

# First Aid

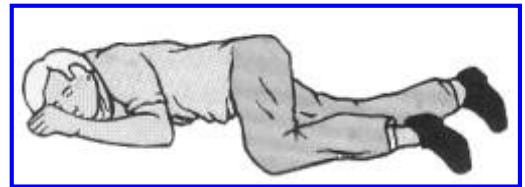
**Ensure you do not put yourself in danger.** Talk, look at and listen to the casualty.  
**Remain calm and check that:**

- a) the casualty can breathe freely
  - b) there is no severe bleeding
  - c) the casualty is conscious
- ➡ send for help as soon as possible
  - ➡ send for a doctor or dial 911
  - ➡ Give your name and full address – and the exact location of the accident, number of casualties, types of injuries etc.

## Breathing – SEND FOR HELP

If the casualty is breathing easily they may feel more comfortable lying flat or supported, use discretion.

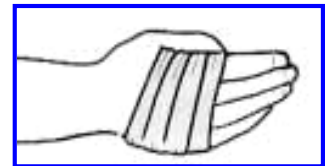
- ➡ **Chest injuries:** lay on the side of the injury
- ➡ **Unconscious:** turn the casualty into the recovery position and ensure the tongue can be seen



Beware of suspected fractures of the spine, in which case, support the jaw with the head turned to one side. **DO NOT MOVE.**

## Bleeding – SEND FOR HELP

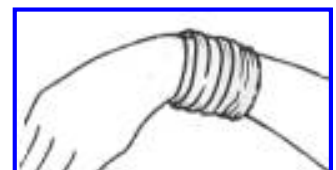
- ➡ Deep wounds: cover with a pad and bandage firmly
- ➡ Small cuts and grazes: can be dealt with later
- ➡ Wounds with glass or foreign body: **DO NOT** remove the foreign body. Cover around the wound and leave protruding. Raise the limb.



If the wound is on the trunk of the body, lay the casualty on the side of the injury. Any severed parts should accompany the casualty to the hospital.

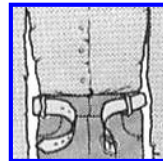
## Fractures – SEND FOR HELP

- ➡ Make the casualty as comfortable as possible
- ➡ **DO NOT** attempt to straighten the limbs
- ➡ **DO NOT** move if suspected fracture of the spine
- ➡ Cover the wound with a light dressing where there are bones protruding



## Electrical shocks – SEND FOR HELP

- SWITCH OFF THE POWER
- Check to ensure the casualty is breathing and loosen clothing at the neck and waist.
- If not breathing, start artificial respiration.



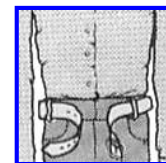
## Burns and scalds – SEND FOR HELP

- Apply cold water for 10 minutes.
- If water not available, cover the burn or scald with a clean dressing, or dry cloth.
- DO NOT BURST THE BLISTERS.



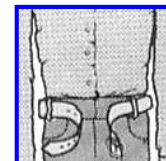
## Poisoning – SEND FOR HELP

- Do not make the casualty vomit. Loosen all clothing at the neck and waist.
- If patient is conscious give plenty of water or milk to drink. Keep casualty calm and talk to them.



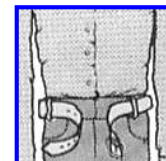
## Gas and fumes – SEND FOR HELP

- Open doors and windows.
- Remove from, or turn off the source.
- Move the casualty from the immediate area, to fresh air.
- Check airway, make sure the tongue can be seen.
- Loosen clothing at the neck and waist.
- Commence artificial respiration if the casualty is not breathing.



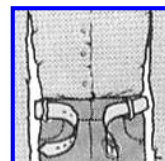
## Fits – SEND FOR HELP

- Move objects away from the casualty where possible.
- Loosen clothing at the neck and waist. DO NOT RESTRAIN.
- Stay with casualty. Reassure on recovery.



## Asphyxiation – SEND FOR HELP

- Remove the cause, if round the neck.
- Clear the airway. Give artificial respiration if casualty is not breathing.
- When casualty is breathing normally, place in the recovery position with the head to one side.



**Do not put yourself in danger – send for help as soon as you can**