

Mewn achos brys

- ▶ Ffoniwch 999 neu 112
- ▶ Peidiwch â chynhyrfu
- ▶ Dilynwch y cyfarwyddiadau
- ▶ Dewch o hyd i'r broblem
- Bydd cymorth gyda chi'n fuan



Canllawiau Oedran

Ni ddylai rhai o'r camau hyn gael eu cymryd ar fabanod neu blant bach, felly gwiriwch yr argymhellion oedran sy'n ymddangos nesaf at bob adran cyn i chi ddechrau.

I gael cyngor ar gymorth cyntaf i blant, ewch www.sjacymru.org.uk

1+ Pan fydd rhywun yn anymatebol

Agorwch y llwybr anadlu

- ▶ Gwthiwch y pen yn ôl gydag un llaw a chodwch yr ên gyda dau fys ar y llaw arall i sicrhau bod ei lwybr anadlu yn agored

Gwiriwch ar gyfer anadlu

- ▶ Edrychwch ar hyd ei frest am unrhyw symudiad y frest, gwrandewch a theimlwch am unrhyw anadlau am 10 eiliad.
- ▶ Os nad yw'n anadlu, dechreuwch adfywio cardiopwlmonaidd (CPR). Os yw'r claf yn anadlu, rhowch ef yn yr ystum adfer.



Agorwch y llwybr anadlu



Gwiriwch ar gyfer anadlu

OEDOLION YN UNIG Adfywio cardiopwlmonaidd (CPR) ar gyfer oedolion*

Os oes perygl tybiedig o haint, gall achubwyr roi mwgwd neu liai dros geg a thrwyn y claf a rhoi cynnig ar CPR cywasgu yn unig a diffibrilio cynnar tan i'r ambiwlans gyrraedd.

Ffoniwch am gymorth

- ▶ Ffoniwch 999 neu 112 am ambiwlans

Pwmpiwch

- ▶ Rhowch un llaw ar ganol ei frest. Rhowch sawdl eich llaw arall ar ei phen a phlethwch eich bysedd, ond cadwch eich bysedd oddi ar ei asennau.
- ▶ Pwyswch yn uniongyrchol dros ei fron a phwyswch i lawr yn fertigol 5-6cm. Rhyddhewch y pwysau, ond peidiwch â symud eich dwylo.
- ▶ Rhowch 30 o gywasgiadau ar gyfradd o 100-120 y funud.

Anadlwch

- ▶ Unwaith eto, gwthiwch y pen yn ôl a chodwch yr ên i agor y llwybr anadlu.
- ▶ Gwasgwch ei drwyn a chwythwch yn gyson i mewn i'r geg tan i'r frest godi. Tynnwch eich ceg i ffwrdd a gwyliwch y frest yn gostwng. Ailadroddwch i roi dau anadl achub.
- ▶ Ailadroddwch 30 o gywasgiadau'r frest, wedi'u dilyn gan ddau anadl achub, tan i'r cymorth brys gyrraedd, tan iddo ddechrau anadlu'n arferol neu eich bod wedi blino gormod i barhau.

*I gael cyfarwyddyd ar adfywio cardiopwlmonaidd (CPR) i blant, ewch i www.sjacymru.org.uk



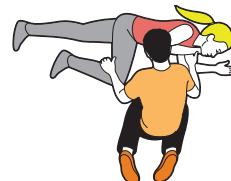
Pwmpiwch



Anadlwch

1+ Ystum adfer

- ▶ Rhowch yr unigolyn yn y safle adfer fel y dangosir
- ▶ Gwthiwch ei ên yn ôl i agor ei lwybr anadlu ac ail-wiriwch ei anadlu
- ▶ Gwiriwch na all rollo ymlaen neu yn ôl
- ▶ Cadwch y claf yn gynnes
- ▶ Rhowch driniaeth i unrhyw gyflyrau sy'n peryglu bywyd a fffoniwch 999 neu 112 am ambiwlans



POB OEDRAN Pan fydd rhywun yn gwaedu'n ddifrifol

Rhoi pwysau arno

- ▶ Rhowch bwysau uniongyrchol ar y clwyf gyda phad neu fyseidd am o leiaf pum munud
- ▶ Os oes gwrthrych yn y clwyf, peidiwch â'i dynnu allan, rhowch bwysau ar y ddwy ochr i'r gwrthrych
- ▶ Rhowch rywmin cadarn arno i reoli'r gwaedu, ond dim yn ddigon tynn i atal cylchrediad

Ffoniwch 999 neu 112 am gymorth brys a chadwch yr unigolyn yn gyfforddus

Ei godi

- ▶ Gorweddwch yr unigolyn i lawr a chodwch ei goesau i'w drin ar gyfer sioc
- ▶ Cefnogwch y man sydd wedi'i anafu mewn lleoliad dyrchafedig



Rhoi pwysau arno



Ei godi



Am fwy o wybodaeth



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Rhif elusen: 250523

OEDOLION YN UNIG Pan fydd gan rywun boen yn ei frest

Ffoniwch 999 neu 112 am gymorth brys os byddwch yn amau trawiad ar y galon.

Gwnewch yr unigolyn yn gyfforddus

- ▶ Rhowch yr unigolyn ar ei eistedd fel ei fod yn gyfforddus
- ▶ Llaciwch ddillad tynn fel botymau, gwregysau a theis

Meddyginiaeth

- ▶ Os oes ganddo feddyginiaeth angina, dylech ei helpu i'w chymryd
- ▶ Cynorthwycwch y claf i gnoi un dabled asbrin dos llawn (300mg) yn araf cyn belled nad oes ganddo alergedd i asbrin, nad oes ganddo asthma difrifol neu waedu gastroberfeddol, a'i fod yn hŷn nag 16 mlwydd oed
- ▶ Dylech ei annog i orffwysu, a'i fonitro a'i gysuro tan i gymorth gyrraedd

1+ Pan fydd oedolyn neu blentyn yn tagu

Ei besychu allan

- ▶ Anogwch yr unigolyn i besychu
- ▶ Os nad yw hyn yn clirio'r rhystr, cefnogwch ran uchaf ei gorff gydag un llaw a'i helpu i bwyso ymlaen.

Ei slapio allan

- ▶ Rhowch hyd at bum ergyd gadarn rhwng y palfeisiau gyda sawdl eich llaw.
- ▶ Gwiriwch ei geg rhwng pob ergyd i'r cefn.

Ei wasgu allan

- ▶ Os bydd ergydion i'r cefn yn aflwyddiannus, rhowch gynnig ar wthiadau'r abdomen
- ▶ Safwch y tu ôl i'r unigolyn a chysylltwch eich dwylo o dan gawell ei asennau gyda'r llaw isaf wedi'i gau mewn dwrn
- ▶ Tynnwch i mewn ac i fyny yn gadarn hyd at bum gwaith.
- ▶ Gwiriwch geg y claf rhwng pob gwthiad yr abdomen.

Os nad yw'r rhystr wedi clirio ar ôl y cynnig cyntaf o ergydion i'r cefn a gwthiadau'r abdomen, fffoniwch 999 neu 112 am gymorth brys Parhewch tan fod cymorth yn cyrraedd. Os bydd yn troi'n anymatebol, dechreuwch adfywio cardiopwlmonaidd (CPR).



Ei slapio allan



Ei wasgu allan

POB OEDRAN Pan fo rhywun wedi cael ei losgi

Ei oeri

- ▶ Dechreuwch oeri'r anaf cyn gynted â phosibl trwy ei ddal o dan ddŵr oer am o leiaf 20 munud.
- ▶ Tynnwch unrhyw ddillad neu emwaith tynn yn ofalus cyn i'r man sydd wedi'i anafu ddechrau chwyddo. Peidiwch â thynnu dillad sydd wedi glynu at y llosg.

Ei orchuddio

- ▶ Pan fydd wedi oeri, gorchuddiwch y llosg gyda haenau o ffilm cegin. Peidiwch â'i lapio fel rhwymyn. Gellir defnyddio bag plastig glân i orchuddio llaw neu droed
- ▶ Peidiwch â rhoi eli neu olew arno, na thorri unrhyw bothelli

Dylai llosgiadau difrifol a phob llosg i'r henoed, plant a babanod gael eu gweld gan feddyg

Ar gyfer llosgiadau difrifol sy'n gorchuddio darnau mawr o'r corff, byddwch yn wiliadwrus o'r claf yn troi'n hypothermig

In an emergency

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

1+ ALL AGES ADULTS ONLY Age Guidelines

Some of these steps should not be performed on babies or 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

1+ 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.



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

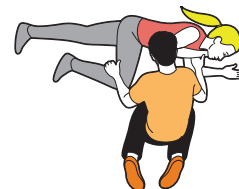
- ▶ Once again, tilt the head back and lift the chin to open the airway
- ▶ Pinch their nose and blow steadily into the mouth until the chest rises. Take your mouth away and watch the chest fall. Repeat to give two rescue breaths
- ▶ Repeat 30 chest compressions, followed by two rescue breaths, until 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



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



Press it



Raise it

For more information



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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 in slowly chewing one full-dose aspirin tablet (300 mg), provided they are not allergic to aspirin, do not have severe asthma or gastrointestinal bleeding, and are over 16 years old
- ▶ Encourage them to rest, monitor and reassure them until help arrives

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

ALL AGES When someone has been burnt

Cool it

- ▶ Start cooling the injury as soon as possible by holding under cold running water for at least 20 minutes
- ▶ 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 the elderly, children and infants should be seen by a doctor.

For severe burns covering large areas of the body beware of the casualty becoming hypothermic.