

Important Numbers

Doc on Call:

Own GP:

Emergency: 999

Emergency First Aid

First Response

- Call 999 for help
- Assess the scene & situation - What has happened?
- Is it safe to approach the patient?
- If the SCENE is NOT SAFE **Do Not Approach**

Calling 999 or 112 for help - *DO NOT HANG UP UNTIL TOLD TO DO SO*

- Give your Name & Phone Number
- Exact location - use local landmarks to assist if possible
- Type of incident / accident. How many people are injured?
- Stay on the Phone, Ambulance Control personnel will advise what to do next



CPR for Adults / Children

- Check for Responsiveness - do they wake up?
- Tilt the head back and listen for breathing for 5 - 10 seconds
- If no signs of life or not breathing start CPR
- Make sure the victim is on a FIRM FLAT Surface
- Place both hands on the centre of the patient's chest
- Press down 5cm for an adult (or 1/3 the depth of the child's chest if victim is under 8 years)
- Keep pressing at a rate of 100 times per minute (To the beat of Stayin' Alive song)
- **Keep going** unless the patient shows signs of improvement

Common Injuries & Treatments

Bleeding	Burns	Fracture/Dislocation
<p>If serious bleeding call 999 or 112 for help</p> <ul style="list-style-type: none"> • Position the patient either sitting or lying down • Elevate the bleed and examine for dirt / grit. Clean as needed • Apply a pressure bandage • If blood soaks through add another bandage as needed • If patient deteriorates place lying on their back with legs elevated • Keep patient warm. 	<p>If blistered or blackened burn call 999 or 112 for help</p> <ul style="list-style-type: none"> • Position the patient either sitting or lying down • Elevate the burn and start cooling process Cool with water for 15 minutes or with a burn dressing • After cooling the burn cover it with a non-fluffy sterile dressing • If burn is very large cover with cling film ONLY AFTER COOLING • If patient deteriorates place lying on their back with legs elevated 	<p>Call 999 or 112 for help</p> <ul style="list-style-type: none"> • Keep the patient in a position of comfort. Do not move unnecessarily • Immobilise the injured limb in the position found. • DO NOT ATTEMPT TO REPLACE DISLOCATED LIMBS OR BROKEN BONES • Keep patient warm.

Emergency First Aid

Spinal Injuries

Spinal Injuries can be caused by a variety of things including

- falls from a height,
- crushing,
- being thrown in distance (perhaps by an animal),
- objects falling from above
- vehicle accidents.



Potential spinal injuries **ALWAYS** need professional help. Just because someone can feel their limbs or move their fingers and toes immediately after a fall or accident **DOESN'T** mean that they don't have a serious injury.

Treating Potential Spinal Injuries

- Approach the scene carefully – is it safe for you? **Remember to look up** – is anything likely to fall on you?
- Shout at / Speak to the person to tell them to stay still and not move. Do this regardless of whether they appear to be awake or not.
- CALL 999 or 112 for help immediately.
- Tell the person you are going to hold their head still.
- Support the head on either side but **DO NOT LIFT OR MOVE IT**.
- Keep it in the position you found it.
- Check if the person is breathing ok. If they are continue to support the head and await help.
- If the person is not breathing, tilt the head back and check breathing again for 5 – 10 seconds. If they still are not breathing you need to start CPR immediately. (See above for instructions)
The possible spinal injury is no longer the priority.

Tip: Organise a first aid session in your home and on the farm. A first aid course will reinforce the points above and increase your confidence. Learn the skills to save a life.

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