



WORLD CLASS TRAINING

EMERGENCY FIRST AID

In the event of a medical emergency:
Assess situation. Make area safe.
Get help. Give aid.

When safe to do so, dial **999** for the
emergency services in the UK.

This prompt card is designed to help you
give emergency first aid.

The following sections provide guidance
for dealing with a number of conditions.

To learn more life saving & safeguarding
skills, visit the World Class Training website:

[**www.worldclasstraining.co.uk**](http://www.worldclasstraining.co.uk)

PRIMARY SURVEY

Follow this flow chart in the event of any medical emergency.

CALL FOR HELP

CHECK FOR DANGER

CHECK RESPONSE & GAIN CONSENT

CONTROL BLEEDING

YES

CATASTROPHIC BLEEDING?

NO

CHECK AIRWAY

CONTINUE ASSESSMENT

YES

IS CASUALTY BREATHING?

NO

START CPR

CPR – If casualty is not breathing, carry out **30 chest compressions** for every **2 rescue breaths**, until medical help arrives.

Chest compressions:

- Place hands at casualty's sternum & interlock fingers
- Using heel of hand, carry out 30 compressions at a rate of 120 beats per minute (2 per second)



Rescue breaths:

- Tilt casualty's head back, pinch their nose and seal your mouth over theirs
- Breathe steadily into their mouth once, check that chest rises
- Repeat once more before continuing with 30 chest compressions



RECOVERY POSITION - Place casualty in this position if they are **breathing but unconscious and have no other life-threatening conditions**:

- Turn casualty onto side with arm nearest you at right angle to the body
- Place palm of their other hand on cheek
- Bend leg farthest away from you at right angle. Gently pull casualty onto side
- Tilt casualty's head back to open airway



BLEEDING - Preventing blood loss is vital. Use disposable gloves if available.

- **If no object embedded to wound;** apply & maintain pressure directly using padding / bandage
- Continue applying pressure until bleeding stops
- Use dressing or clean material to bandage wound
- If bleeding continues, place another pad on top of existing one
- **If object embedded in wound;** do not apply pressure directly. Instead place padding around area

CHOKING - Don't attempt to remove object unless it's clear to see.

- If casualty is unable to breathe, speak or cough, carry out up to 5 **back blows***.
- If airway not clear, perform up to 5 **abdominal thrusts****. If not clear, **CPR**

Medical professional should check casualty.



STROKE - Use **F.A.S.T.** to diagnose a stroke:

- **Face** - may have dropped to one side, may be unable to move eye/mouth
- **Arms** - may be unable to lift both arms, may experience weak/numb arms
- **Speech** - may be slurred, may not be able to talk at all
- **Time** - to call 999 in the event of these symptoms

HEART ATTACK - Chest pain will be present.

- Sit casualty on the floor with knees bent and head/shoulders supported
- Suggest casualty chew 300mg aspirin tablet, to be self-administered



World Class Training is a provider of compliance & first aid training, specialising in outdoor activities.

Courses are led by highly skilled trainers, and run throughout the year across the UK & Europe. WCT focuses on making the learning experience engaging & enjoyable.

Flexible blended learning options are available, combining online content with in-person sessions. To find out more & book a course, call or visit the website.

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