

ESSENTIAL FIRST AID GUIDE

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IN AN EMERGENCY

- Try to stay calm and think clearly.
- Identify the problem.
- Call **999** or **112** and monitor the casualty until help arrives.

WHEN SOMEONE IS UNRESPONSIVE

Open airway

Check their airway is open and clear: tilt their head and lift their chin.

Check for normal breathing

Look along their chest and listen and feel for breaths for up to 10 seconds.

If the casualty is breathing normally put them in the recovery position.

RECOVERY POSITION



- Kneel beside the casualty and make sure their legs are straight.
- Place the arm closest to you at a right angle to their body.
- Bring the hand furthest away from you across their chest and hold it on the cheek closest to you.
- With the other hand grasp just under the knee of the casualty's leg furthest away from you, pull it up towards you, rolling the casualty onto their side.
- Adjust their head to keep the airway open.

WHEN AN ADULT STOPS BREATHING NORMALLY (CPR)

Open airway

If unresponsive, open their airway: tilt their head and lift their chin.

Check for normal breathing

- Look along their chest and listen and feel for breaths for up to 10 seconds.
- If they are not breathing normally CPR must be started immediately.

Call for help

Dial **999** or **112** for emergency help and ask if an **AED** is nearby.

Pump

- Place one hand on the centre of their chest. Place the heel of your hand on top and interlock your fingers, keeping your fingers off their ribs.
- Lean directly over their chest and press down vertically about 5-6cm (height of a credit card). Release the pressure but don't move your hands.
- Give 30 compressions at a rate of 100-120 per minute (rhythm of Stayin' Alive).

Breathe

- Tilt their head back with one hand and lift their chin with two fingers of your other hand to ensure their airway is open.
- Pinch their nose to close their nostrils. Take a breath, seal your lips over their mouth and breathe out until their chest rises.
- Maintaining the head tilt and chin lift, take your mouth away from theirs. Look along their chest and watch it fall then give second breath.

Continue

Continue giving CPR until emergency help arrives or you are too exhausted to continue.



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USING A DEFIBRILLATOR (AED)

If you have a helper ask them to continue CPR while you get the AED ready. If untrained, ask them to give chest compressions only.

Switch on AED and follow voice prompts

- Attach pads to the victim's bare chest (whilst your helper performs CPR).
- You may need to towel dry or shave the chest so that the pads stick.
Note: Only shave excessive hair.
Don't delay if a razor is not available.
- Peel the backing from one pad at a time. Follow instructions to place the pads: one below right collarbone, one on their left side over the lower ribs. (AED still works if pads placed the wrong way round).
- Whilst the AED analyses the rhythm, stop CPR. Make sure no one touches the casualty.



Shock indicated, deliver shock

- Make sure no one touches the casualty.
- Push shock button. Fully automated AED will deliver the shock.
- Immediately restart CPR.
- Continue as directed by the voice/visual prompts.

Shock NOT indicated, continue CPR

- Immediately restart CPR.
- Continue as directed by the voice/visual prompts.



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