



# QUICK REFERENCE GUIDE TO FIRST AID



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FULL E-BOOK: [www.thetrainingco.co.uk/firstaidbook](http://www.thetrainingco.co.uk/firstaidbook)

**1** RECOVERY POSITION

**2** CPR

**3** AED

**4** ASTHMA

**5** CHOKING

**6** BLEEDING

**7** BREAKS & FRACTURES

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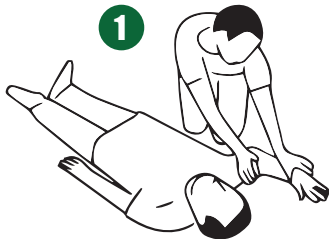
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# RECOVERY POSITION

THE RECOVERY POSITION IS USED TO HELP MAINTAIN A CLEAR OPEN AIRWAY,  
ALLOWING A CASUALTY TO BREATHE

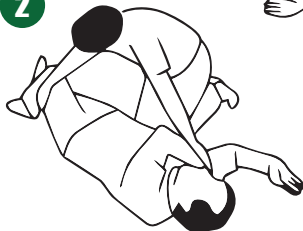
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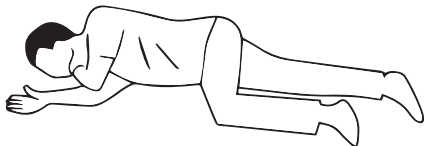
TILT HEAD BACK AND  
CHECK BREATHING

2



LEG BENT TO SUPPORT  
POSITIONING

3



GET HELP AND DIAL  
999 OR 112

2

# CPR

CPR IS AN EMERGENCY PROCEDURE THAT COMBINES CHEST COMPRESSIONS WITH ARTIFICIAL VENTILATION IN AN EFFORT TO MANUALLY PRESERVE BRAIN FUNCTION

.....

1



CHECK FOR DANGER  
& RESPONSIVENESS

2



CHECK BREATHING

3



CALL EMERGENCY  
NUMBER

4



START 30  
COMPRESSIONS

5



GIVE 2 RESCUE  
BREATHS

6



USE AED



3

# AED

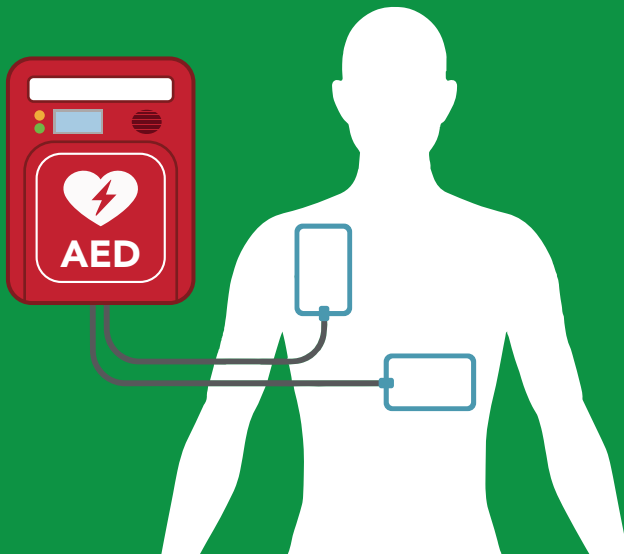
AN AUTOMATED EXTERNAL DEFIBRILLATOR IS A PORTABLE ELECTRONIC DEVICE THAT AUTOMATICALLY DIAGNOSES LIFE-THREATENING CARDIAC ARRHYTHMIAS

.....

AUTOMATED EXTERNAL  
DEFIBRILLATOR



AED



**ASTHMA IS A COMMON LONG-TERM INFLAMMATION OF THE AIRWAYS.  
IT IS CHARACTERIZED BY VARIABLE AND RECURRING SYMPTOMS**

.....

## ASTHMA CAUSES



POLLUTION



PETS



DUST



CHEMICALS



MOLD



INFECTIONS



HEREDITY



FOOD

## ASTHMA SYMPTOMS



FREQUENT  
COUGHING



SHORTNESS  
OF BREATH



FEELING  
TIRED



WHEEZING



ALLERGIES



CHEST  
PAIN



TROUBLES  
WHILE SLEEPING

5

# CHOKING

CHOKING IS DEFINED AS AN OBSTRUCTED AIRWAY WHERE A CASUALTY IS UNABLE TO BREATHE

.....

## ADULTS

## CHILDREN



GIVE 5 BACK BLOWS



GIVE 5 ABDOMINAL  
THRUSTS



ALTERNATE 5 BACK BLOWS AND  
5 CHEST COMPRESSIONS



**CALL 999 OR 112**

6

# BLEEDING

ARTERIES, VEINS AND CAPILLARIES TRANSPORT OXYGENATED AND DE-OXYGENATED BLOOD

.....



**APPLY PRESSURE  
TO THE WOUND**



1



2

**PLACE INJURED  
AREA IN A RAISED  
POSITION**

**7**

# BREAKS & FRACTURES

BREAKS OR FRACTURES CAN OCCUR IN ANY BONE IN THE BODY

.....



**ARM**



**FINGER**



**ELBOW**



**WRIST**



**JAW**



**FOOT**



**NOSE**



**TOE**



**KNEE**



**SHOULDER**



**HIP**



**COLLAR**

## 8

# BURNS

BURNS CAN BE MORE SERIOUS IN CHILDREN, THE ELDERLY, THE SIZE/AREA OF THE BURN AND THE INTENSITY OF HEAT

## 1<sup>ST</sup> DEGREE



## 2<sup>ND</sup> DEGREE



## 3<sup>RD</sup> DEGREE



## SKIN BURN TREATMENT



COOLING



CLINGFILM



AMBULANCE

## CAUSES OF BURNS



SCALDS



DRY HEAT



RADIATION



ICE



ELECTRICAL



FRICTION

**MOST CASUALTIES WILL BE IN SHOCK; IT IS EASY TO HELP AND LESSEN THE POSSIBILITY OF IT GETTING WORSE**

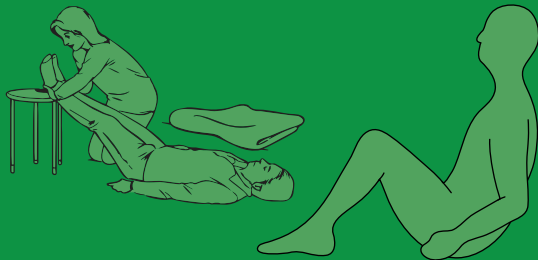
## SIGNS & TREATMENT

- CLAMMY BUT COOL SKIN
- PALENESS OF SKIN
- RESTLESSNESS, NERVOUSNESS
- THIRSTY AND SEVERE BLEEDING



## THE W POSITION

- 1** PLACE THE VICTIM IN THE 'W' POSITION OR LIE THEM DOWN WITH FEET RAISED
- 2** COMFORT AND REASSURE THEM
- 3** KEEP THEM WARM AND COMFORTABLE

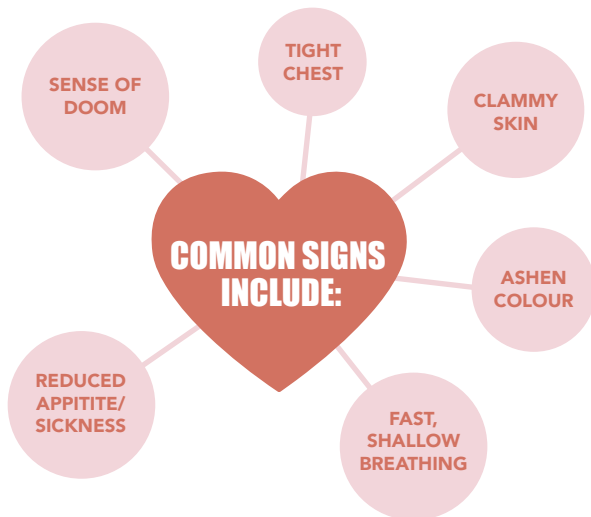
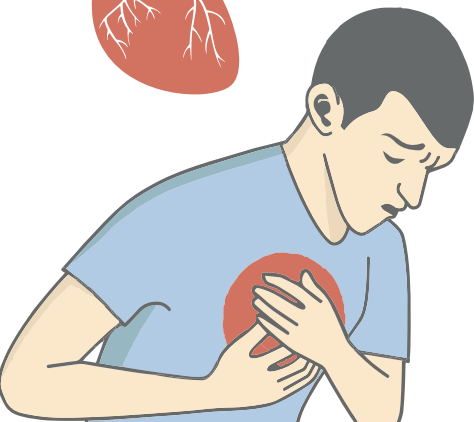


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# HEART CONDITIONS

ANGINA, HEART ATTACK AND CARDIAC ARREST ARE CONDITIONS OF THE HEART  
AND CAN BE LIFE THREATENING

.....





11

# CONCUSSION

IS A TEMPORARY INJURY TO THE BRAIN CAUSED BY A BUMP OR JOLT TO THE BRAIN

## SIGNS OF CONCUSSION



LOSS OF  
CONSCIOUSNESS



MEMORY LOSS



INCOHERENT  
SPEECH



CONFUSION



DISORIENTATION



DAZED OR  
VACANT STARE



HEADACHE OR  
DIZZINESS



DIFFICULTY  
CONCENTRATING



SENSITIVE TO  
LIGHT



RINGING IN  
THE EARS



FATIGUE



VOMITING

12

# STROKE

A STROKE IS A MEDICAL EMERGENCY. ACT FAST AND CALL 999 OR 112  
IF YOU SEE ANY OF THE SIGNS BELOW...

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FACE DROPPING



ARM WEAKNESS



SPEECH DIFFICULTIES



UNEXPLAINED DIZZINESS



SEVERE HEADACHE



BLURRED VISION

**EPILEPSY IS A CONDITION THAT AFFECTS THE BRAIN. WHEN SOMEONE HAS EPILEPSY, IT MEANS THEY HAVE A TENDENCY TO HAVE EPILEPTIC SEIZURES**

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**1 STAY CALM, MOST SEIZURES ONLY LAST A FEW MINUTES**

**2 DO NOT HOLD THE PERSON DOWN**

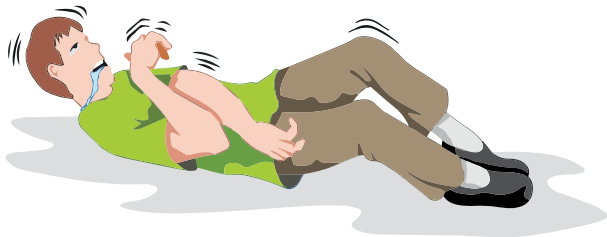
**3 DO NOT PUT ANYTHING IN THE PERSON'S MOUTH**

**4 PAY ATTENTION TO THE LENGTH OF THE SEIZURE. CALL 999 OR 112 IF LONGER THAN 5 MINUTES**

**5 PREVENT ANY INJURY BY MOVING NEARBY OBJECTS OUT THE WAY**

**6 MAKE THE PERSON AS COMFORTABLE AS POSSIBLE. TURN THE PERSON ON THEIR SIDE**

**7 DO NOT GIVE THE PERSON WATER, PILLS OR FOOD UNTIL THE PERSON IS FULLY ALERT**



# DIABETES

DIABETES IS DEFINED AS A METABOLIC DISORDER THAT CAUSES YOUR BODY TO BE UNABLE TO PROPERLY PRODUCE INSULIN AND REGULATE ITS BLOOD SUGAR LEVELS

.....



UNEXPLAINED  
WEIGHT LOSS



WEIGHT GAIN



INCREASED  
HUNGER



FREQUENT  
URINATION



SLOW HEALING



EXCESSIVE  
THIRST



NAUSEA AND  
VOMITING



DIZZINESS



BLURRED  
VISION

15

# POISONING

IS WHEN A PERSON IS EXPOSED TO A SUBSTANCE THAT CAN DAMAGE THEIR HEALTH.  
CHILDREN UNDER FIVE HAVE THE HIGHEST RISK OF ACCIDENTAL POISONING

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HEADACHES



NAUSEA



BREATHLESSNESS



COLLAPSE



DIZZINESS



LOSS OF  
CONCIOUSNESS

16

# ANAPHYLAXIS

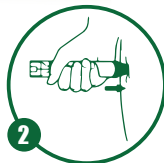
A POTENTIALLY LIFE-THREATENING CONDITION WHERE SOMEONES BODY HAS A SEVERE OVER-REACTION TO AN OTHERWISE NON-ALLERGIC SUBSTANCE

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## SIGNS & SYMPTOMS

Dry Mouth  
Unconsciousness  
hives Vomiting Short Breath  
Swelling Negativeness  
Wheezing itching  
Skin Rashes

## EPI PEN



Blister  
Swollen Wheezy Fast  
Noisy Sweet Breath Deformity  
Memory Loss Breathing Flushed  
Irregular Agonal Forgetful  
Crushing  
Unconscious Temperature  
Bruising Headache Irritable Bleeding  
Weakness Choking slow  
Dilated pulse Rash Pain  
Pale Clammy

CPR Safe Sitting  
ClingFilm GiveInjector W'Position  
RecoveryPosition Comfortable  
SterileDressing Inhaler  
AbdominalThrusts Medication  
30-2 Warm Immobilise  
AED RaisedLegs ColdWater  
Lay-down Pressure







*“ We offer a variety of individual and in-house group courses in First Aid, Health & Safety and Food Safety. Our philosophy is to make training fun, interactive, and work specific. ”*



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