

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 1 minute of CPR. If you are alone, start with 30 seconds of CPR. If you are with someone else, start with 1 minute 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 the airway of the first adult and give 10 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.

CHOKING

Adult and Child (over 1 year)



Fig 1

- Ask the person to lean forward. If they are lying down, place them on their side.
- If they are conscious, give up to five back blows between the shoulder blades with the heel of your hand (Fig 1).
- If the object is not dislodged, give up to five abdominal thrusts. Place your fist in the middle of the person's abdomen, just above the navel, and push upwards and inwards (Fig 2).
- Continue this cycle of back blows and abdominal thrusts until the object is dislodged.
- If the person is unconscious, lay them on their back and give up to five back blows between the shoulder blades with the heel of your hand.



Fig 2

CHOKING (Infant)

Adult Child (under 1 year)



Fig 1



Fig 2

- If an infant is choking, hold them upright, and give up to five back blows between the shoulder blades with the heel of your hand.
- If the object is not dislodged, give up to five abdominal thrusts. Place your two fingers in the middle of the infant's chest.
- Continue this cycle of back blows and abdominal thrusts until the object is dislodged.
- If the infant is unconscious, lay them on their back and give up to five back blows between the shoulder blades with the heel of your hand.
- The person who is choking should be placed in the recovery position.

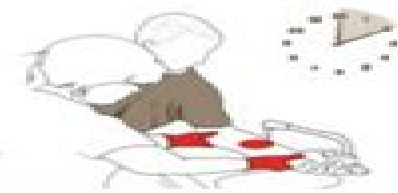
HEART ATTACK



- Ask the person if they are having a heart attack. If they say yes, call 999/112.
- If the person is conscious, give them aspirin (if they have it) and rest.
- If the person is unconscious, lay them on their back and give them CPR.
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- If the person is unconscious, lay them on their back and give them CPR.
- If the person is unconscious, lay them on their back and give them CPR.

BURNS & SCALDS

Burns and scalds are the most common injuries.



- Cool the burn or scald with cool running water for at least 10 minutes.
- Remove the person from the source of the burn or scald.
- Cover the burn or scald with a clean, dry cloth.
- Do not use ice, butter, oil, or any other home remedies.
- Do not use a tourniquet or any other device.

SEVERE BLEEDING



- Bleeding can be a serious injury. If you see a wound, call 999/112.
- If the person is conscious, give them first aid for severe bleeding.
- If the person is unconscious, lay them on their back and give them first aid for severe bleeding.
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- If the person is unconscious, lay them on their back and give them first aid for severe bleeding.
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- If the person is unconscious, lay them on their back and give them first aid for severe bleeding.

NOSE BLEED

- Sit the person upright.
- Pinch the bridge of the nose for 10 minutes.
- If the person is conscious, give them first aid for nose bleed.
- If the person is unconscious, lay them on their back and give them first aid for nose bleed.
- If the person is unconscious, lay them on their back and give them first aid for nose bleed.
- If the person is unconscious, lay them on their back and give them first aid for nose bleed.
- If the person is unconscious, lay them on their back and give them first aid for nose bleed.
- If the person is unconscious, lay them on their back and give them first aid for nose bleed.



RECOVERY POSITION



- If you see an unconscious person, call 999/112.
- If the person is conscious, give them first aid for recovery position.
- If the person is unconscious, lay them on their back and give them first aid for recovery position.
- If the person is unconscious, lay them on their back and give them first aid for recovery position.
- If the person is unconscious, lay them on their back and give them first aid for recovery position.
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- If the person is unconscious, lay them on their back and give them first aid for recovery position.
- If the person is unconscious, lay them on their back and give them first aid for recovery position.

RECOVERY POSITION (Infant)

- If you see an unconscious infant, call 999/112.
- If the infant is conscious, give them first aid for recovery position.
- If the infant is unconscious, lay them on their back and give them first aid for recovery position.
- If the infant is unconscious, lay them on their back and give them first aid for recovery position.
- If the infant is unconscious, lay them on their back and give them first aid for recovery position.
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SJ Ball



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