

## **EMERGENCY FIRST AID**

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

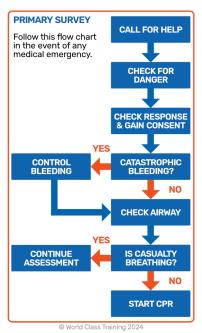
When safe to do so, dial **999** for the emergency services in the UK.

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



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

     Breath 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 lifethreatening 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 eve/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.

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World Class Training Brixham Laboratory Building Freshwater Quarry, Brixham, TQ5 8BA United Kingdom

+44 (0) 1803 467373

info@worldclasstraining.co.uk www.worldclasstraining.co.uk