

Phone Numbers

EMERGENCY SERVICES 999/112

DOCTOR

HOSPITAL

DENTIST

OTHER

FIRST AID GUIDE

How to deal with accidents and emergencies

- Keep calm and look for any dangers to yourself or to the injured person.
- Find out what happened and how.
- How many casualties are there?
- Is there anyone around who can help you?
- Do you need an ambulance?

CHOKING (Infant)

Age less than one year

- If an infant is unable to breathe, cough or cry, and you suspect they have a severe obstruction in their throat: Give up to five back blows between the shoulder blades with the heel of your hand.
- If the obstruction is still present give up to five chest thrusts, with two fingers in the middle of the chest.
- Continue this cycle of five back blows and five chest thrusts until help arrives.
- If the person goes unconscious dial 999 (or 112) for an ambulance and then follow CPR protocols.
- Anyone who has been treated for choking in this way should be advised to see their doctor after the incident.



BURNS & SCALDS

Burns and scalds are among the most common injuries requiring emergency treatment.

- Cool the burn as quickly as possible by placing the affected area under cold running water for at least ten minutes.
- Raise the limb to reduce swelling.
- Cover the injury using a clean pad or cling film, and seek medical advice.
- Dial 999 (or 112) in severe cases.



NOSE BLEED

- Ensure the person is sitting down.
- Advise them to tilt their head forwards to allow the blood to drain from the nostrils.
- Ask the person to pinch the end of their nose.
- After ten minutes, release the pressure.

If the bleeding has not stopped reapply the pressure for up to two further periods of ten minutes.

- If bleeding continues seek medical advice.



RECOVERY POSITION (Infant)

If an infant aged less than one year is unconscious, but breathing, hold them on their side, head tilted – as if you were giving them a cuddle – with their head lower than their tummy.



American Red Cross Basic First Aid

M Mark



American Red Crob Basic First Aid:

American Red Crob Basic First Aid Book Review: Unveiling the Power of Words

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