



FIRST AID GUIDE

ADULT RESUSCITATION



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Check for signs of resuscitation - Responsiveness, breathing, pulse. If there is no response, shout 'Help! Someone needs resuscitation' and call 999/112. Begin CPR immediately. If you are not trained in CPR, call 999/112 and ask for an ambulance.

CHOKING



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- Ask 'Are you choking?' If they can't speak, cough or breathe, begin CPR.
- If they can speak, cough or breathe, encourage them to cough.
- If they are still choking, give up to five back blows between the shoulder blades, then five chest thrusts between the breastbone and the navel.
- If they are still choking, repeat back blows and chest thrusts until they cough up the object.
- Continue back blows and chest thrusts until the object is dislodged.
- If they are unconscious, begin CPR immediately.
- If they are conscious, encourage them to cough and breathe.

Resuscitate with CPR if they do not cough up the object after three attempts.

HEART ATTACK



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- Ask 'Are you having a heart attack?' If they say yes, call 999/112.
- If they are unconscious, begin CPR immediately.
- If they are conscious, encourage them to sit down and rest.
- If they are conscious, encourage them to take a few slow, deep breaths.
- If they are unconscious, begin CPR immediately.
- If they are conscious, encourage them to sit down and rest.

SEVERE BLEEDING



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- Stop the bleeding by applying direct pressure to the wound with a clean cloth or dressing. If you don't have a cloth or dressing, use clean hands to hold the wound.
- Keep pressure on the wound until the bleeding stops.
- If there is still bleeding, continue to apply pressure to the wound with a clean cloth or dressing.
- If there is still bleeding, raise the wound above the level of the heart.
- If there is still bleeding, wrap a bandage around the wound to hold the pressure in place.
- If there is still bleeding, call 999/112.

RECOVERY POSITION



NOSE BLEED

- Encourage the person to sit upright.
- Ask the person to lean forward to allow the blood to drip out of the nose.
- Encourage the person to pinch their nose.
- Ask the person to lean forward.
- Ask the person to sit upright.
- Ask the person to sit upright.



RECOVERY POSITION (Infant)

- Ask the person to sit upright.



How to deal with accidents and emergencies

- Listen calm, without bias, to any emergency to understand the situation.
- Find out what happened and how.
- Assess injury, consciousness and threat.
- Is there anyone around who can help you?
- Do you need an ambulance?

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American Red Cross First Aid/CPR/AED ,2016 **American Red Cross First Aid/ CPR/ AED Participant's Manual**
American Red Cross,2021-10-19 **American Red Cross First Aid/CPR/AED Instructor's Manual** American Red
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need instantly if someone falls ill or gets hurt **American Red Cross First Aid/CPR/AED Program** American Red
Cross,2001 **The American National Red Cross** Sarah Elizabeth Pickett,1923 **American Red Cross Abridged**
Text-book on First Aid Charles Lynch,1918 **American National Red Cross ... Bulletin ,1914** Bulletin no 1 includes
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