

The main aims of first aid is to:

Preserve life – Everyone involved
Prevent deterioration – Stop them from getting worse
Promote recovery – Help them get better

ABC of First Aid

Airway

If the victim is facing down, gently roll them onto his back



Breathing

Check for breathing by placing your cheek next to the mouth and look, listen and feel for breathing



Circulation

Check for blood circulation. Perform CPR in the absence of a pulse



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Recovery Position

Recovery Position



Conscious, unconscious/ breathing, not breathing

Possible causes: heart attack, drowning, choking, head injury, alcohol poisoning

What should you do first: gently shake shoulders, say 'what happened' or 'open your eyes', speak loudly and clearly

Severity: Life threatening if unconscious and not breathing

Symptoms: unresponsive, no movement if unconscious, shallow, rapid breaths if conscious, responds to sound and touch if conscious

Choking

Possible causes: A foreign object stuck in throat preventing breathing

Severity: If severe the casualty will be unable to speak, cough or breathe, will lose consciousness

Symptoms: coughing, spluttering, gasping for breath, difficulty in speaking and breathing

Burns/Scalds

Possible causes: Dry burns (fire), scald (liquids), electrical burns, cold injury (frostbite), chemical burn, radiation burn (sunburn)

Severity: Range between mild and life-threatening

Symptoms: pain, swelling, blistering, breathing difficulties if airways affected, shock.

Asthma Attack

Possible causes: Allergies, a cold, cigarette smoke, poor air quality

Severity: Mild attack may require an inhaler, severe attack may cause exhaustion, could stop breathing and lose consciousness

Symptoms: Difficulty in breathing, wheezing, speaking, cyanosis (blue covering in skin, lips), distress and anxiety

Bleeding

Possible causes: Incised wound, stab wound, puncture wound, graze

Severity: Range between mild to life threatening if internal organs are damaged

-Incised wound – require stitches, tendons and nerves could be damaged

-Stab wound – danger of injuring vital organs

-Puncture – Risk of infection from dirt

-Grazes – raw and tender, could cause infection

Shock

Possible causes: severe trauma, severe blood loss, allergic reaction, severe vomiting and diarrhoea, heart attack, drug overdose

Severity: can be life threatening as vital organs don't get enough oxygen due to reduced blood circulation

Symptoms: rapid pulse and sweating, skin pale, cold and clammy, rapid and/or shallow breathing, weakness, low blood pressure, nausea, vomiting, loss of consciousness

LO1: Be able to assess scenes of accidents to identify risks and continuing dangers

Four steps you should follow

Assess the situation	Make the area safe	Give emergency first aid	Get help
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1. Assess the situation

- Check for potential danger
- Dangers include: water spills, fallen objects, sharp objects, boiling water, chemical spills, fire, electrocution risks, moving traffic
- Consider if anyone can help?
- Is anyone in a life-threatening condition?
- Is professional help needed?
- Is a first aid kit available?

2. Make the area safe

- Quickly remove hazards without putting yourself in danger
- Check the area around the casualty
- If it's a car accident, turn off the ignition to reduce the risk of a fire
- If someone has been electrocuted turn the source of electricity off – Do not touch the casualty

3. Give emergency first aid

- Anyone with a life-threatening injury should be treated immediately
- Check the 3 signs
 1. Are the conscious?
 2. Is their airway open?
 3. Do they have a pulse?

4. Get help

- Call 999 if someone is seriously ill or injured

Medical Emergencies
Heart attacks
Strokes
Serious head injuries
Loss of consciousness
Breathing difficulties
Severe allergic reactions

Obtaining Informed Consent

- Consent means permission is given for something to happen
- You need informed consent from a casualty when possible before starting first aid
- To establish trust introduce yourself and offer assistance, but always ask permission
- Treat casualty with dignity
- Give choices
- Remain calm

Seeking Additional Support

- Call 999 if required
- Listen carefully
- Provide correct information

Communicating Clearly

- Communication in a way that meets the needs of the individual
- E.g. who simple words for a child, use gesture and body language if the casualty does not speak English.
- Communicate with bystanders
- Be reassuring, calm, confident, make eye contact, simple instructions, use body language, check for understanding, simple instructions

Providing Information

- Exact location/address/ postcode
- Telephone number & name
- Type of emergency
- Name, age, gender, condition of casualty
- Details of injury

LO3: Be able to apply basic first aid procedures

How to apply steps involved in certain first aid procedures...



6 First Aid Procedures:

Conscious/unconscious and breathing/not breathing

Choking

Having an asthma attack

Suffered burns or scald

Bleeding

In shock

Reviewing Performance

This means to look at how well you completed the task of demonstrating the first aid procedures

Reflecting on how it went

How well did you plan, prepare and perform the procedures?

Thinking about what went well and what could be done better next time

What have you learned from the performance to improve next time

Competency

How much support did you need?

Did you remember all of the steps and in the correct order?

Did you use appropriate communication skills?

Were you calm and reassuring?

Strengths and Weaknesses

Did you have confidence?

Did you work independently or ask for help?

Did you perform some procedures better than others, why?

Were communication skills a strength, why, or why not?

Suggest improvements

Do you need to become more familiar with specific first aid procedures, if so, which ones?

Do you need to practice more?