, ask them to take a deep breath and hold it.
- Continue to perform the Heimlich maneuver until the person can breathe.
- If the person is not breathing, perform the Heimlich maneuver. If they can breathe, ask them to take a deep breath and hold it.
- The person of the baby should be placed on their back. If the person is not breathing, perform the Heimlich maneuver.



Fig 1



Fig 2

## HEART ATTACK

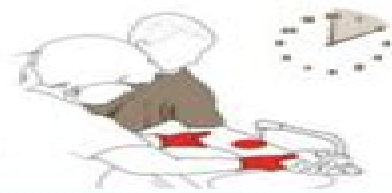


- Ask the person if they are having a heart attack. If they say yes, call 999/112.
- If the person is not breathing, perform CPR. If they are breathing, ask them to take a deep breath and hold it.
- If the person is not breathing, perform CPR. If they are breathing, ask them to take a deep breath and hold it.
- If the person is not breathing, perform CPR. If they are breathing, ask them to take a deep breath and hold it.
- If the person is not breathing, perform CPR. If they are breathing, ask them to take a deep breath and hold it.

## BURNS & SCALDS

Burns and scalds are the most common injuries. They can be very painful and dangerous.

- Cool the burn with running water for 10 minutes.
- Cover the burn with a clean cloth. Do not use ointments or creams.
- Do not pop blisters.
- Cover the burn with a clean cloth. Do not use ointments or creams.
- Do not use ice or frozen vegetables.



## SEVERE BLEEDING



- Wash your hands before and after first aid.
- If the wound is deep, clean it with water. If it is bleeding heavily, apply a bandage. If it is bleeding heavily, apply a bandage.
- If the wound is deep, clean it with water. If it is bleeding heavily, apply a bandage. If it is bleeding heavily, apply a bandage.
- If the wound is deep, clean it with water. If it is bleeding heavily, apply a bandage. If it is bleeding heavily, apply a bandage.
- If the wound is deep, clean it with water. If it is bleeding heavily, apply a bandage. If it is bleeding heavily, apply a bandage.

## NOSE BLEED

- Sit the person upright.
- Pinch the bridge of the nose for 10 minutes.
- Do not tilt the head back.
- If the bleeding continues, apply a bandage to the nose.
- If the bleeding continues, apply a bandage to the nose.



## RECOVERY POSITION



- If the person is not breathing, start CPR. If they are breathing, place them in the recovery position.
- If the person is not breathing, start CPR. If they are breathing, place them in the recovery position.
- If the person is not breathing, start CPR. If they are breathing, place them in the recovery position.

## RECOVERY POSITION (Infant)

- If the person is not breathing, start CPR. If they are breathing, place them in the recovery position.
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# American Red Cross First Aid Study Guide

**Scott C. Dulebohn**



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