

What To Do In An Emergency

Give Emergency First Aid

Use of the guide to resuscitation to assess each casualty (see below)

Get Help

Don't attempt to help if you are not sure how - you might make the situation worse

Tips

- Treat the unconscious first
- Never give a casualty anything to eat or drink

Guide to Resuscitation

- Open the airway by lifting the chin and tilting the person's head
- Check breathing - spend 10 seconds checking if the person is breathing
- Look to see if chest is rising and falling
- Listen for breathing
- Feel for breath against your cheek
- Check circulation
- Look for any signs of movement
- Check pulse in the neck

The Recovery Position

- Turn casualty onto side, protecting face
- Tilt head the jaw forward to keep an open airway
- Check casualty cannot roll forwards or backwards

What to do with a Burn or Scald

- Place area under cold, slow running water
- Never apply plasters to burns or scalds
- Seek help

What to do when someone has a broken bone

- Do not move them
- Support the injured part, but do not put any pressure on it.
- Seek help

What To Do In An Emergency

What to do when someone is Choking

- Encourage coughing
- Bend casualty forward and slap sharply between the shoulder blades up to 5 times
- Check mouth, remove any obvious obstruction
- Seek help

What to do when someone has a Nose Bleed

- Pinch fleshy part of nose to stop bleeding
- Don't lean backwards
- Sit straight, breath through mouth, hold nose gently closed
- Continue for 10 mins and gently let go
- If bleeding stops, use an ice-pack, if it continues seek medical help
- Avoid hot drinks for a few hours to keep temperature down

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