

Essential Reminders for First Aid Action

Unconscious Not Breathing

Tilt head back & check for breathing, **call 999**, deliver chest compressions fast & hard at a regular rate. Find & use defibrillator as directed if there is one.

Unconscious & Breathing

Check for breathing by tilting head back, move them onto their side with their head tilted back (recovery position), **call 999**.

Heart Attack

(persistent, vice like chest pain)

Call 999, ensure they are sitting in a position that is comfortable and reassure them whilst waiting for ambulance

Stroke

(FAST – Face has weakness, Arms weak on one side, Speech maybe slurred, Time to act)

Call 999, reassure them while waiting for ambulance

Choking

Hit firmly between the shoulder blades to dislodge the item, if needed **call 999**.

Bleeding Heavily

Apply pressure on to the wound with whatever is available to stop the flow of blood, **call 999** or take to A&E.

Burns

Cool the area under running water for at least 10 minutes, loosely cover with clingfilm or a clean plastic bag, **call 999** or take to A&E.

Head Injury

Ask them to rest and apply a cold compress, if they become drowsy or vomit, **call 999**.

Epilepsy/Seizures

Put something soft under their head do not restrain, help them into lying on side with head tilted back to rest after seizure (recovery position).

Asthma Attack

Help them take their own medication, reassure, if attack becomes severe **call 999**.

The logo for Twist Training, featuring the word "Twist" in a stylized, handwritten font. The 'T' is large and black, while the 'wist' is in a smaller, pinkish-red color.

Training Which Inspires Supports & Transforms

www.twist-training.com