



What is first aid?

The immediate care given to a person who has been injured, or who has become ill prior to the arrival of qualified medical assistance

The aims of first aid (3 P's)

P Preserve Life

P Prevent Worsening












P Promote Recovery

First aid equipment










A basic first aid kit may contain:



First aid equipment

-  plasters in a variety of different sizes and shapes (hypoallergenic)
-  small, medium and large sterile gauze dressings
-  sterile eye dressings
-  triangular bandages
-  crêpe rolled bandages
-  safety pins
-  disposable sterile gloves
-  tweezers
-  scissors
-  alcohol-free cleansing wipes
-  sticky tape (hypoallergenic)

First aid equipment

-  thermometer (preferably digital)
-  skin rash cream, such as hydrocortisone or calendula
-  cream or spray to relieve insect bites and stings
-  antiseptic cream
-  painkillers such as paracetamol (or infant paracetamol for children), aspirin (not to be given to children under 16), or ibuprofen
-  cough medicine
-  antihistamine cream or tablets
-  distilled water for cleaning wounds
-  eye wash

Contact the emergency services

Contact the emergency services at the earliest is vital

The number for contacting the
Emergency Services is:

999/112









112 is in fact a genuine emergency number, which provides the same purpose as **999**.

The only **difference** is that **112** works throughout the EU. Calls to both **999** and **112** can work when you have no signal

Minimising the risk of infection



It is important you do not transmit infections or indeed contract infections yourself . To help minimising the risk of infection and cross-contamination there actions we can be take such as:

-  **good personal hygiene**
-  **Ensuring that barrier devices are used**
-  **Covering any open cuts or sores**
-  **Minimising contact with blood or bodily fluids**
-  **Changing gloves between casualties**
-  **Washing hands thoroughly after removing gloves.**



The Primary Survey

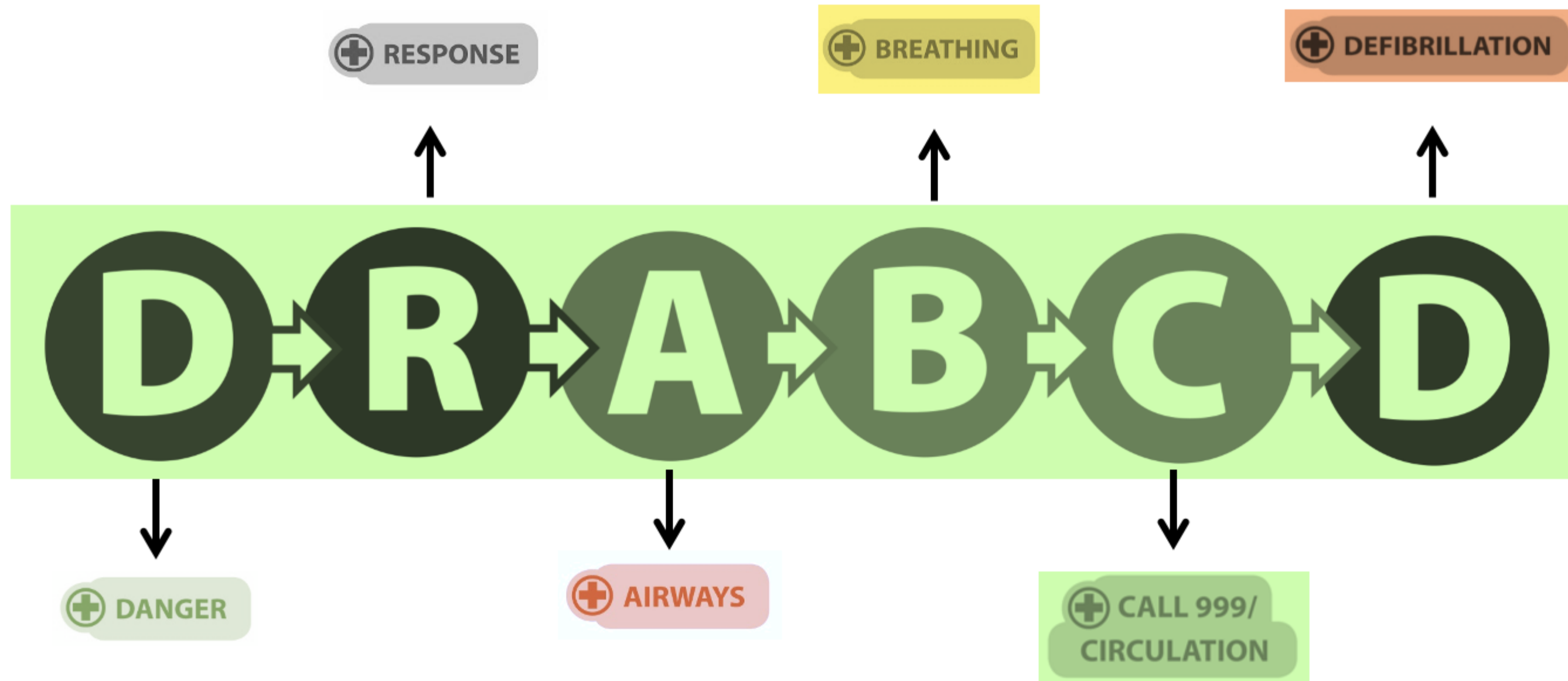
The *primary survey* is a quick way to find out how to treat any life threatening conditions a casualty may have in order of priority

Doing the Primary survey can be remembered by the acronym

DRABCD

Remember ***Doctor ABCD***)

Doctor ABCD





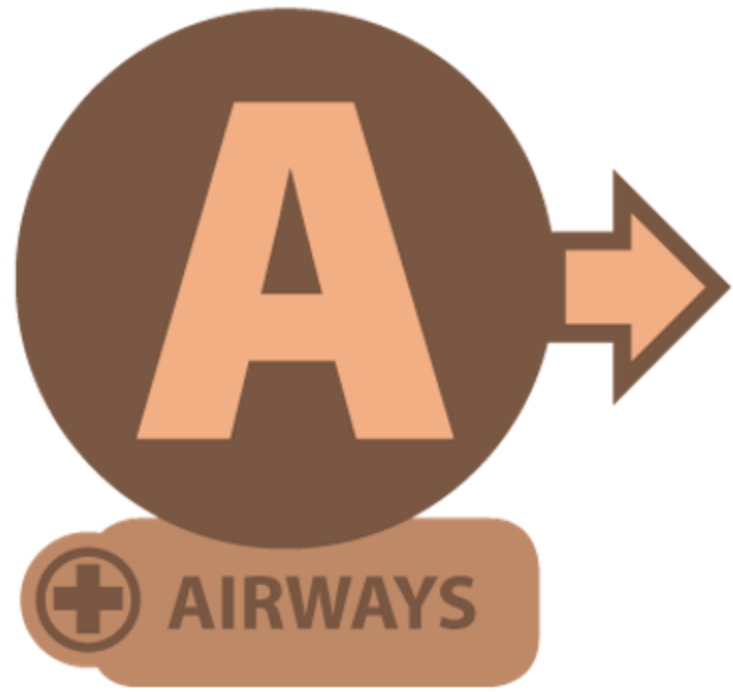
Ensure the scene is safe by removing or eliminating any danger.



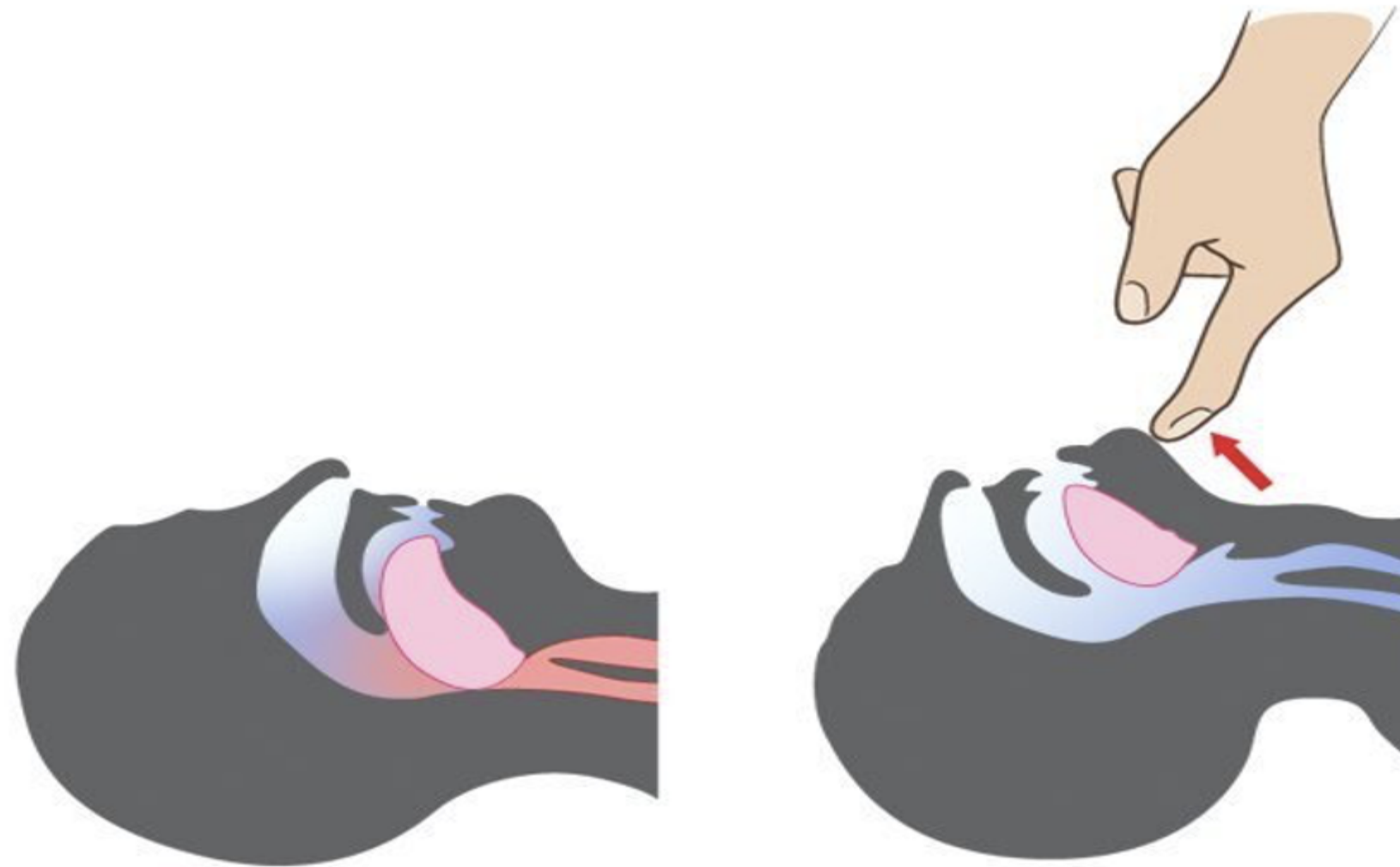


Try and get some kind of response from the casualty so the casualty can tell you what is wrong with them. If possible, approach the casualty from their feet as this prevents hyperextension of the neck





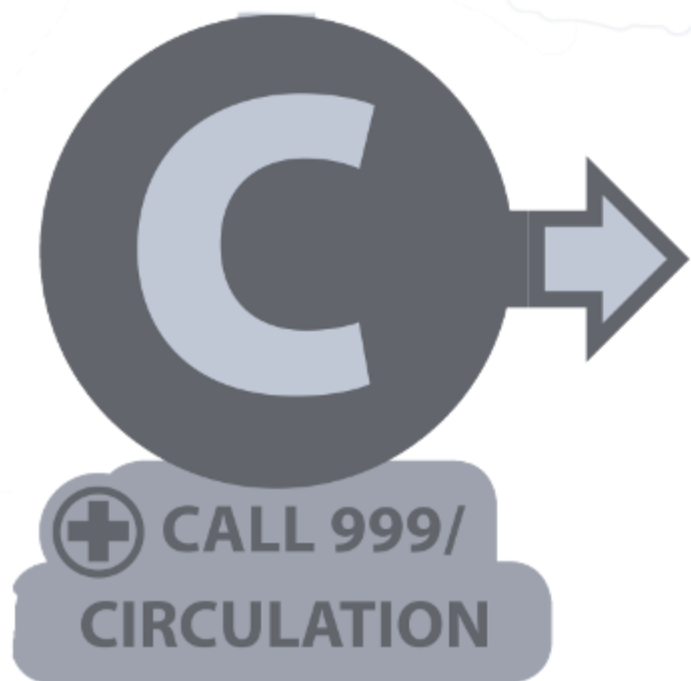
Open the airway using the head-tilt/chin-lift method





When the airway is open; lookout for any signs of normal breathing for 10 seconds. Look out for if the casualty looks to be breathing abnormally, infrequently or not at all. Slow noisy gasps, know as agonal gasps





Compression-only CPR. If you are untrained or unable to do rescue breaths for a casualty who is not breathing, give chest compression-only CPR. These should be continuous at a rate of **100-120 compressions per minute and to a depth of **5-6cm**.**

'Call (999/112**). Ask a helper to call otherwise call yourself, stay with the casualty when making the call if possible, and activate the speaker function on the phone to aid communication with ambulance service. Commence CPR (**30** compressions **2** breaths).'**





If an AED arrives, switch it on and follow the spoken or visual prompts. An AED is used in conjunction with CPR.

Automated External Defibrillator (AED)



The recovery position

Placing the casualty in the recovery position helps to:

- **Maintain a clear airway**
- **Assist with natural breathing**
- **Clear the airway of excretions such as vomit if the casualty is breathing, but unresponsive**

The recovery position

When placing a pregnant woman into the recovery position she should be placed onto her left hand side, as this prevents compression of the inferior vena cava.



Place the arm nearest to you at a right angle to the casualty's body (allow it to rest in a natural position)

The recovery position



Bring the other arm across the casualty's chest and secure the back of their hand onto their nearest cheek with your hand.

The recovery position



Bring the arm furthest away from you across the chest and hold the back of the hand against the nearest cheek.

The recovery position



Bring the arm furthest away from you across the chest and hold the back of the hand against the nearest cheek.

The recovery position



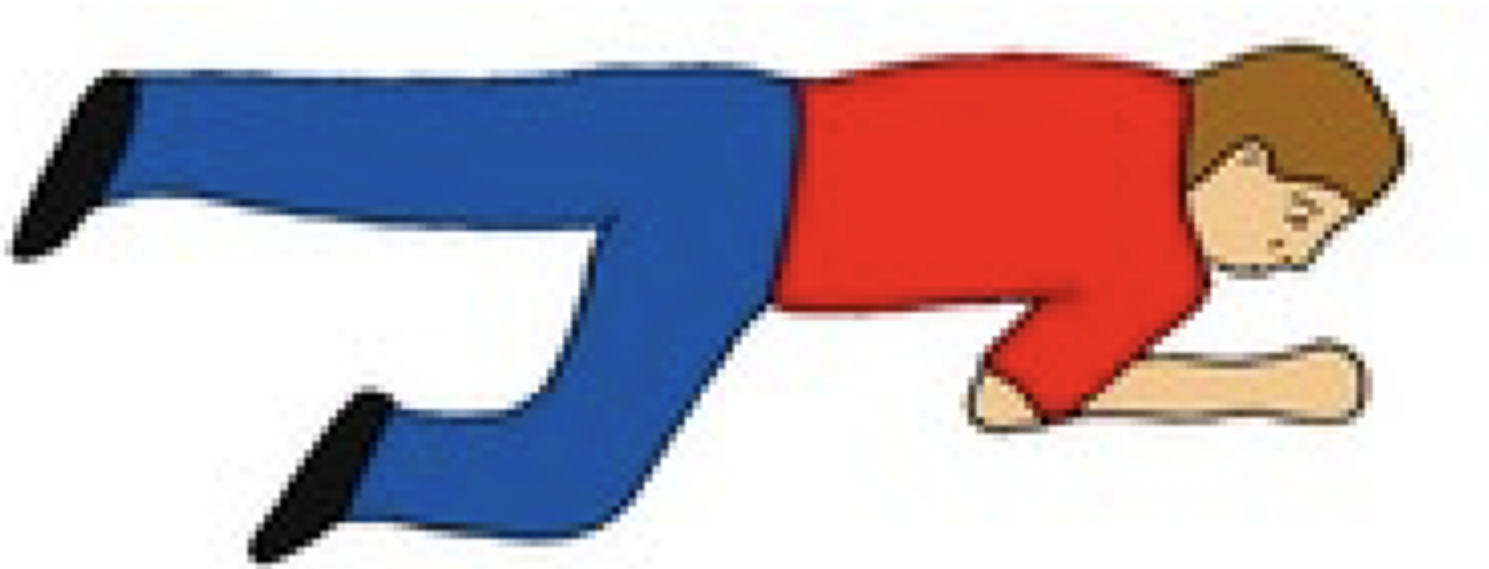
Adjust the casualty's upper leg so that the knee and lower leg are at right angles to the hip making a stable base.

The recovery position



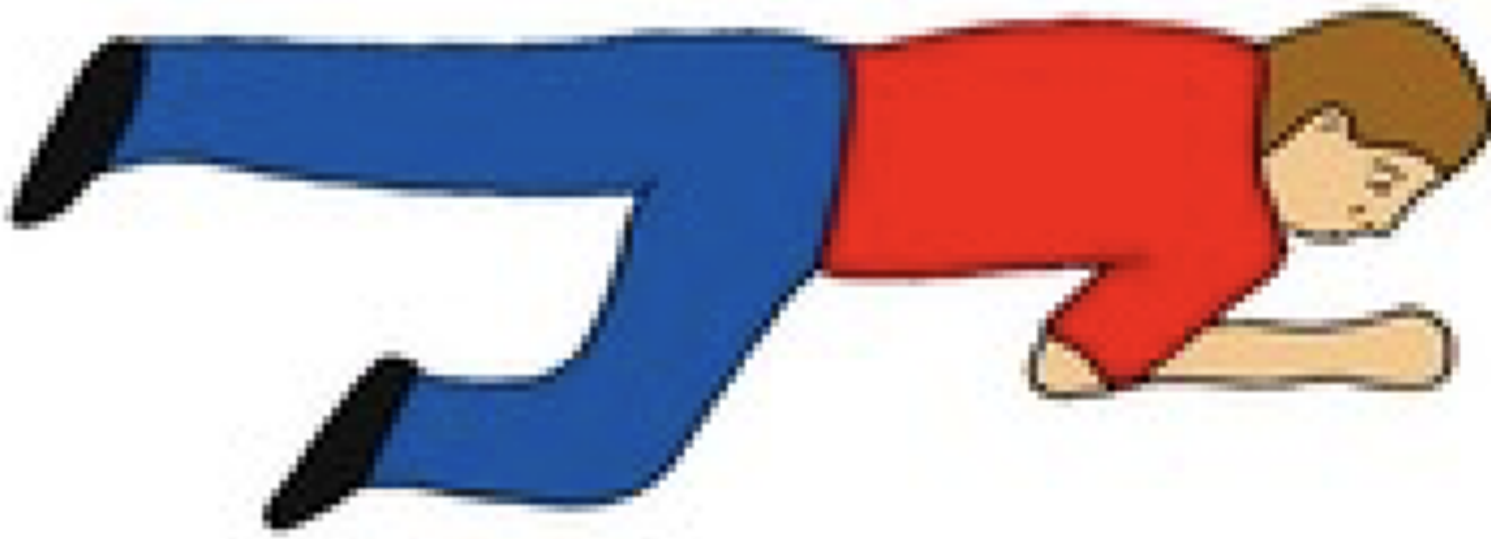
Keeping the casualty's hand on their cheek to control the head movement, pull their leg towards you so the casualty turns onto their side.

The recovery position



Check that the airway is open and adjust the hand under the cheek to maintain the airway.

The recovery position



**Check
breathing
regularly, and
be prepared
to carry out
CPR.**

Cardiopulmonary Resuscitation (CPR)

If you reach this point and the casualty isn't breathing, you need to start The principles of resuscitation 

 Airway maintenance and breathing

 Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillation (AED).


Cardiopulmonary Resuscitation (CPR)

 **CARDIO = 'heart'**

 **PULMONARY = 'lungs'**

 **RESUSCITATION = 'revive'**

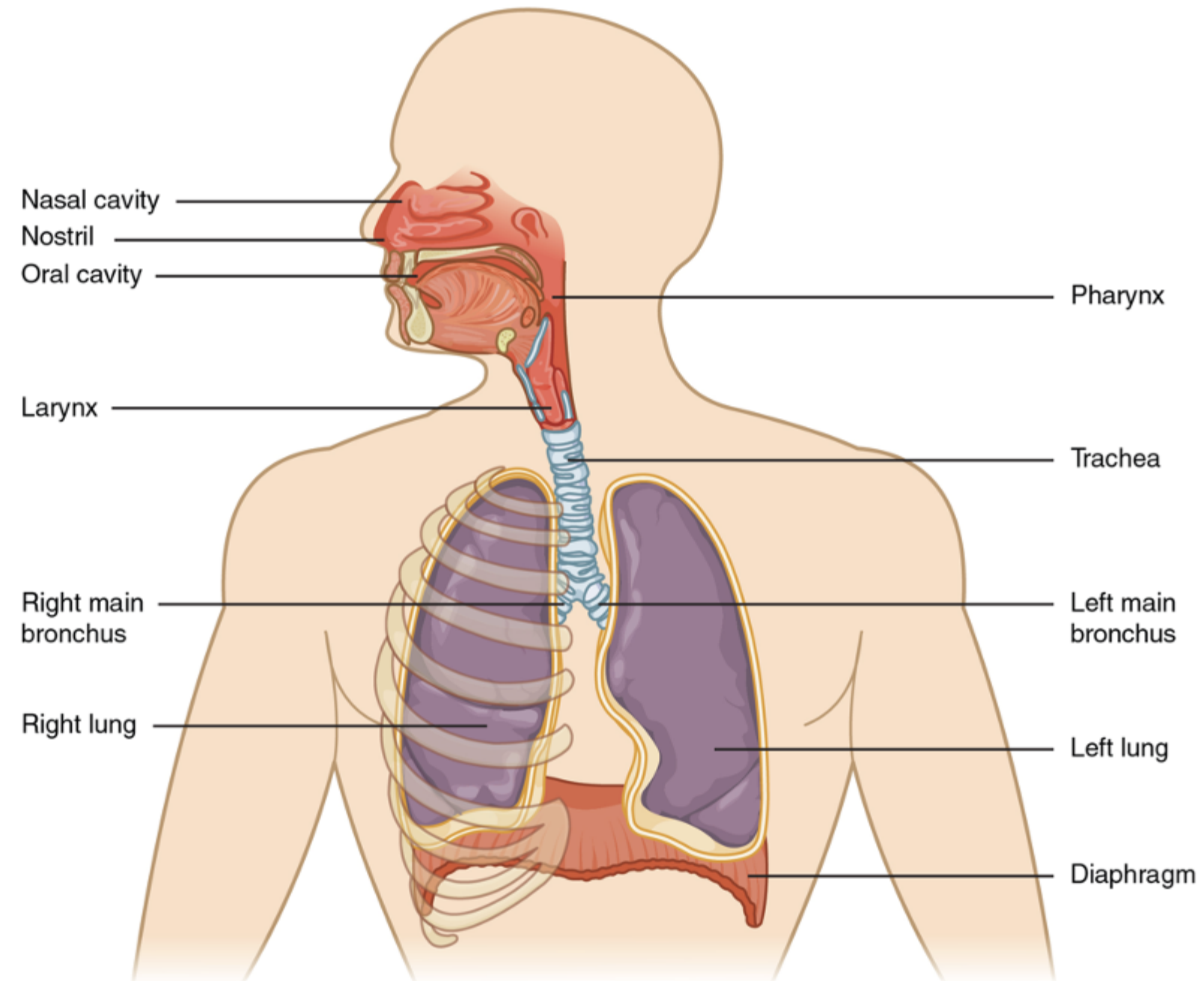
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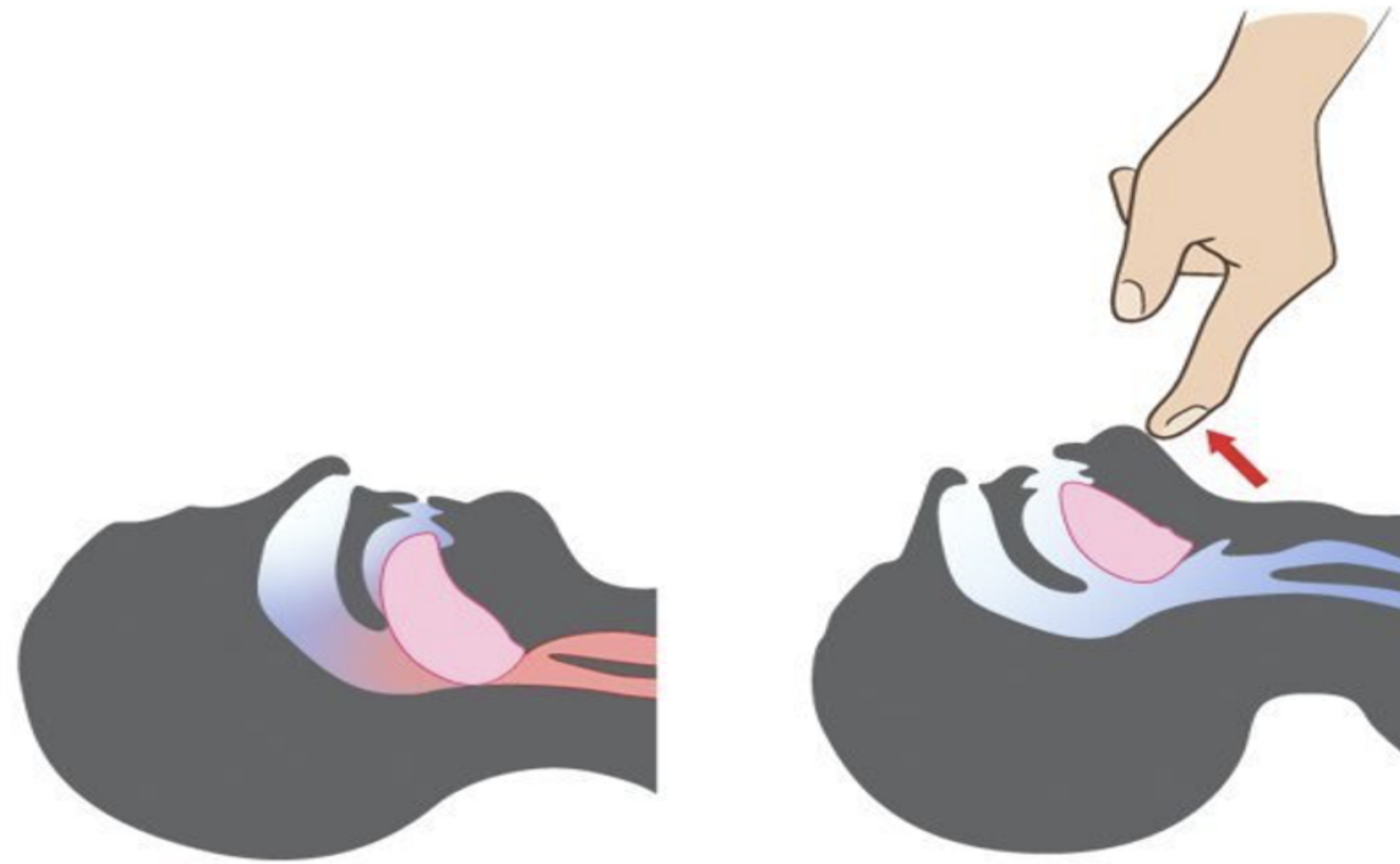
 Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillation (AED).

The respiratory system



Administer CPR

It is important that the airway remains open as previous



Administer CPR

Chest compressions must only be administered to a casualty who is not breathing normally



Administer CPR

Place yourself vertically above the casualty's chest with your arms straight, press down on the sternum approx. **5-6 cm**.

Repeat this at a rate of **100 - 120** compressions per minute **30 times**.

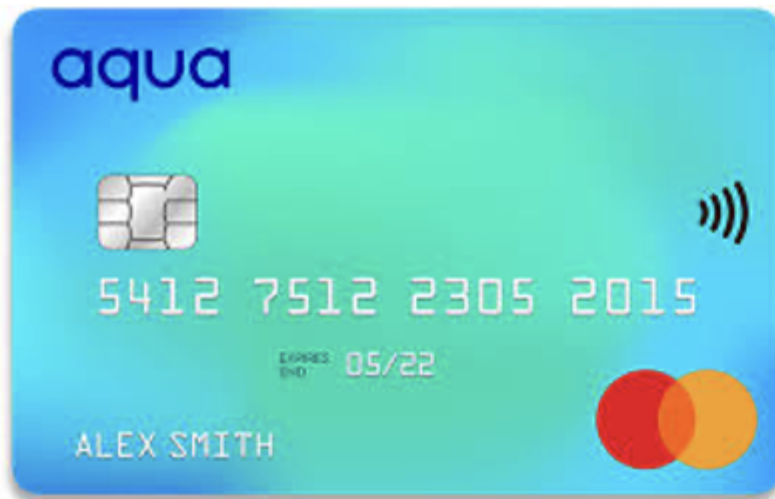


Administer CPR

🤒 Depth of compression should be 5-6cm

🤒 Rate of compression should be 100-120 compressions per minute

Approx depth of a credit card



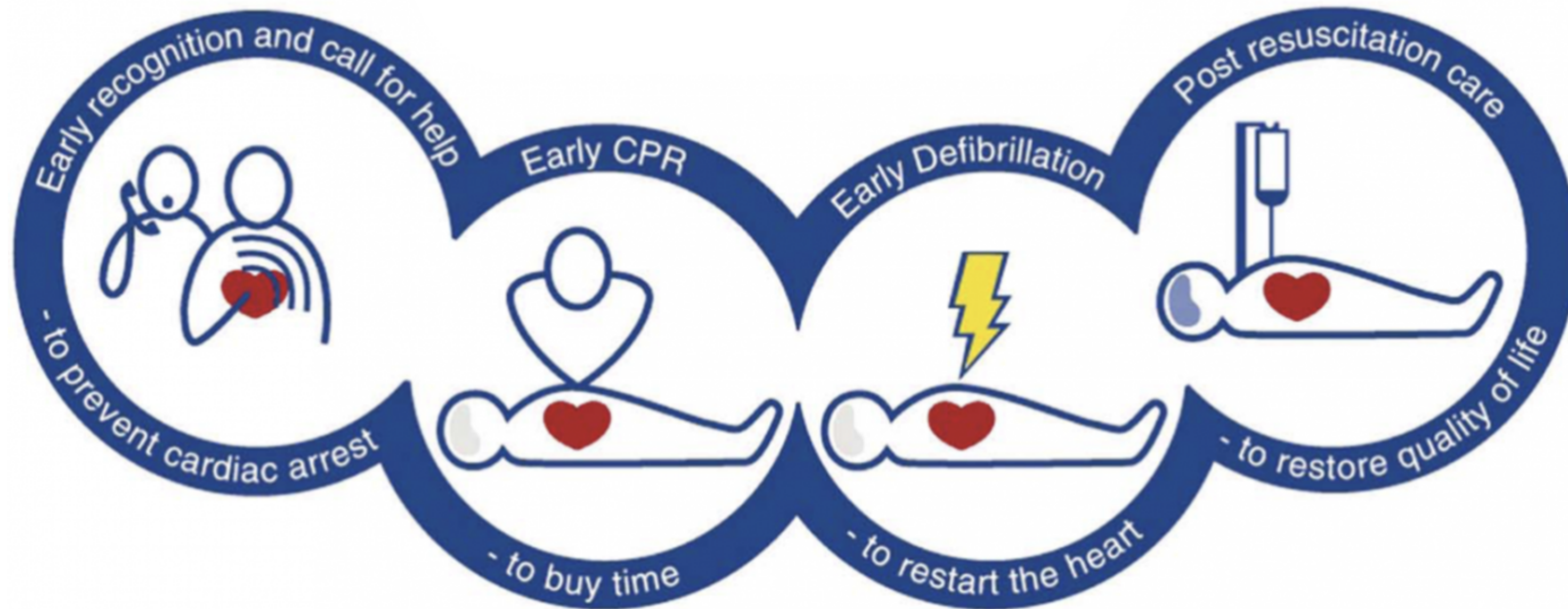
Administer CPR

🤔 After completing **30** chest compressions the emergency first aider should administer effective rescue breaths

🤔 Administering the **2** breaths should not take more than **5** seconds



Chain of Survival



Chain of Survival

To prevent cardiac arrest

call for help



To buy time



Early CPR

To restart the heart

Early defibrillation



To restore quality of life



Post-resuscitation care



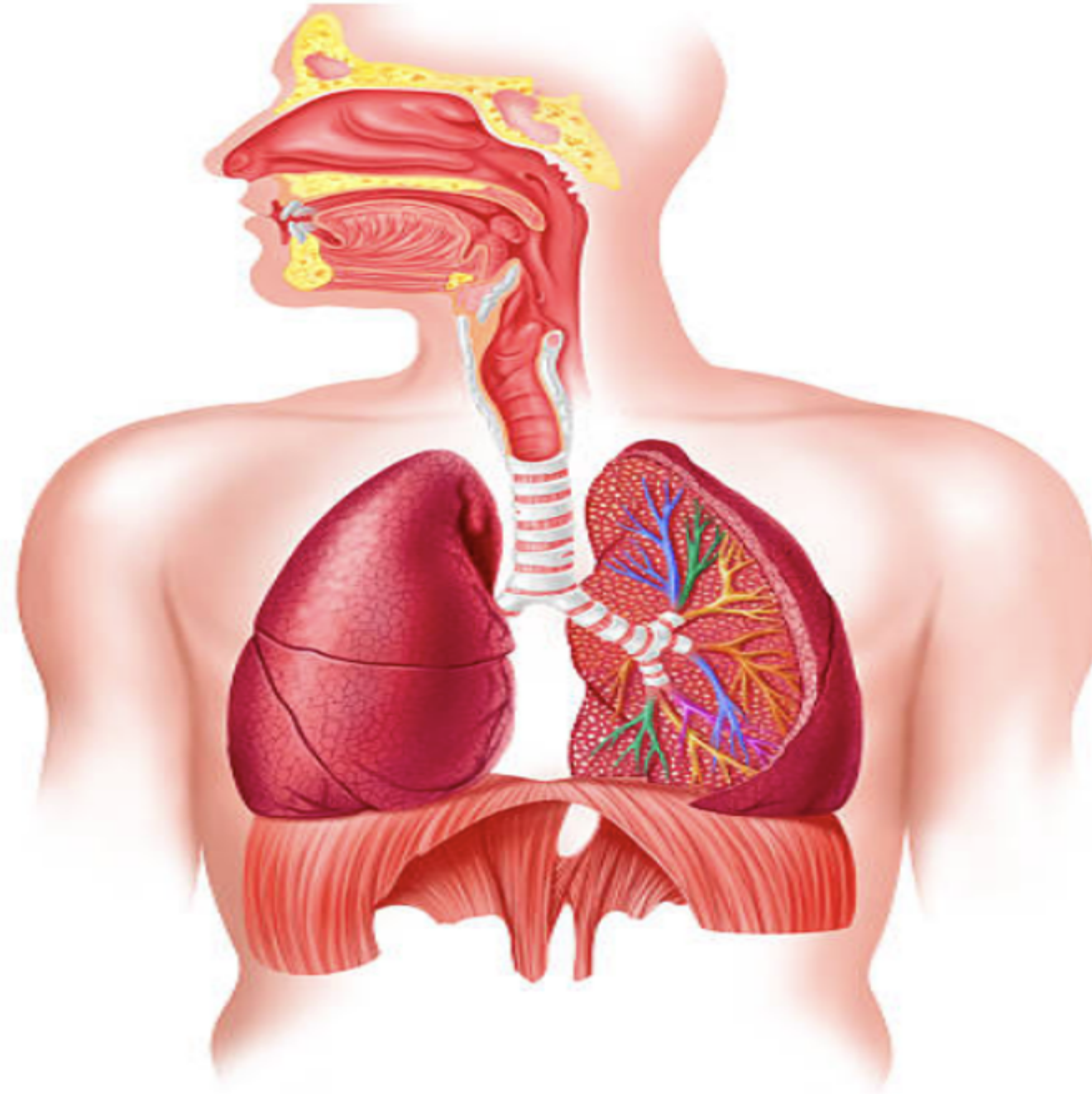
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Respiratory System



Asthma

Recognition

-  Breathlessness (gasping for breath)
-  Wheezing
-  Tightness of the chest
-  Bouts of coughing
-  Cyanosis (grey/blue lips and skin)
-  May become unconscious.



The circulatory system

The circulatory system in its basic form consists of the heart, blood vessels and blood. Problems or malfunctions with the circulatory system can lead to major life-threatening conditions and cause health issues such as angina, heart attacks, strokes and blood clots





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