

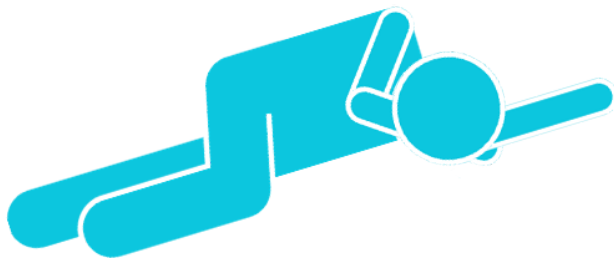


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First Aid Reminders

Breathing

Safe Airway Position



- Check pockets
- Place items above their head
- Roll over after 30 mins

Unconscious Casualty

Use their phone to dial
999
OR
112

NOT Breathing

CPR



- Start chest compressions
100 - 120 per minutes
- Get a defibrillator (AED)

Partial Blockage

Choking

Full Blockage



- Can they cough?
- 5 back blows / abdominal thrusts
- Check after each blow / thrust

Have you set
up your
emergency
contacts?

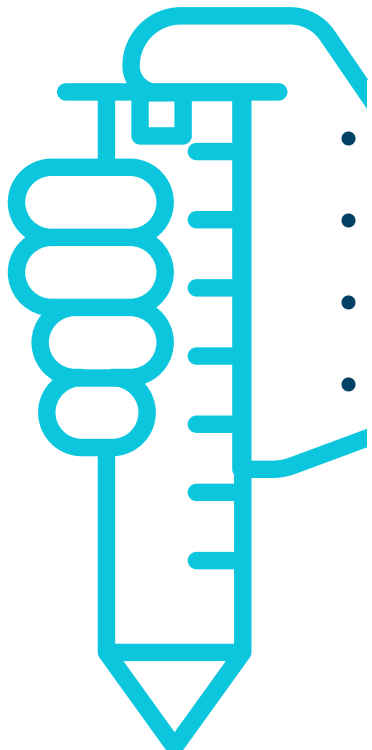


- Perform CPR
- May want to try 5 rescue breaths first

Anaphylaxis

SOS

4th Emergency Service



- Check pockets
- Inject epipen (thigh)
- Call 999 / 112
- Stop breathing, CPR



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