

# FIRST AID CRIB SHEET

## The 3 Ps

- P**reserve life
- P**revent worsening
- P**romote recovery

Always ask **consent** before treating a conscious casualty. Some people may not want treatment!

## First Aid Box

- Must comply with **HSE** / BS8599-1
- Identified by a **white cross** on a **green background**
- **No medications** (including Aspirin)
- **No creams** or ointments
- Must be kept **up-to-date**
- Dressings must be kept **sterile**

## Accident Record

- Legal requirement in the workplace
- Record **accidents** in the workplace
- Don't lay blame
- Maintain **confidentiality**
- Store securely (*Data Protection Act*)

Some accidents may need to also be reported to **RIDDOR**

## First Aid Casualty Report

- **Not** a legal requirement
- Record first aid **treatment**
- **Monitor** pulse, respiratory rate, AVPU
- **SAMPLE** - Secondary survey
- Maintain **confidentiality**
- Store securely (*Data Protection Act*)
- Provide a copy to the casualty for hospital

## Infection Control

- Wash** hands
- Wear **gloves** (*check if casualty is allergic*)
- Use CPR pocket mask or **face shield**
- Use **sterile** dressings
- Prevent air getting to open wounds
- Don't speak, cough or sneeze over open wounds

## Emergency Services

- Which **service(s)** do you require?
- What is the nature of the **emergency?**
- Number of casualties (*if multiple*)
- Is the casualty **conscious?**
- Is the casualty **breathing?**
- Is the casualty **bleeding** seriously?
- Does the casualty have any **chest pain?**
- How did it happen?
- **Where** are you?
- Any **Dangers** emergency services need to be aware of?
- Casualty's age, gender and medical history

## Primary Survey

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

## Responsiveness

**A**lert  
**V**oice  
**P**ain  
**U**nresponsive

## Cardio Pulmonary Resuscitation (CPR)

- Unconscious
- Not breathing normally (*ignore agonal gasps!*)
- Call **999/112** and send for an **AED**
- Place two hands in centre of chest (*1 hand for children, 2 fingers for babies*)
- 5** rescue breaths (*children and babies only*)
- 30** chest compressions
- 100-120** compressions per minute
- Press  $\frac{1}{2}$  of the chest cavity
- 2** rescue breaths
- Repeat CPR at **30:2**
- Use **AED** if available

## Choking

- "Are you **choking?**" (*could be anaphylaxis*)
- "Can you **cough?**" (*encourage them to cough*)
- **If the casualty is unable to cough**
  - 5** backblows
  - 5** abdominal thrusts (*chest thrusts for babies*)
  - Repeat **5:5** up to **3** cycles
  - Unconscious? Call **999/112**
  - Monitor **A**irway and **B**reathing
  - Perform **CPR** if necessary

## Secondary Survey

**S**igns and symptoms

**A**llergies

**M**edications

**P**ast medical history

**L**ast meal

**E**vents leading up to incident

## Head to Toe Survey

- Head (*cuts, bumps, fluid from eyes, ears, nose, mouth*)
- Neck (*3... 4... 5... keep the spine alive!*)
- Shoulders
- Collar bones
- Ribs
- Abdomen
- Pelvis
- Arms
- Legs
- Pockets and clues

## Recovery Position

- Unconscious
- Breathing normally
- No signs of spinal injury
- Arm** nearest to you into STOP position
- Back of **hand** furthest away against opposite cheek (*palm to palm*)
- Lift **knee furthest** away from you
- Roll casualty towards you using knee
- Reposition knee at 45 degrees
- Open airway (head tilt, chin lift)
- Keep casualty warm
- Call **999/112**
- Monitor **A**irway and **B**reathing

## Bleeding

- Arterial - bright red, squirting
- Venous - dark red, pulsing
- Capillary - trickles

**S**it or lay

**E**xamine

**P**ressure (*10 mins or until bleeding stops*)

**D**ress

- Tourniquet** (5cm above joint and injury)
- Pack** wound with haemostatic dressing or triangular bandage

## Shock

- Pale, clammy skin
- Fast, weak pulse
- Rapid breathing
- Lay casualty down
- Raise their **feet**
- Call **999/112**
- Keep them **warm**
- Monitor **A**irway and **B**reathing
- Perform **CPR** if necessary

## Nosebleed

- Lean **forward**
- Pinch** soft part of nose for **10 minutes**
- Seek medical attention if necessary

## Burns & Scalds

**S**ize

**C**ause

**A**ge

**L**ocation

**D**epth

- Red - Superficial
- Blistered - Partial Thickness
- Black - Full Thickness
- Remove loose **clothing** and **jewellery**
- Cold running water for at least **10 minutes**
- Cover loosely with **cling film**

## Minor Cuts & Grazes

- Wash** with water
- Dress** with a plaster

## Bruises

- Apply **ice** pack (*not directly to skin*)

## Eye Injuries

- Wash** with water (*away from good eye*)
- Do not remove embedded objects
- Cover** both eyes

## Splinters

- Use **tweezers** to remove
- Do not remove from a **joint**
- Squeeze** to encourage bleeding
- Dress** with a plaster
- Tetanus?

## Stings

- Do not** use tweezers!
- Use blunt object to **push** sting out
- Squeeze** to encourage bleeding
- Dress** with a plaster
- Tetanus?

## Sprains & Strains

- Sprain = Ligament
- Strain = Muscle, Tendon

**R**est

**I**ce

**C**ompress

**E**levate

## Fractures & Dislocations

- Pain
- Swelling
- Deformity, irregularity
- Loss of movement
- Crepitus
- Immobilise** (eg. elevated or support sling)
- Do not attempt to reset!
- Call **999/112**

## Amputation

- SEPD** - treat the casualty first!
- Dress** as practical to prevent infection
- Call **999/112**
- Locate the amputated part
- Keep it **dry** and **cool** (but do not freeze!)
- Keep it clean (place in a plastic bag)
- If casualty goes into **shock**, lay them down and raise their feet
- Monitor **A**irway and **B**reathing
- Perform **CPR** if necessary

## Crushing

- Call **999/112**
- Keep the casualty calm
- If less than **15 minutes**, remove the object (but be prepared for bleeding)
- If 15 minutes or more, leave the object in place

## Head Injury (Non-Spinal)

- Lay** casualty down
- Slightly raise their **head**
- SEPD** - treat any bleeding
- Call **999/112** if necessary

## Spinal Injury

- Do not move** (unless absolutely necessary)
- Call **999/112**
- Monitor **A**irway and **B**reathing
- Spinal recovery position** if required to maintain an open airway

## Hypoxia

- Lack of oxygen to tissues
- Causes - **A**irway, **B**reathing, **C**irculation
- Grey skin colour
- Cyanosis (lips, fingers)
- Fast pulse
- Change in respiratory rate
- Confusion, dizziness
- Life threatening!
- Call **999/112**

## Chest Injuries

- Difficulty breathing
- Chest not rising on one side
- Flail chest (paradoxical movement)
- Sucking chest wound
- **Sit** casualty up
- **Lean** towards injured side
- Call **999/112**
- Monitor **A**irway and **B**reathing
- Perform **CPR** if necessary

**Do not cover** sucking chest wounds!

## Asthma

- Wheezing
- Shortness of breath
- Coughing
- Chest feels tight
  
- Sit** casualty up
- Lean** forward
- Casualty to take own **inhaler**
- Keep them calm (*coach their breathing*)
- Call **999/112** if necessary
- Monitor **A**irway and **B**reathing
- Perform **CPR** if necessary
  
- **Silent?** If the wheezing that usually precipitates an asthma attack is absent or very mild it could be silent asthma.
  - Call **999/112**
  - Monitor **A**irway and **B**reathing
  - Perform **CPR** if necessary

## Hyperventilation

- Rapid breathing
- Flushed skin
- Panicking
- Dizzy, faint
  
- Sit** casualty up
- Lean** forward
- Keep them calm (*coach their breathing*)

**Do not** blow in a paper bag!

## Angina

- Restricted coronary artery
- Follows stress or exertion
- Chest pain (may also be in jaw, arms, back)
- Shortness of breath
- Blurred vision
- Sweating
- Can be mistaken for indigestion
- Rest and GTN medication will relieve
  
- If practical, sit casualty in **W** position
- Casualty to take own **GTN** medication
- Rest** (*keep casualty calm*)
- 300mg of **Aspirin** (if not allergic or < 16)
- If no improvement, call **999/112**
- Perform **CPR** if necessary

## Heart Attack

- Blocked coronary artery
- Can come on suddenly, without exertion
- Chest pain (may also be in jaw, arms, back)
- Shortness of breath
- Blurred vision
- Profuse sweating
- Impending sense of doom!
- Can be mistaken for indigestion
- Rest and GTN medication will not relieve
  
- If practical, sit casualty in **W** position
- Casualty to take own **GTN** medication
- Rest** (*keep casualty calm*)
- 300mg of **Aspirin** (if not allergic or < 16)
- Call **999/112**
- Perform **CPR** if necessary

## Stroke

- Brain attack!
- Clot or bleed (so don't give Aspirin!)

**F**ace

**A**rms

**S**peech

**T**ime to call 999/112

- Treat as a head injury
- If practical, **lay** casualty down, **head** raised
- Monitor **A**irway and **B**reathing
- Perform **CPR** if necessary

## Epilepsy

- Remove **D**anger
- Roll casualty flat onto their **back**
- Protect **head** (do not restrain casualty!)
- T**ime the seizures
- When stopped, place in **recovery position**
- Call **999/112** if necessary
- Monitor **A**irway and **B**reathing
- Perform **CPR** if necessary

## Diabetes (Hypoglycaemia)

- Low blood sugar
- Comes on quickly
- **15-20g** of glucose (sugary drink, 4 Jelly Babies)
- If casualty loses consciousness call **999/112**
- Monitor **A**irway and **B**reathing
- Perform **CPR** if necessary

## Diabetes (Hyperglycaemia)

- High blood sugar
- Comes on slowly
- Fruity breath
- Flushed, dry skin
- Casualty to take their own **insulin**
- If casualty loses consciousness call **999/112**
- Monitor **A**irway and **B**reathing
- Perform **CPR** if necessary

## Anaphylaxis

- Severe allergic reaction (nuts, sea food etc)
- Skin rash, blotchy
- Swelling (lips, tongue)
- Difficulty breathing
- Fast, weak pulse (shock)
- Can affect **A**irway, **B**reathing and **C**irculation
- If having difficulty **B**reathing, **sit** up leaning forward
- C**irculation - To prevent or treat anaphylactic shock, **lay** casualty down with **legs raised**
- Administer casualty's **Epipen**
- Call **999/112**
- Monitor **A**irway and **B**reathing
- Perform **CPR** if necessary

## Poisoning

**Ingested** (20 minutes)

**Absorbed** (3-8 minutes)

**Inhaled** (30 seconds)

**Injected** (immediate)

- If possible, find out how much was taken
- Give small **sips of water** or milk, especially for corrosive poisons
- Call **999/112**
- If possible preserve sample of poison
- Monitor **A**irway and **B**reathing
- Perform **CPR** if necessary

## Pulse Rates

- Measured in **beats** per minute
- Record over 15 seconds x 4
  
- Adult - 60-90
- Child - 90-110
- Baby - 110-140

## Respiratory Rates

- Measured in **breaths** per minute
- Record over 10 seconds x 6
  
- Adult - 12-20
- Child - 20-40
- Baby - 30-60

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