

## Everyday First Aid

### Fast first aid tips

Not much time?

Check out these fast first aid tips to learn some basic first aid skills.

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

**Key skill:** The delivery of chest compressions

1. Check breathing by tilting their head backwards and looking and feeling for breaths.
2. Call 999 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.

#### 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 999 or get someone else to do it.

#### First aid for someone who's unconscious and breathing

**Key skill:** Place the person 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 999 or get someone else to do it.

#### First aid for someone who's bleeding heavily

**Key skill:** Put pressure on the wound

1. Put pressure on the wound with whatever is available to stop or slow down the flow of blood.
2. As soon as possible, call 999 or get someone else to do it.
3. Keep pressure on the wound until help arrives.

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### Fast first aid tips continued...

#### 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 999 or get someone else to do it.

#### First aid for a broken 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 999 or get someone else to do it.
3. Continue supporting the injury until help arrives.

#### First aid for a heart attack

**Key skill:** Ensure they are sitting and call 999 immediately

1. The person may have persistent, vice-like chest pain, which may spread to their arms, neck, jaw, back or stomach.
2. Call 999 immediately 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.

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### Fast first aid tips continued...

#### First aid for a stroke

**Key skill:** Carry out the FAST test

1. **Think FAST.** **F**ace: is there weakness on one side of the face? **A**rms: can they raise both arms? **S**peech: is their speech easily understood? **T**ime: to call 999.
2. Immediately call 999 or get someone else to do it.

#### First aid for seizures (epilepsy)

**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.

#### First aid for diabetes

**Key skill:** Give them 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 999 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 999 or get someone else to do it.

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#### 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 999 or get someone else to do it.
3. Do not make the person sick.

#### First aid for a 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 999 or get someone else to do it.

#### First aid for someone who's distressed

**Key skill:** Ask if you can help

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