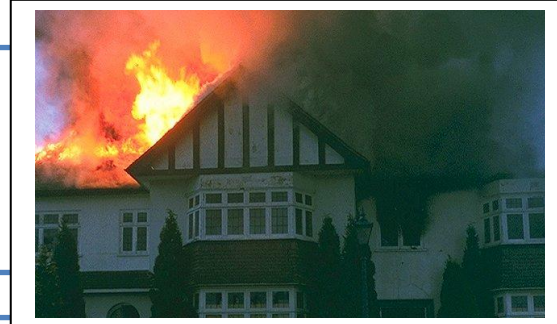


NEWARK COMMUNITY FIRST AID

Basic Life Support Course

DANGER

- Assess the situation
- Make safe
- If unable to make safe - do not approach - call 999

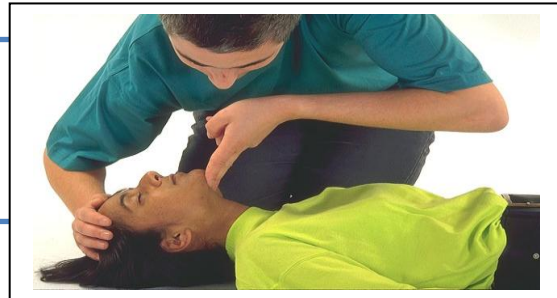


RESPONSE

- Talk - shout & gently tap/shake the casualty

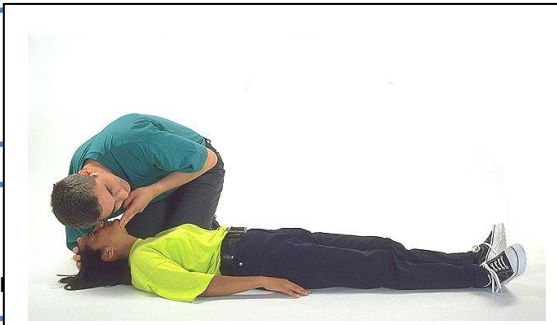
AIRWAY

- Place hand on forehead gently tilt head back
- Place two fingers on chin & gently lift the chin



BREATHING

- Look - listen - feel for 10 seconds
- If breathing normally - 2+breaths in 10 secs (regular&quiet)

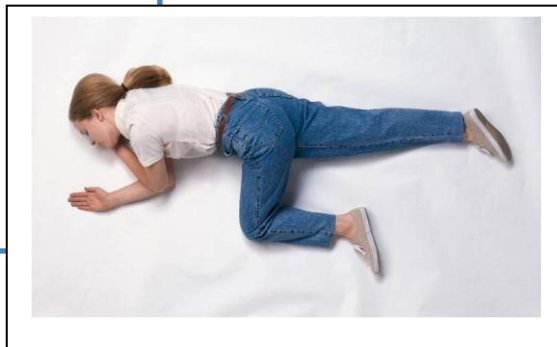


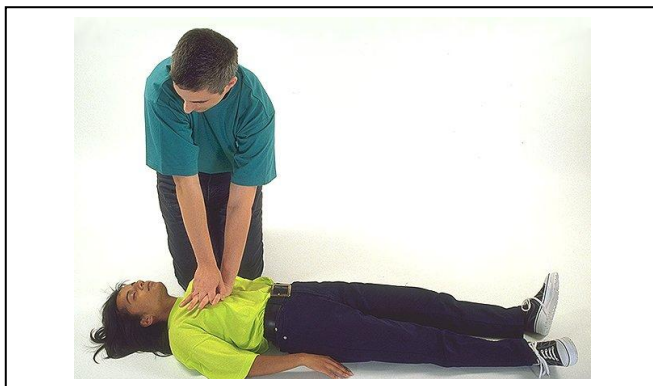
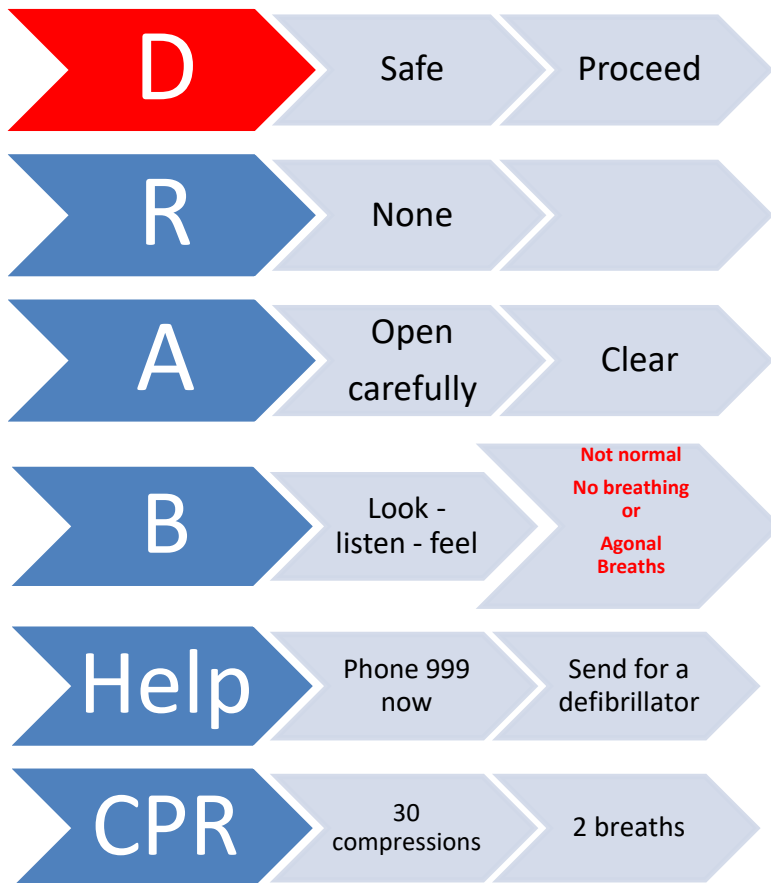
GET HELP

- Get a bystander to call 999 for an ambulance
- Remember you can use your mobile phone on hands free setting

RECOVERY POSITION

- Check for bleeding and other injuries.
- If no significant injury
- Place gently into the recovery position
- **If significant injury keep still - only turn on side if vomiting**
- Check the airway is draining clear
- Recheck the breathing
- Continue to assess breathing until help arrives





Place the heel of your hand in the centre of the breast bone; place the heel of your second hand on top of the first.

With straight arms use your body weight to depress the chest 5cm to 6cm – allow the chest to rise fully – repeat until you have completed 30 chest compressions.

You should aim for a speed of 100 – 120 compressions per minute (approximately 2 compressions per second)



After 30 compressions

Ensure the airway is open then squeeze off the nose & place your lips around the casualty's lips.

Make a firm seal and blow steadily for 1 second – the chest should rise – let it fall then give a second breath.

Return to compressions

(If unwilling to give breaths carry out continuous chest compressions)

Continue CPR until the Emergency Services take over, you are exhausted, or casualty starts to regain consciousness & is breathing normally.

DANGER

- Assessed safe to approach

RESPONSE

- Fully responsive

Question & observe to establish problem

- Note severe bleeding & shock

Severe Bleeding



Treat Severe Bleeding

Apply direct pressure for 10 mins.
Cover with a dressing and bandage firmly.

Reassure and monitor

Check bleeding controlled – apply a 2nd dressing if blood comes through the first.

Recognition Features of shock

- Pale, cold & clammy skin
- Feeling weak & dizzy
- Nausea – may vomit
- Fast shallow breathing
- Increasing confusion
- May be thirsty
- May be blueness at lips
- May go unconscious

If the casualty goes unconscious secure the airway and check breathing – treat as page 1 or 2

Treatment of Shock

Call 999 for an ambulance

Do not give anything by mouth

Keep comfortably warm



DANGER

- Assessed safe to approach

RESPONSE

- Fully responsive

Question & observe to establish problem

- Note chest pain - breathless - signs of shock



- Check for angina
- If has angina - rest & take medication

If not diagnosed with angina or medication does not work within 5 minutes:-

- Call 999 – treat as heart attack
- Rest & reassure / keep warm
- Offer one 300mg aspirin to chew

Newark Community First Aid

Registered Charity 1152694

We hope you enjoyed your course and you now feel more confident in dealing with emergencies.

We are a charity set up to provide first aid training and first aid cover at local events in Newark and surrounding villages. One of our aims is to increase the number of people trained in first aid so that when an incident occurs it is more likely that first aid will be given with the potential to save more lives. Our second aim is to have well trained & equipped first aiders available to provide cover at the many events that take place locally.

How can you help us?

- ❖ Please tell your friends about our FREE courses and encourage them to attend.
- ❖ Tell your employer that we provide quality workplace first aid training at fair prices.
- ❖ If you are over 16 years old and looking for a new challenge, why not join us as a volunteer.
- ❖ If volunteering is not for you but you know others who may be interested - pass on our details.
- ❖ If you know anyone planning an event that needs first aid cover, please tell them about us.
- ❖ If you would like to fund raise for us, we can provide sponsor forms.
- ❖ You can donate on-line at www.justgiving.com/ncfa or send a cheque to our address below

Contact us: Tel: 07973 904808, or Email: newarkcommunityfirstaiders@hotmail.com

By post: 6 Mount Road, Balderton, Newark NG24 3HF

Visit us: Facebook – www.facebook.com/newarkcommunityfirstaid

Website - www.newarkcommunityfirstaid.co.uk