

First Aid – What to do in an Emergency

Your priorities are to:

- Assess the situation – do not put yourself in danger.
- Make the area safe.
- Assess all casualties and attend first to any **unconscious** casualties
- Send for help – do not delay

Gently shake the casualty's shoulders and ask loudly 'are you alright?' If there is no response, your priorities are to:

- shout for help
- open the airway
- check for normal breathing
- take appropriate action

A – Airway

To open the airway:

- place your hand on the casualty's forehead and gently tilt the head back
- lift the chin with two fingertips

B – Breathing

Look, listen and feel for *normal* breathing for 10 seconds:

- look for chest movement
- listen at the casualty's mouth for breath sounds
- feel for air on your cheek

If the casualty **is** breathing normally

- place on their side in the recovery position
- get help
- check for continued breathing

If the casualty **is not** breathing normally

- get help
- start CPR

C – CPR

To start chest compressions:

- lean over the casualty and with your arms straight, press down on the centre of the breastbone 5-6 cm, then release the pressure
- repeat at a rate of 100-120 times a minute
- after 30 compressions open the airway again
- pinch the casualty's nose closed and allow the mouth to open
- take a normal breath and place your mouth around the casualty's mouth, making a good seal
- blow steadily into the mouth, while watching for the chest rising
- remove your mouth from the casualty and watch for the chest falling
- give a second breath and then start 30 compressions again without delay
- continue with chest compressions and rescue breaths at a ratio of 30:2 until qualified help takes over or the casualty starts breathing normally.

Severe Bleeding

If there is severe bleeding:

- apply direct pressure to the wound
- raise and support the injured part (unless broken)
- apply a dressing and bandage firmly in place

Broken Bones and Spinal Injuries

If a broken bone or spinal injury is suspected **obtain expert help. Do not move casualties** unless they are in immediate danger.

Burns

Burns can be serious so if in doubt, seek medical help. Cool the affected part of the body with cold water until the pain is relieved. Thorough cooling may take 20 minutes or more, but this must not delay taking the casualty to hospital.

Chemicals

Certain chemicals may seriously irritate or damage the skin. Avoid contaminating yourself with the chemical. Treat in the same way as for other burns but flood the affected area with water for 20 minutes. Continue treatment even on the way to hospital, if necessary. Remove any contaminated clothing which is not stuck to the skin.

Eye Injuries

All eye injuries are potentially serious. If there is something in the eye, wash out the eye with clean water or sterile fluid from a sealed container, to remove loose material. **Do not attempt to remove anything that is embedded in the eye.**

If chemicals are involved, flush the eye with copious water or sterile fluid, while gently holding the eyelids open. Ask the casualty to hold a pad over the injured eye and send them to hospital.

Choking

First, Encourage casualty to cough

If coughing ineffective;

1 - Give up to 5 firm back blows-

Bend casualty forward, give firm blows with the palm of your hand between the shoulder blades.

Check between each blow, stop if you clear obstruction.

2 - Give up to 5 abdominal thrusts- CALL 999

Stand behind casualty, place both hands around their waist, make a fist with one hand and place above the belly button, thumb inwards. Grasp this fist with your other hand, pull sharply, inwards and upwards. Check between each thrust, stop if you clear obstruction.

Repeat steps 1 and 2.

If they become unconscious, call 999, start CPR

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