

Phone Numbers

Emergency Services: **999/112**

Fire: _____

Police: _____

Health: _____

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 through your mouth, about 1.5 litres (1.5 seconds) into the mouth. 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 through your mouth, about 1.5 litres (1.5 seconds) into the mouth. 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 up to chest (Fig. 2).
- Continue this cycle of five back blows and five abdominal thrusts until the object is dislodged.
- If this person is pregnant, stand with her feet on either side of your knees and deliver five back blows.

Anyone who has been treated for choking is then taken to the nearest hospital for observation.



Fig. 2

CHOKING (Infant)

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

- If an infant is choking, breathe through your mouth into their back and between their shoulder blades with the heel of your hand.
- If this does not dislodge the object, give up to five abdominal thrusts with two fingers in the middle of the chest.
- If this does not dislodge the object, give up to five abdominal thrusts with two fingers in the middle of the chest.
- If this does not dislodge the object, call 999 on 112 for an ambulance and take the infant to hospital.
- If the infant is still choking, call 999 on 112 for an ambulance and take the infant to hospital.



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, which may spread to the arms, neck, jaw, back or stomach.
- Shortness of breath.
- Dizziness or fainting.
- Nausea or vomiting.
- If you think you are having a heart attack, 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.
- Do not use anything to cover the burn.
- Do not use anything to cover the burn.



SEVERE BLEEDING



- If you have a severe bleed, 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 bridge of your nose for 10 minutes.
- Do not use anything to cover the nose.
- Do not use anything to cover the nose.
- Do not use anything to cover the nose.



RECOVERY POSITION



- If you have a severe bleed, 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

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First Aid Trainer Guide:

Reviewing **First Aid Trainer Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**First Aid Trainer Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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