



How to treat a choking casualty:

Step 1: Ask

"Are you choking? Can I help?"

Step 2: Encourage

Encourage the casualty to cough- this may remove the blockage

Step 3: Give

Give 5 back slaps- If the blockage is more severe coughing may not remove it, so you need to do 5 back slaps. Hit between their shoulder blades 5 times using the heel of your hand.

Step 4: Give

Give 5 abdominal thrusts- Cover your fist with your other hand and pull sharply inwards and upwards. Do this 5 times.

Step 5: 999 and repeat

If you have completed all the steps but the casualties condition has not changed you need to call 999 and repeat the steps again.



First Aid Knowledge Organiser



How to treat a choking baby:



5 back blows



5 chest thrusts



Call 999

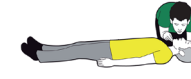
Conducting a Primary Survey on a Casualty (DR ABC)



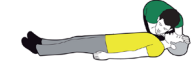
DANGER



RESPONSE



AIRWAYS



BREATHING



CIRCULATION

If from the primary survey you have found that the casualty is unresponsive and not breathing, you will need to start CPR



CALL 999



START CPR



CONTINUE CPR



FOLLOW THE INSTRUCTIONS ON THE
DEFIBRILLATOR



Contents of a first aid kit...

- Gloves
- Plasters
- Scissors
- Triangular Bandages
- Ice Pack
- Tweezers
- Antiseptic Wipes
- Microfibre Tape
- Bandages
- Wound dressing
- Face mask/ Face Shield
- Aluminium Blanket



A defibrillator is used when a person is in Cardiac Arrest, which means their heart is not beating at all or incorrectly.

To find the defibrillator closest to you in an emergency CALL 999.

Key Word	Definition
Abdominal Thrusts	Also known as the Heimlich Manoeuvre. It is a first aid procedure used to treat airway obstructions. It involves someone standing behind a patient and using their hands to exert pressure on the bottom of the diaphragm.
Choking	Choking occurs when a foreign body (e.g. food, coins or toys) partially or completely obstruct the passage of air from the upper airway into the trachea.
CPR	Cardiopulmonary resuscitation (CPR) is an emergency procedure used to restart a person's heartbeat after it has stopped.
Defibrillator	A defibrillator is a device that sends an electric pulse or shock to the heart to restore a normal heartbeat.
External Bleeding	Bleeding that flows out of the body (e.g. arterial bleeding, venous bleeding and capillary bleeding)
Internal Bleeding	Bleeding that occurs inside the body (e.g. blood vessels inside the body being torn or crushed by force)
Recovery Position	A position that someone should be put into to keep their airways clear and open and to ensure that any vomit or fluid does not cause them to choke.
Signs and Symptoms	A sign is something that you can see (e.g. pale, blue lips etc). A symptom is something the casualty can feel (e.g. chest pain, inability to talk)
Unconscious Casualty	When a casualty is suddenly unable to respond to stimuli. They require immediate medical attention.

5 Aims of First Aid:

Preserving life

Preventing injuries from getting worse

Aiding recovery

Relieving pain

Protecting the unconscious

The Recovery Position

Keep the Airway Clear

Stay with person. If you must leave them alone at any point, or if they are unconscious, put them in this position to keep airway clear and prevent choking.

Why is first aid an important skill?

It can teach you how to keep calm in a emergency

It can teach you how to keep a casualty safe

Unpredictable events can happen

It can help to save someone's life

It can be used in everyday life

FIRST AID TREATMENT FOR WOUND

APPLY LIGHT PRESSURE WITH CLEAN TOWEL

RAISE LIMB ABOVE THE HEART

CLEAN WOUND WITH WATER

PROTECT WOUND USING ANTIBIOTIC CREAM

COVER WITH STERILE BANDAGE

CALL 999 WHEN

BLEEDING SEVERE

ABDOMINAL OR CHEST WOUND

BLOOD SPURTS OUT OF WOUND

BLEEDING CAN'T BE STOPPED AFTER 10 MIN

WHEN TO CALL A DOCTOR

WOUND IS DEEP

SIGNS OF INFECTION

WOUND ON THE FACE

DIRT THAT WON'T COME OUT OF WOUND

WOUND IS RESULT OF HUMAN/ANIMAL BITE