# **EMERGENCY FIRST AID ADVICE**

If you find yourself in an emergency situation, try to stay calm and do what you can until emergency help arrives.

#### Assess the situation

- > Is it safe to approach the casualty?
- > Don't put yourself in danger

# Stay calm

- > Try to think clearly
- > Comfort and reassure the casualty

#### Give emergency help

- > Prioritise the most life threatening conditions
- > Try to treat any casualties where you find them
- Ask bystanders to help you if they can
- > Call 999/112 for emergency help

### **The Primary Survey**

- > Use **DR ABC** to identify life threatening conditions
- > Remember the unresponsive casualties are at greatest risk.

#### Remember

- Danger
- Response
- **A**irway
- **B**reathing
- Circulation

### WHAT TO DO IF SOMEONE IS UNRESPONSIVE



3. Check for normal breathing for up to 10 seconds



# 4. If they're breathing normally:

- > Put them in the recovery position
- > Then call 999/112 for emergency help If they're not breathing
- > Call 999/112 for emergency help
- > Start CPR.

# WHAT TO DO IF SOMEONE IS UNRESPONSIVE AND NOT BREATHING NORMALLY

1. Call for help

> Tell them to call 999/112 and find an **AED** 

2. Pump

> Give 30 Chest compressions at a rate of 100-120 per minute



3. Breathe

Give two rescue breaths. If unwilling or unable, do chest pumps only

Continue to pump and give rescue breaths until help arrives.



# WHAT TO DO IF SOMEONE IS BLEEDING

1. Press it



2. Call 999/112 for emergency



3. Secure dressing with a bandage to maintain pressure



#### WHAT TO DO IF SOMEONE IS IN SHOCK

- 1. Lie them down
- ➤ Their legs should be raised and supported

2. Call 999/112 for emergency help



- 4. Keep them comfortable and warm
  - 5. Monitor their level of response
  - If they become unresponsive prepare to give CPR.

3. Loosen any tight clothing

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