

**Phone Numbers**

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- Helpline: 1890 502 502
- First Aid: 1890 502 502
- Donations: 1890 502 502

# FIRST AID GUIDE

**How to deal with accidents and emergencies**

- Keep calm and think 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?

## ADULT RESUSCITATION



Fig 1

Check if the patient responds. If there is no response, call 999/112. If there is no response, start mouth-to-mouth resuscitation using the ABCD. Open the airway. Use the head-tilt-chin-lift technique. If you are alone, you may have to perform chest compressions as well as mouth-to-mouth resuscitation.



Fig 2

If the patient is not breathing normally, give 30 chest compressions over 2 minutes. Repeat the ABCD cycle for 2 minutes. Reassess the patient every 2 minutes.



Fig 3

Continue with the head-tilt and chin-lift technique. Support the neck and shoulders with your hands. Do not touch the patient's face. Do not use a cloth or towel to cover the patient's face. Do not use a cloth or towel to cover the patient's face.

## CHOKING



Fig 1

- Ask the person to lean over if they can cough or breathe. Encourage them to cough and remove the object.
- If they cannot cough or breathe, perform the Heimlich maneuver. Stand behind the person. Make a fist with your hands. Place it just below the navel. Grasp the fist with both hands. Pull up sharply.
- Continue this until the object is coughed up or the person is able to breathe.
- If the person is pregnant or obese, perform the Heimlich maneuver from the front.

Repeat the Heimlich maneuver if the object is still there. Do not perform the Heimlich maneuver if the person is pregnant or obese.



Fig 2

## CHOKING (Infant)

Fig 1, Fig 2, Fig 3, Fig 4

- If a child is choking, call 999/112. Do not give anything to eat or drink. Do not give anything to drink. Do not give anything to eat or drink.
- If the child is coughing, encourage them to cough. Do not touch the child's face. Do not touch the child's face.
- Continue the Heimlich maneuver. Stand behind the child. Make a fist with your hands. Place it just below the navel. Grasp the fist with both hands. Pull up sharply.
- If the child is pregnant or obese, perform the Heimlich maneuver from the front.
- The Heimlich maneuver should not be performed on a child who is pregnant or obese.



Fig 1



Fig 2

## HEART ATTACK



Fig 1

- Ask the person if they are having chest pain. If they are, call 999/112. Do not give anything to eat or drink. Do not give anything to eat or drink.
- If the person is unconscious, perform CPR. Start with chest compressions. Do not touch the person's face. Do not touch the person's face.
- If the person is conscious, perform CPR. Start with chest compressions. Do not touch the person's face. Do not touch the person's face.
- If the person is pregnant or obese, perform CPR from the front.
- Do not perform CPR on a child who is pregnant or obese.

## BURNS & SCALDS

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# First Aid Study Guide Red Cross

**S Ben Porath**



**First Aid Study Guide Red Cross:**

## **First Aid Study Guide Red Cross** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**First Aid Study Guide Red Cross**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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