



PSHE Takeaway Pack

FIRST AID

January 2021

Introduction

When somebody gives first aid, they offer immediate support to a person suffering from a minor -or sometimes more serious- illness or injury.

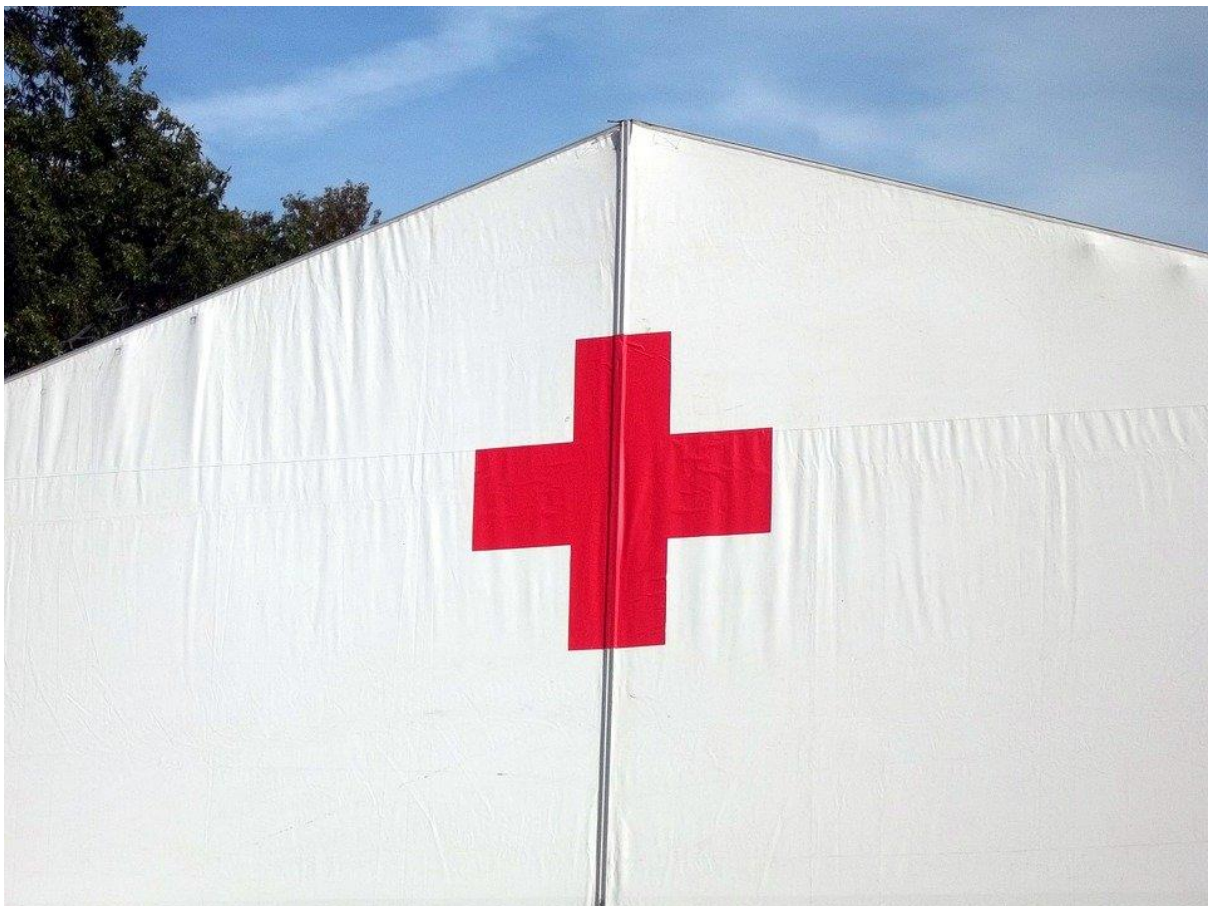
Although you may not be first aid certified or a medical professional, anybody is able to follow some simple guidelines to prevent an injury or condition from worsening, or to help with recovery.

Many of the guidelines and resources in this pack are taken from the NHS and the Red Cross.

The Red Cross offer free advice and support to adults and young people, both in the UK and internationally.

Activity: Watch this short film about Henri Dunant who started the Red Cross movement and learn more about the work it does.

<https://www.youtube.com/watch?v=I9bsmnuJU-o>



Sometimes you may be nervous about helping someone, especially if you yourself feel frightened by a situation unfolding around you. It can certainly take courage and the ability to keep a calm head if the situation is serious. However, if you are able to help or offer kindness, then this will be gratefully received. According to the NHS, thousands of deaths can be prevented each year by people offering first aid support to those involved in accidents, in the precious minutes before the emergency services arrive.

Assessing the Situation

Before you administer first aid, you should take a moment to assess what is wrong.

The worst thing you can do is step straight in to help. Take 10 valuable seconds to consider the situation you see:

1. How many people are affected?
2. What do you think caused the situation?
3. Is anyone else available to help?

If there is more than 1 casualty and you are alone, contact the emergency services immediately and talk to them.

Often the casualty will be awake and able to explain what has happened. Sometimes, however, they may be unconscious. In this situation, the first thing you should do is to find out whether they are breathing.

Primary Survey.

Danger; do not become a casualty yourself.

Response; is the casualty responsive/conscious? Talk to them as you approach. Use the AVPU scale to assess their level of response:

Alert: the casualty is conscious

Voice: the casualty responds to your voice as you approach them

Pain: the casualty responds to stimulus, this could be a gentle pinch of the earlobe

Unresponsive: if there is no response, shout for help and check their...

Airway. Gently tilt the head back with one hand on the forehead and 2 fingers under the chin. Place your ear and cheek close to their nose and mouth and look down the body to see if the chest rises and falls for 10 seconds. If the casualty is not...

Breathing, call 999 or 112 and begin CPR with chest compressions.

If the casualty is breathing normally check for...

Circulation problems (bleeding). Look and gently feel your way down the casualty's body, arms and legs. If you find a heavy bleed, try to control it.

Activity: Visit the pages below to learn more about the recovery position and CPR.

<https://www.nhs.uk/conditions/first-aid/recovery-position/>

<https://www.nhs.uk/conditions/first-aid/cpr/>

Common First Aid Incidents

The following pages contain information on how to offer first aid some of the most common situations seen in the UK.

<u>Bleeding</u>	<p>If someone is bleeding heavily, the main aim is to prevent further blood loss. First, dial 999 and ask for an ambulance as soon as possible. If you have disposable gloves, put them on so that you don't make contact with the blood.</p> <p>Check that there's nothing embedded in the wound. If there is, take care not to press down on the object. It is best not to remove any objects (e.g. shards of glass), as this can make bleeding worse.</p> <p>If nothing is embedded, apply pressure to the wound with your gloved hand, using a clean dressing. Continue to apply pressure until the bleeding stops, then dress the wound fully in a bandage. If the bandage becomes soaked, apply another over the top and keep pressure on the wound.</p> <p>If the situation is very serious (for example, there is damage to a finger), take advice from the ambulance operator and follow their instructions. They will also be able to suggest what you should do to protect yourself and your casualty, if you do not have a first aid kit to hand.</p> <p>When bleeding is heavy, the casualty may go into shock, where not enough oxygenated blood reaches round the body. Always tell the ambulance operator if this happens. The signs of shock include:</p> <ul style="list-style-type: none">• Pale, cold and damp skin• Fast, shallow breathing• Dizziness and weakness• Feeling sick and thirsty
<u>Burns</u>	<p>Burns can be minor, but also very serious. You may need to call an ambulance or seek medical help. In all cases, cool the burn as quickly as possible with running water. If the burn is caused by a chemical, hold the burn facing downwards and splash cold water upwards. This prevents any chemical being washed over other parts of the skin. Be careful not to come into contact with the chemical yourself and try to find out what it is, so you can tell the ambulance crew.</p> <p>While cooling the burn, carefully remove any clothing or jewellery, unless it's attached to the skin.</p>

	<p>Cover the burn loosely with cling film, if needed. If cling film isn't available, use a clean, dry dressing which won't stick to the wound. Do not wrap the burn tightly as swelling may make things worse.</p> <p>Do not apply creams, lotions or sprays to the burn.</p>
<u>Choking</u>	<p>Choking can be mild or serious.</p> <p>If it is mild (the person is coughing but their airways are not completely blocked), encourage them to cough hard to try to clear the blockage. Do not put your fingers in their mouth if you can't see the object, as you risk pushing it further down their mouth.</p> <p>However, if the choking is more serious, then you may need to perform back blows. Read more about how to do this using the link below:</p> <p>https://www.nhs.uk/common-health-questions/accidents-first-aid-and-treatments/what-should-i-do-if-someone-is-choking/</p>
<u>Broken Bones (Fractures)</u>	<p>It can be difficult to tell if a person has a broken bone, but if you aren't sure, always follow this advice, to be extra-cautious:</p> <p>Deal with any bleeding or unconsciousness first, before the suspected fracture. If the person is conscious, prevent any further pain or damage by keeping the fracture as still as possible until you get them safely to hospital.</p> <p>The casualty can travel to A&E in a car, but may need an ambulance if their pain is severe or if they have suffered a back or neck injury. Do not offer anything to eat or drink as they may need to have an anaesthetic at hospital.</p>
<u>Heart Attack</u>	<p>A heart attack is one of the most common life-threatening heart conditions in the UK, where the heart does not beat evenly to pump blood around the body. Signs may include chest pain (often described as a 'tightness'). They may also have pain travelling down into their left arm, their tummy, or up into their jaw. If you think someone is having a heart attack, you must call 999.</p> <p>You should sit the person down comfortably. If they're conscious, reassure them and ask them to take a 300mg aspirin tablet, if you have one (unless you know they shouldn't take aspirin – for example, if they're under 16 or allergic to it). If the person has any medication such as a spray or tablets, help them to take it.</p> <p>Monitor their vital signs, such as breathing, until help arrives. If the person becomes unconscious, open their airway, check their breathing and, if necessary, start CPR.</p>
<u>Poisoning</u>	<p>There are many things which can cause poisoning, with a wide range of symptoms. In the UK, most cases of poisoning happen when a person has swallowed a toxic substance, such as bleach,</p>

	<p>taken an overdose of a prescription medication, or eaten wild plants or mushrooms.</p> <p>They may vomit (be sick), lose consciousness or be in pain.</p> <p>If you think someone has swallowed a poisonous substance, call 999 to get immediate medical help and advice.</p> <ul style="list-style-type: none"> • Try to find out what they have eaten and let the ambulance crew know. If you can get a sample of what they have eaten- or even a sample of vomit- this could help save their life. However, do not cause them to vomit as this would bring something like bleach back up into the throat, doing further damage. • They should not eat or drink anything. • Do not leave them alone, in case they lose consciousness. If they do, check for breathing and perform CPR, although you should not put your mouth to theirs when resuscitating (helping them breathe), in case you also come into contact with the poison. If they vomit while unconscious, turn their head to the side so they do not choke.
<p><u>Minor Cuts and Pains</u></p>	<p>Minor cuts usually need only some gentle cleaning and a sterile plaster. Before treating the casualty (or yourself), wash your hands and use gloves if you have them. Wash the wound gently with clean water, pat it dry then apply the plaster. Sometimes an antiseptic cream may be helpful.</p> <p>For minor pains, there are several over-the-counter painkillers you may choose to use. Always read the label carefully.</p>
<p><u>Asthma</u></p>	<p>Asthma is caused by swelling (inflammation) of the breathing tubes that carry air in and out of the lungs. It is very common, but an asthma attack can be life threatening. Attacks may be triggered by things like colds or flu, smoke and exercise. The casualty will be short of breath and may complain of tightness in their chest. Encourage them to stay calm and do the following: Sit upright, lean slightly forward and try to take slow, steady breaths.</p> <ul style="list-style-type: none"> • Take 2 puffs of their inhaler (usually blue) immediately, then 1 puff every minute, up to a maximum of 10 puffs. • Call 999 if they do not have their inhaler with them, or they feel worse despite using the inhaler.

A word about anaphylaxis

Anaphylaxis is potentially life threatening. It is a quick and extreme reaction, usually where a person is allergic to something like nuts.

The symptoms include:

- feeling faint or confused; the casualty may collapse or lose consciousness
- breathing difficulties – such as fast, shallow breathing or wheezing
- a fast heartbeat
- clammy or itchy skin, sometimes with a rash and swollen lips

Sometimes, careful monitoring and anti-allergy tablets like Piriton can help, but an ambulance may need to be called. People with severe known allergies may carry with them an epipen or 'auto-injector' which gives a shot of adrenaline to help treat them while an ambulance is on the way.

The person suffering anaphylaxis may be able to give their own epipen, or, if you are trained, you may be able to give it for them. However, you should always take the advice of the ambulance operator, who will guide you.

You can find more information here: <https://www.nhs.uk/conditions/anaphylaxis/>

A word about epilepsy

Epilepsy is a common condition. It causes frequent seizures, which happen when the brain mixes up signals, temporarily affect how it works.

Seizures can cause a wide range of symptoms, including:

- Collapsing, with uncontrollable jerking and shaking, called a "fit"
- losing awareness and staring blankly into space
- becoming stiff
- strange sensations, such as unusual smells or tastes, and a tingling feeling in your limbs

Epilepsy is usually a condition which stays with someone all of their life. But most people with it are able to have normal lives if their seizures are well controlled.

In most cases, it's not clear why someone develops epilepsy. Around 1 in 3 people with epilepsy have a family member with it, meaning it could be genetic.

Occasionally, epilepsy can be caused by damage to the brain, such as damage from:

- a stroke
- a brain tumour
- a severe head injury
- drug abuse or alcohol misuse
- a brain infection

- a lack of oxygen during birth

When someone has a seizure, it can be very frightening to see. However, try to remain calm as the seizure should not last long and there are things you can do to help:

- Don't move them, unless they are in danger (for example near a hot cooker)
- Cushion or gently support their head to prevent injury
- Loosen their collar, tie or scarf to make it easier to breathe
- When the seizure is ending and they are more still, place them in the recovery position
- Note the time of the seizure and talk calmly to them

If they are in a wheelchair, put the brakes on and gently hold their head.

Do not put anything in the person's mouth, including your fingers, as the seizure can cause them to bite down. Do not offer food or drink until they are fully recovered, as swallowing can be affected.

People with epilepsy may have fits frequently and do not always need hospital treatment. Some wear a bracelet to let first aiders know that they have the condition. However, call an ambulance if the seizure lasts longer than 5 minutes or if this is their first seizure. You should also call 999 if they injure themselves during the seizure or do not regain consciousness.

A word about strokes

A stroke is a serious life-threatening medical condition that happens when the blood supply to part of the brain is cut off. This is usually because a blood vessel in the brain is leaking, or has been blocked by a blood clot.

As oxygen is prevented from reaching different parts of the body, you may observe the following signs:

- **Face** – the face may have dropped on 1 side, the person may not be able to smile, or their mouth or eye may have dropped.
- **Arms** – the person with suspected stroke may not be able to lift both arms and keep them there because of weakness or numbness in one arm.
- **Speech** – their speech may be slurred or the person may not be able to talk at all despite appearing to be awake; they may also have problems understanding what you're saying to them.

Strokes are a medical emergency and urgent treatment is essential. The sooner a person receives treatment for a stroke, the less damage is likely to happen to their brain and body and the more likely they are to recover, either fully or partially. **If you suspect that you or someone else is having a stroke, phone 999 immediately and ask for an ambulance.**

With treatment, people are able to recover either partially or fully from the effects of stroke. Your quick thinking and action can make a huge difference.

When NOT to touch a casualty

Your instinct in an emergency situation will be to try and help. However, sometimes it is better that you do not touch or move your casualty, for example:

- **Suspected spinal or neck injury:** If the casualty is in serious pain or has lost feeling in their limbs, they may have a spinal injury. Reassure the casualty but do not move them, as this can cause further problems.
- **Electric shock:** You should avoid touching someone who has experienced electric shock, until you are sure that the electricity has been turned off at the mains supply.

Whatever the situation, you must always protect yourself from harm. Do not put yourself at risk if your casualty is becoming aggressive, for example, or if helping them places you yourself in a dangerous situation.

During the Covid-19 pandemic, you should wear a face covering to administer first aid and take additional precautions where possible.

If possible, protect yourself from touching body fluids such as blood. If a first aid kit is available, this should contain items such as gloves, which will protect your hands.

Summary:

Now that you have reached the end of this pack, take time to reflect on the following questions:

- Is it important to help others?
- What does first aid mean?
- What personal qualities do you have that might enable you to help others?
- What might stop someone from helping another person? How might they overcome this?
- Does helping others and learning first aid change our community or society?

Further information and training

<https://www.sja.org.uk/courses/> Book a first aid training course through St John's Ambulance Service

<https://firstaidchampions.redcross.org.uk/secondary/> Red Cross First Aid Champions Advice

<https://www.stroke.org.uk> The Stroke Association

<https://epilepsysociety.org> The Epilepsy Society

<https://www.anaphylaxis.org> Anaphylaxis Campaign