

# Ask me emergency first aid advice

If you find yourself in an emergency situation, try to stay calm and do what you can until emergency help arrives.

## Assess the situation

- > Is it safe to approach the casualty?
- > Don't put yourself in danger

## Stay calm

- > Try to think clearly
- > Comfort and reassure the casualty

## Give emergency help

- > Prioritise the most life threatening conditions
- > Try to treat any casualties where you find them
- > Ask bystanders to help you if they can
- > Call 999/112 for emergency help

## The Primary Survey

- > Use **DR ABC** to identify life threatening conditions
- > Remember the unresponsive casualties are at greatest risk.

## Remember

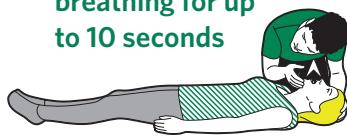
- D**anger
- R**esponse
- A**irway
- B**reathing
- C**irculation

## What to do if someone is unresponsive

1. Open their airway
2. Tilt head



3. Check for normal breathing for up to 10 seconds



4. If they're breathing normally:

- > Put them in the recovery position
- > Then call 999/112 for emergency help

### If they're not breathing

- > Call 999/112 for emergency help
- > Start CPR.



## What to do if someone is unresponsive and not breathing normally

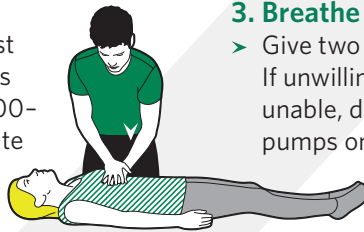
1. Call for help

- > Tell them to call 999/112 and find an AED



2. Pump

- > Give 30 Chest compressions at a rate of 100-120 per minute



3. Breathe

- > Give two rescue breaths. If unwilling or unable, do chest pumps only



Continue to pump and give rescue breaths until help arrives.

## What to do if someone is bleeding

1. Press it



2. Call 999/112 for emergency help



3. Secure dressing with a bandage to maintain pressure

4. Treat for shock.



## What to do if someone is in shock

1. Lie them down

- > Their legs should be raised and supported



2. Call 999/112 for emergency help



3. Loosen any tight clothing

4. Keep them comfortable and warm

5. Monitor their level of response

- > If they become unresponsive prepare to give CPR.

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