

FIRST AID GUIDE

BSPOKE EBOOKS



The number for contacting the Emergency Services is:

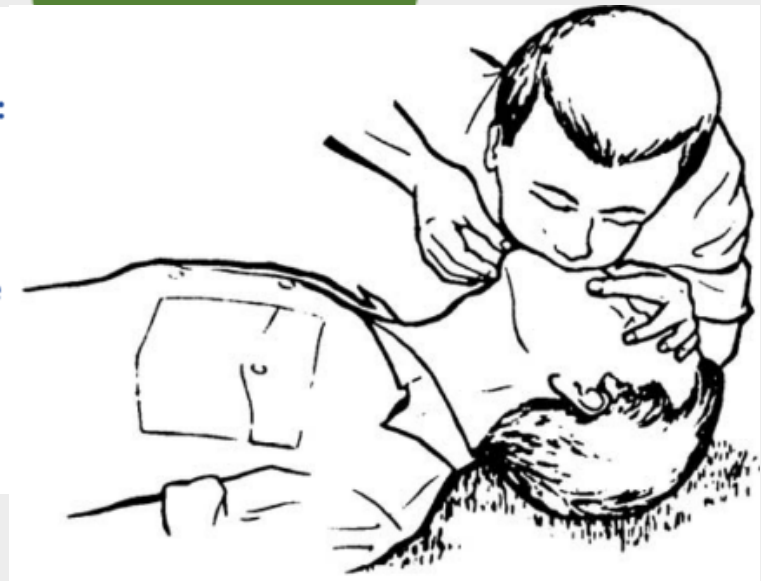
999/112

The recovery position


Placing the casualty in the recovery position helps to:

- Maintain a clear airway
- Assist with natural breathing
- Clear the airway of excretions such as vomit if the casualty is breathing, but unresponsive

Open the airway using the head-tilt/chin-lift method



More Essential First Aid Tips Inside This Guide

If you reach this point and the casualty isn't breathing you need to start The principles of resuscitation 



Check breathing regularly, and be prepared to carry out CPR.

Be Prepared To Give First Aid With This Guide

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More Essential First Aid Tips Inside This Guide

First aid equipment

A basic first aid kit may contain:



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First aid equipment

- 🇨🇭 plasters in a variety of different sizes and shapes (hypoallergenic)
- 🇨🇭 small, medium and large sterile gauze dressings
- 🇨🇭 sterile eye dressings
- 🇨🇭 triangular bandages
- 🇨🇭 crêpe rolled bandages
- 🇨🇭 safety pins
- 🇨🇭 disposable sterile gloves
- 🇨🇭 tweezers
- 🇨🇭 scissors
- 🇨🇭 alcohol-free cleansing wipes
- 🇨🇭 sticky tape (hypoallergenic)

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First aid equipment

- 🇨🇭 thermometer (preferably digital)
- 🇨🇭 skin rash cream, such as hydrocortisone or calendula
- 🇨🇭 cream or spray to relieve insect bites and stings
- 🇨🇭 antiseptic cream
- 🇨🇭 painkillers such as paracetamol (or infant paracetamol for children), aspirin (not to be given to children under 16), or ibuprofen
- 🇨🇭 cough medicine
- 🇨🇭 antihistamine cream or tablets
- 🇨🇭 distilled water for cleaning wounds
- 🇨🇭 eye wash

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Contact the emergency services

Contact the emergency services at the earliest is vital



The number for contacting the Emergency Services is:

999/112

112 is in fact a genuine emergency number, which provides the same purpose as **999**.

The only **difference** is that **112** works throughout the EU. Calls to both **999** and **112** can work when you have no signal

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Minimising the risk of infection



It is important you do not transmit infections or indeed contract infections yourself . To help minimising the risk of infection and cross-contamination there actions we can be take such as:

- 😊 good personal hygiene
- 😊 Ensuring that barrier devices are used
- 😊 Covering any open cuts or sores
- 😊 Minimising contact with blood or bodily fluids
- 😊 Changing gloves between casualties
- 😊 Washing hands thoroughly after removing gloves.



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The Primary Survey

The *primary survey* is a quick way to find out how to treat any life threatening conditions a casualty may have in order of priority

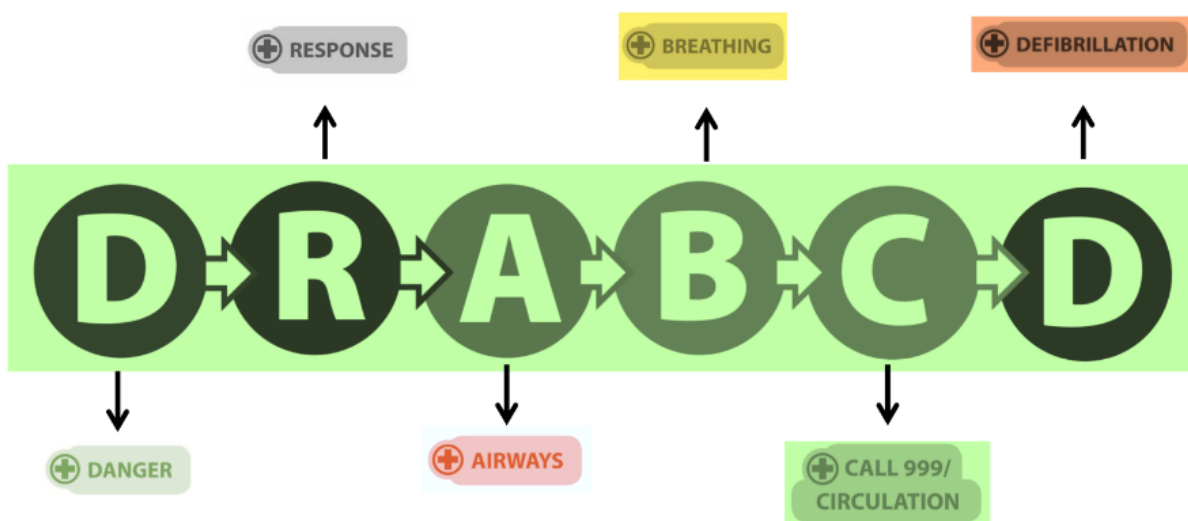
Doing the Primary survey can be remembered by the acronym
DRABCD
Remember *Doctor ABCD*)



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Doctor ABCD



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Ensure the scene is safe by removing or eliminating any danger.



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Try and get some kind of response from the casualty so the casualty can tell you what is wrong with them. If possible, approach the casualty from their feet as this prevents hyperextension of the neck



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