

In an emergency

- ▶ Dial 999 or 112
 - ▶ Stay calm
 - ▶ Follow the instructions
 - ▶ Identify the problem
- Help will be with you soon

1+

ALL AGES

ADULTS ONLY

Age Guidelines

Some of these steps should not be performed on infants, so please check the age recommendations that appear next to each section before you start.

For advice on first aid for children, please visit www.sjacymru.org.uk

ALL AGES

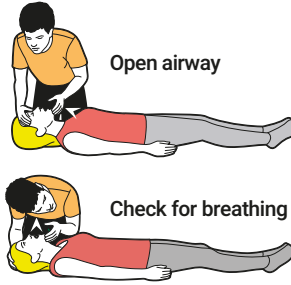
When someone is unresponsive

Open airway

- ▶ Tilt the head back with one hand and lift the chin with two fingers of the other hand to ensure their airway is open

Check for breathing

- ▶ Check for breathing. Look along their chest for any chest movement, listen and feel for any breaths for 10 seconds
- ▶ If they are not breathing begin CPR. If the casualty is breathing, put them in the recovery position



ALL AGES

When someone is bleeding severely

Press it

- ▶ Apply direct pressure to the wound with a pad or fingers for a minimum of five minutes
- ▶ If there is an object in the wound, do not remove it, apply pressure on either side of the object
- ▶ Bandage firmly to control bleeding, but not so tight as to cut off circulation

Call 999 or 112 for emergency help and keep the person comfortable

Raise it

- ▶ Lay the person down and raise their legs to treat for shock
- ▶ Support the injured area in a raised position



For more information



@SJACymru
Charity number: 250523

ADULTS ONLY

CPR for adults*

If there is a perceived risk of infection, rescuers can place a mask or cloth over the casualty's mouth and nose and attempt compression only CPR and early defibrillation until the ambulance arrives.

Call for help

- ▶ Call 999 or 112 for an ambulance

Pump

- ▶ Place one hand on the centre of their chest. Place the heel of your other hand on top and interlock your fingers, but keep your fingers off their ribs
- ▶ Lean directly over their chest and press down vertically 5-6cm. Release the pressure, but don't remove your hands
- ▶ Give 30 compressions at a rate of 100-120 per minute

Breathe

- ▶ Once again, tilt the head back and lift the chin to open the airway
- ▶ Pinch their nose and blow steadily into the mouth until the chest rises. Take your mouth away and watch the chest fall. Repeat to give two rescue breaths
- ▶ Repeat 30 chest compressions, followed by two rescue breaths, until emergency help arrives, they start to breathe normally or you're too exhausted to continue

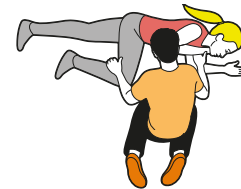
*For guidance on CPR for children go to www.sjacymru.org.uk



1+

Recovery position

- ▶ Put the person into the recovery position as shown
- ▶ Tilt their chin back to open their airway and recheck their breathing
- ▶ Check they cannot roll forwards or backwards
- ▶ Keep the casualty warm
- ▶ Treat any life-threatening conditions and call 999 or 112 for an ambulance



1+

When an adult or child is choking

Cough it out

- ▶ Encourage the person to cough
- ▶ If this doesn't clear the obstruction, support their upper body with one hand and help them lean forward

Slap it out

- ▶ Give up to five sharp blows between the shoulder blades with the heel of your hand
- ▶ Check their mouth in between each back blow

Squeeze it out

- ▶ If back blows fail, try abdominal thrusts
- ▶ Stand behind the person and link your hands below their rib cage with the lower hand clenched in a fist
- ▶ Pull sharply inwards and upwards up to five times
- ▶ Check casualty's mouth in between each abdominal thrust

If the obstruction has not cleared after the first cycle of back blows and abdominal thrusts call 999 or 112 for emergency help. Continue until help arrives. If they become unresponsive start CPR



Cough it out



Squeeze it out

ALL AGES

When someone has been burnt

Cool it

- ▶ Start cooling the injury as soon as possible by holding under tepid running water for at least 20 minutes
- ▶ If water is not available, any tepid, harmless liquid, such as milk or canned drinks, can be used
- ▶ Gently remove any tight clothing or jewellery before the injured area begins to swell. Do not remove clothing that has stuck to the burn

Cover it

- ▶ Once cool, cover the burn with layers of kitchen film. Do not wrap it like a bandage. A clean plastic bag can be used to cover a hand or foot.
 - ▶ Do not apply creams or oils or pop any blisters
- Severe burns and all burns to children and infants should be seen by a doctor

ADULTS ONLY

When someone has chest pain

Call 999 or 112 for emergency help if you suspect a heart attack

Make them comfortable

- ▶ Place the person in a seated position they are comfortable in.
- ▶ Loosen tight clothing such as buttons, belts and ties

Medication

- ▶ If they have angina medication, help them to take it
- ▶ Assist the casualty to slowly chew one full-dose aspirin tablet (300mg), if they are not allergic
- ▶ Encourage them to rest, monitor and reassure them until help arrives