

**Phone Numbers**

Emergency Services: **999/112**

Fire: **112**

Police: **112**

Health: **112**

Other: **112**

# 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 (shake, talk, tap on their shoulder). If there is no response, shout for help. Tilt the head back and lift the chin. If the person is not breathing normally, give 30 chest compressions (see Fig. 2) and 2 breaths (see Fig. 3). If the person is not breathing normally, call an ambulance and get help as soon as possible.



Fig. 2

If the person is not breathing normally, give 30 chest compressions (see Fig. 2) and 2 breaths (see Fig. 3). If the person is not breathing normally, call an ambulance and get help as soon as possible.



Fig. 3

Open the airway by tilting the head back and give two breaths (see Fig. 3). If the person is not breathing normally, give 30 chest compressions (see Fig. 2) and 2 breaths (see Fig. 3). If the person is not breathing normally, call an ambulance and get help as soon as possible.

## CHOKING



Fig. 1

- Ask the person to cough. If they can cough or breathe, encourage them to cough. Continue the Heimlich maneuver if they cannot cough or breathe.
- If they cannot cough or breathe, stand behind the person and perform the Heimlich maneuver (see Fig. 1).
- If the person is not responsive, place them on their back and perform the Heimlich maneuver (see Fig. 2).
- Continue the Heimlich maneuver until the person can breathe or until an ambulance arrives.
- If the person is not responsive, place them on their back and perform the Heimlich maneuver (see Fig. 2).

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, perform the Heimlich maneuver (see Fig. 3). If the infant is not responsive, place them on their back and perform the Heimlich maneuver (see Fig. 4).
- If the person is not responsive, place them on their back and perform the Heimlich maneuver (see Fig. 5).
- If the person is not responsive, place them on their back and perform the Heimlich maneuver (see Fig. 6).
- If the person is not responsive, place them on their back and perform the Heimlich maneuver (see Fig. 6).
- If the person is not responsive, place them on their back and perform the Heimlich maneuver (see Fig. 6).



Fig. 3



Fig. 4

## HEART ATTACK



- A heart attack is one of the most common causes of death. It is a medical emergency. If you suspect a heart attack, call an ambulance immediately.
- If the person is not responsive, place them on their back and perform CPR (see Fig. 1).
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## BURNS & SCALDS

Burns and scalds are among the most common injuries. If you suspect a burn or scald, call an ambulance immediately.

- If the person is not responsive, place them on their back and perform CPR (see Fig. 1).
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## SEVERE BLEEDING



- If you suspect a severe bleed, call an ambulance immediately. If you have a first aid kit, use it to stop the bleed. If you do not have a first aid kit, use a clean cloth to stop the bleed.
- If the person is not responsive, place them on their back and perform CPR (see Fig. 1).
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## NOSE BLEED

- If you suspect a nose bleed, call an ambulance immediately. If you have a first aid kit, use it to stop the bleed. If you do not have a first aid kit, use a clean cloth to stop the bleed.
- If the person is not responsive, place them on their back and perform CPR (see Fig. 1).
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## RECOVERY POSITION



- If you suspect a person is unconscious, place them in the recovery position. If you have a first aid kit, use it to stop the bleed. If you do not have a first aid kit, use a clean cloth to stop the bleed.
- If the person is not responsive, place them on their back and perform CPR (see Fig. 1).
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- If the person is not responsive, place them on their back and perform CPR (see Fig. 1).

## RECOVERY POSITION (Infant)

- If you suspect a person is unconscious, place them in the recovery position. If you have a first aid kit, use it to stop the bleed. If you do not have a first aid kit, use a clean cloth to stop the bleed.
- If the person is not responsive, place them on their back and perform CPR (see Fig. 1).
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# First Aid Trainer Guide

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