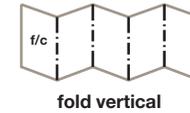
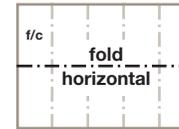


Please print and fold as follows:



First Aid:

Choking

Severe Bleeding

Burns and scalds

Recovery position

Adult resuscitation

for a casualty not breathing

Choking

[1]



Bend the person forward. Give up to five sharp blows between the shoulder blades. Check the mouth for dislodged objects.

[2]



Give abdominal thrusts. Place clenched fists just below the ribs. Pull inwards and upwards up to five times. Check the mouth for dislodged objects. Repeat two further cycles of blows and thrusts if the casualty is still choking and then call 999.

Severe Bleeding



[1]

Examine wound and check for embedded objects.



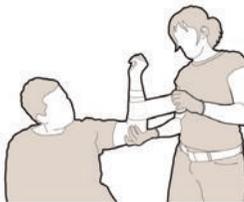
[2]

Apply pressure to the wound with a pad. If there is an embedded object, press on either side of it. Do not remove it.



[3]

Raise the limb above the level of the heart. Apply a dressing to maintain pressure. Make sure someone calls 999 if necessary.



Burns and scalds



[1]

Examine burn.



[2]

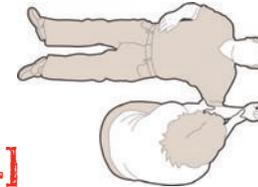
Cool the injury under running water for at least 10 minutes.



[3]

Cover the injury with a sterile dressing or non-fluffy cloth or cling film. Make sure someone calls 999 if the burn is severe.

Recovery position



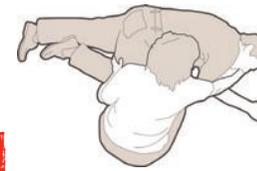
[1]

Place arm nearest to you at a right angle, with palm facing up.



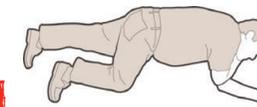
[2]

Move other arm, as shown, palm upwards against casualty's cheek. Get hold of knee furthest from you and pull up until foot is flat on the floor.



[3]

Pull the knee towards you, keeping the casualty's hand pressed against their cheek. Position the leg at a right angle.



[4]

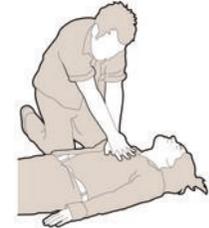
Make sure that the airway remains open by tilting the head back, then check breathing by feeling and listening for breath. Call 999 if necessary. Monitor until help arrives.

Adult resuscitation

for a casualty not breathing

[1]

If there are other bystanders ask one to call 999. If you are alone call for help yourself.



[2]

Place hands on centre of chest, lean over the casualty. Give 30 chest compressions pressing down 4-5cms.



[3]

Open the airway.



[4]

Pinch the person's nose. Place your mouth over their mouth and blow for one second. Give two rescue breaths. Continue this cycle of 30 compressions and two breaths until help arrives. If you are unable to give rescue breaths give chest compressions only.