



FIRST AID

FROM THE PROBLEM, TO THE MOST SUITABLE FORM OF ACTION

RECOGNISING PROBLEMS	ASSESSING THE PROBLEM	ACTING	RECOVERING FROM IT
----------------------	-----------------------	--------	--------------------

1

- Recognise problems from the symptoms and/or self-reporting about the injury
- Don't panic! Stay calm! Breathe! Don't move!
- Do not touch anything that could become contaminated or worse, prevent emergency responders.

2

- Recognise the problem and understand it as best as you can. Do not assume that unless they're conscious, they're injured. They could be having severe bleeding. Search for dangerous medical signs. If the person must be moved, the "roll, tilt, rock" rule for spinal cord protection may apply.
- If there is an open wound, control bleeding through the limb and make it easier to control. Wash, apply, protect and bandage. Use only a clean cloth or a clean piece of fabric as a bandage. Do not use the wound as a bandage. Do not use anything that could catch on anything nearby.

3

Check for responsiveness and breathing. If you're alone, you'll need to check the pulse. If you're not alone, you'll need to check the pulse for the first 2 minutes of the rescue.

- Check for responsiveness. If you're alone, you'll need to check the pulse. If you're not alone, you'll need to check the pulse for the first 2 minutes of the rescue.
- Check for breathing. If you're alone, you'll need to check the pulse. If you're not alone, you'll need to check the pulse for the first 2 minutes of the rescue.

4

- Get the person to a safe location. If you're alone, you'll need to check the pulse. If you're not alone, you'll need to check the pulse for the first 2 minutes of the rescue.
- Check for responsiveness and breathing. If you're alone, you'll need to check the pulse. If you're not alone, you'll need to check the pulse for the first 2 minutes of the rescue.
- Check for breathing. If you're alone, you'll need to check the pulse. If you're not alone, you'll need to check the pulse for the first 2 minutes of the rescue.

5

Recognise when you're alone and when you're not. If you're alone, you'll need to check the pulse. If you're not alone, you'll need to check the pulse for the first 2 minutes of the rescue.

6

- Check for responsiveness and breathing. If you're alone, you'll need to check the pulse. If you're not alone, you'll need to check the pulse for the first 2 minutes of the rescue.
- Check for breathing. If you're alone, you'll need to check the pulse. If you're not alone, you'll need to check the pulse for the first 2 minutes of the rescue.

