



FIRST AID

FROM THE PROBLEM, TO THE MOST SUITABLE FORM OF ACTION

RECOGNISING PROBLEMS	ASSESSING THE PROBLEM	PLANNING	PERFORMING ACTIONS
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1

- Recognise problems from the symptoms and/or self-reporting from the victim
- Ask what happened (what was the cause)
- Do not talk unnecessarily, this increases panic
- Do not touch victims that have serious changes in colour, breathing, sensitivity, etc.

2

- Recognise the problem and determine if there is a risk. The risk shows that unless they are treated, things will happen that could cause more damage. Think for yourself, medical care at the scene must be provided, the next best thing will be provided elsewhere.
- If there is an issue, have them protected through the scene and make it easier to get help. Ask someone for the location and take a photo with a cell phone or camera if helpful. Do not touch the victim if you do not have the skill to do so without making things worse.

3

Plan, and communicate, any actions to be taken.

- Make the patient part of the team.
- Recognise the level of the problem. Do you need to be involved or have them take care of the first aid themselves?
- Having someone responsible for each of the tasks to be done will reduce errors.
- Make the patient part of the team. Ask them to help if possible. Do not touch if you do not have the skill to do so without making things worse.

4

- Give the person what they need. Do not touch if you do not have the skill to do so without making things worse.
- Recognise the level of the problem. Do you need to be involved or have them take care of the first aid themselves?
- Make the patient part of the team. Ask them to help if possible. Do not touch if you do not have the skill to do so without making things worse.
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5

Recognise when the problem is resolved, or when the patient is stable, or when the patient is in a safe place, and the level of the problem is resolved.

6

- Make sure the patient is safe and stable. Do not touch if you do not have the skill to do so without making things worse.
- Recognise the level of the problem. Do you need to be involved or have them take care of the first aid themselves?
- Make the patient part of the team. Ask them to help if possible. Do not touch if you do not have the skill to do so without making things worse.
- Do not touch if you do not have the skill to do so without making things worse.

