

FIRST AID TIPS

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First aid for someone who's unconscious and not breathing.

Key skill: The delivery of chest compressions (to a depth 1/3 the height of the victim's chest).

1. Check breathing by tilting their head backwards and looking and feeling for breaths.
2. Call 112 as soon as possible, or get someone else to do it.
3. Push firmly downwards in the middle of the chest and then release.
4. Push at a regular rate until help arrives (100 per minute).

First aid for choking.

Key skill: The delivery of back blows.

1. Hit them firmly on their back between the shoulder blades to dislodge the object.
2. If necessary, call 112 or get someone else to do it.

First aid for someone who's unconscious and breathing.

Key skill: Place the casualty on their side and tilt their head back.

1. Check breathing by tilting their head backwards and looking and feeling for breaths.
2. Move them onto their side and tilt their head back.
3. As soon as possible, call 112 or get someone else to do it.

First aid for someone who is bleeding heavily.

Key skill: Put pressure on the wound.

1. Put pressure on the wound with whatever is available to stop or slow the flow of blood.
2. As soon as possible, call 112 or get someone else to do it.
3. Keep pressure on the wound until help arrives.

First aid for burns.

Key skill: Cool the affected area.

1. Cool the burn under cold running water for at least ten minutes.

2. Loosely cover the burn with cling film or a clean plastic bag.
3. If necessary, call 112 or get someone else to do it.

First aid for a broken or fractured bone.

Key skill: Immobilise the affected part.

1. Encourage the person to support the injury with their hand, or use a cushion or items of clothing to prevent unnecessary movement.
2. As soon as possible call 112 or get someone else to do it.
3. Continue supporting the injury until help arrives.

First aid for a heart attack.

Key skill: Ensure the casualty is sitting and call 112.

1. The person may have persistent, vice-like chest pain, which may spread to their arms, neck, jaw, back or stomach.
2. Call 112 or get someone else to do it.
3. Make sure they are in a position that is comfortable for them (e.g. sit them on the floor, leaning against a wall or chair).
4. Give them constant reassurance while waiting for the ambulance.

First aid for a stroke.

Key skill: Carry out FAST test.

1. Think FAST.
Face: is there weakness on one side of the face? Arms: can they raise both arms? Speech: is their speech easily understood?
Time: to call 112.
2. Call 112 or get someone else to do it.

First aid for seizures

Key skill: Make them safe and prevent injury.

1. Do not restrain them but use a blanket or clothing to protect their head from injury.
2. After the seizure, help the person rest on their side with their head tilted back (lateral recovery position).

First aid for diabetes.

Key skill: Give conscious person something sweet to drink or eat

1. Give them something sweet to eat or a non-diet drink.
2. Reassure the person. If there is no improvement, call 112 or get someone else to do it.

First aid for an asthma attack.

Key skill: Help them take their medication.

1. Help the person sit in a comfortable position and take their medication.
2. Reassure the person. If the attack becomes severe, call 112 or get someone else to do it.

First aid for poisoning and harmful substance

Key skill: Establish what? When? And how much?

1. Establish what they have taken. When? And how much?
2. As soon as possible, call 112 or get someone else to do it.
3. Do not make them sick.

First aid for head injury.

Key skill: Apply something cold.

1. Ask them to rest and apply a cold compress to the injury (e.g., frozen vegetables wrapped in a tea towel).
2. If they become drowsy or vomit, call 112 or get someone else to do it.

First aid for someone who is distressed.

Key skill: Ask if you can help.

1. Show you are listening and calmly ask how you can help.
2. Be considerate of what is going on around them and what they need.

INTERNATIONAL EMERGENCY CALLS

The international emergency mobile phone number is 112. Countries may also have their own unique number like 911, 999 and 000 for mobiles and landlines, but most nations use 112 for the mobile phones used by visitors like tourists.

EMERGENCY KIT

- Red Cross/Red Crescent first aid kit.
- Rescue tool like the Spyderco Assist.
- Small 'AA' battery powered flashlight with an SOS flasher function like the Fenix LD12.
- Mobile phone with GPS.
- Road map.

CHECK FOR DANGER

Always check for danger before assisting a casualty (electrical, gas, etc.).

FURTHER READING

The American Red Cross First Aid & Safety Handbook.

PRIMARY SOURCE

British Red Cross, *Everyday First Aid: First Aid Tips* (PDF).
redcross.org.uk/everydayfirstaid

