

Phone Numbers

Emergency Services: 999/112

Red Cross: 1890 502 502

Fire: 999

Police: 999

Health: 112

Other: _____

FIRST AID GUIDE

How to deal with accidents and emergencies

- Keep calm and look for any dangers to yourself or 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 adult is responsive (‘‘Hello, hello, can you hear me?’’). If there is no response, shout for help. Tilt the head backwards using an A&P. Breathe the air in by breathing normally. If breathing normally, call an ambulance and put the person in the recovery position. Call 999 on 112 for an ambulance.



Fig. 2

If the person is not breathing normally, give 30 chest compressions using the palm of your hands, at the centre of the chest and pushing down to a depth of 5 cm.



Fig. 3

Open the airway by tilting the head back and give two breaths by covering the nose and pinching the patient's mouth with your mouth. Breathe the air in by breathing normally. If breathing normally, call an ambulance and put the person in the recovery position. Call 999 on 112 for an ambulance.

CHOKING



Fig. 1

- Ask ‘‘Can you cough?’’ If they can cough or breathe, encourage them to cough to remove the object.
- If they cannot cough, give up to five back blows between the shoulder blades with the heel of your hand (Fig. 1).
- If this object is not dislodged, give up to five abdominal thrusts. These are performed just above the navel and put hands and thumbs in (Fig. 2).
- Continue this cycle of five back blows and five abdominal thrusts until the object is dislodged.
- If the person is unconscious, lay them on their back on a firm surface and perform CPR until help arrives.

Anyone who has been treated for choking in this way should be advised to see their doctor after the incident.



Fig. 2

CHOKING (Infant)

Fig. 3, Fig. 4, Fig. 5, Fig. 6

- If an infant is choking, breathe into their mouth. If they have a severe allergic reaction, treat them as an adult. Give up to five back blows between the shoulder blades with the heel of your hand.
- If this does not dislodge the object, give up to five chest thrusts with two fingers in the middle of the chest.
- If they remain conscious, lay them on their back and give up to five abdominal thrusts with two fingers.
- If they remain conscious, lay them on their back and give up to five abdominal thrusts with two fingers.
- If they are unconscious, lay them on their back and give up to five abdominal thrusts with two fingers.



Fig. 3



Fig. 4

HEART ATTACK

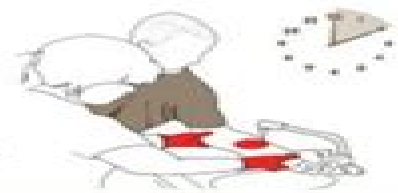


- A heart attack is one of the most common life-threatening heart conditions. Signs and symptoms are as follows:
- Pain or discomfort in the chest.
- Pain or discomfort in the chest, arm, shoulder, neck, jaw or back.
- Pain or discomfort in the chest, arm, shoulder, neck, jaw or back.
- Shortness of breath, sweating.
- If you are alone, call 999 on 112 for an ambulance and put the person in the recovery position.
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BURNS & SCALDS

Burns and scalds are among the most common injuries requiring emergency treatment.

- Cool the burn or scald as quickly as possible, placing the affected area under cold running water for at least 10 minutes.
- Do not use ice or anything else to cool the burn.
- Do not use ointments, creams or anything else to treat the burn.
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SEVERE BLEEDING



- If you are alone, call 999 on 112 for an ambulance and put the person in the recovery position.
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NOSE BLEED

- Sit down and lean forward.
- Pinch the soft part of the nose for 10 minutes.
- Do not use ointments, creams or anything else to treat the nose.
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RECOVERY POSITION



- If you are alone, call 999 on 112 for an ambulance and put the person in the recovery position.
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RECOVERY POSITION (Infant)

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First Aid Trainer Guide

Karin Nielsen-Saines



First Aid Trainer Guide:

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