

Emergency scenario

Close your eyes and image this scene:

An 82-year-old man goes to the bank to withdraw some cash. He enters an unstaffed booth with a number of ATM machines.

But as he approaches a machine, he collapses. He tries to get up, but twice more collapses to the ground. He then lies on the floor, not moving.



A person comes into the bank to use a cash machine.

What are their options?

This occurred last year in the city of Essen, Germany.....



The first person into the booth stepped over the person, got some cash out and left.

So did the second person.

And the third and fourth.

The fifth person called an ambulance.

Why did person 1 – 4 just step over?

I don't know what to do.

He could be dangerous.

There will be someone else who can help better than I can.

They might be drunk.

I'm in a hurry.

It's nothing to do with me.

He might be a homeless man sleeping

I don't know what to do.

- *(Calling 999 means that the call handler will advise you of what you need to do. You can also tell the person what they need – emotional support is important.)*

He could be dangerous.

- *(You should always put your safety first. You can still call 999; that is still helping them.)*

There will be someone else who can help better than I can.

- *(What if there isn't? Imagine if it was a member of your own family – would you want someone to help them?)*

They might be drunk.

- *(They might be, but they still need someone to help them.)*

I'm in a hurry.

- *(Even if you just stop to see how someone is or call 999 it can make all the difference.)*

It's nothing to do with me.

- *(In a similar situation, wouldn't you want someone to try and help you?)*

He might be a homeless man sleeping.

- *(If you are worried about someone, it is always best to check they are okay.)*

REMEMBER.....

We assume people will help, but sometimes they don't.

Doing something is better than doing nothing.

If I am worried about someone but unsure of what to do, I will get help.

Note: this incident received news coverage because three of the people who stepped over the unresponsive man were recently prosecuted and fined. In Germany, a law makes it an offence to fail to provide assistance. There is currently no such law in the UK. The man who collapsed died a few days later in hospital.

few days later in hospital

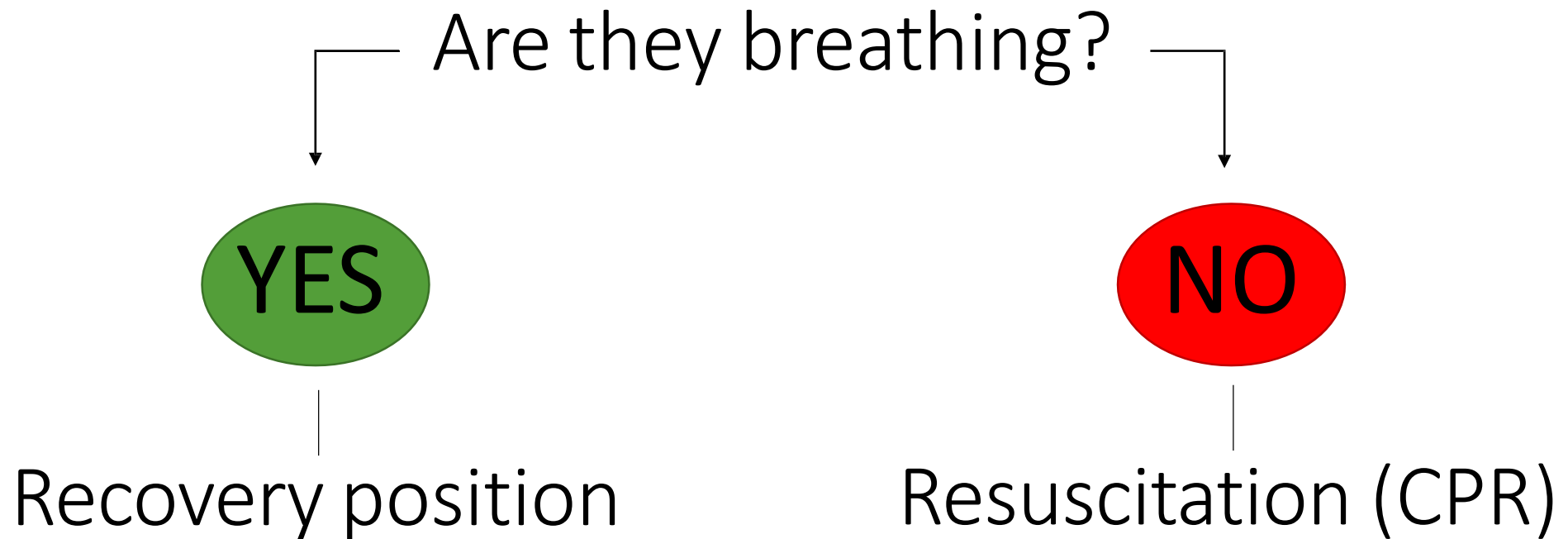


First aid refresher

WHAT DO YOU
REMEMBER FROM YR7?

Unconscious

-
- Unconscious = unresponsive
 - Try to make them respond by shouting their name and pinching their ears



Danger

- Before you start to provide any first aid care you must make sure the scene is safe for you, the casualty and any bystanders.



Danger

Dangers you may find at a scene of an incident include:

- Traffic Hazards
- Fire Risks
- Dangerous Chemicals or substances
- Toxic gases, smoke or fumes
- Electrical Hazards
- Weather or extreme temperatures
- Risks posed by witness or bystanders
- Animals
- Infection risks
- Collapsed buildings, unstable structures or vehicles



Recovery Position

- Unconscious = muscles go floppy
- Tongue will flop & obstruct airway
- Recovery position helps them breathe



Put it on their cheek

Raise it, use it as a lever
to pull them over



Note: you are on **this** side
of them.

Move it out of the way

What do you do to get
this person into the
recovery position?

CPR

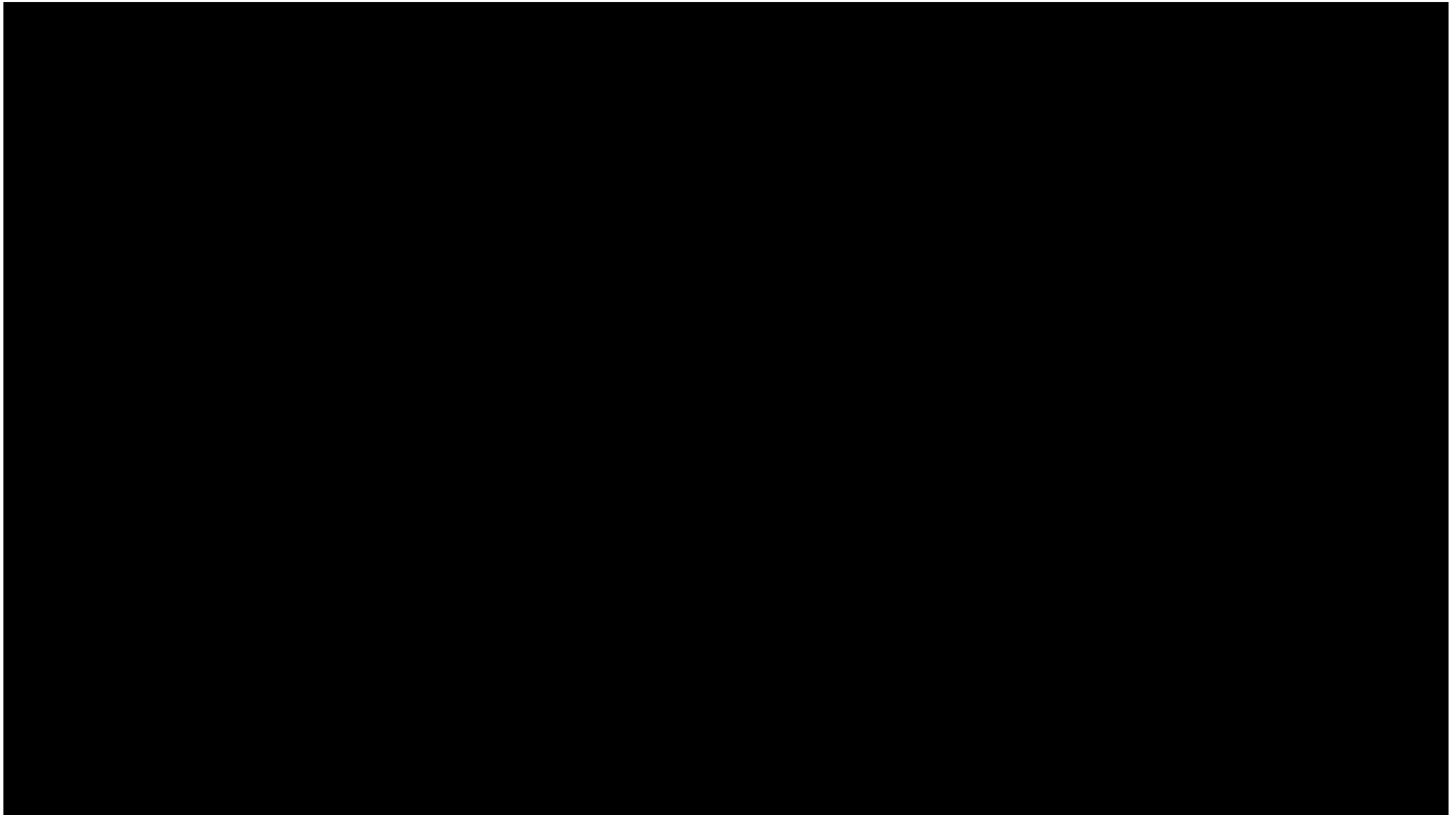
- Unconscious and not breathing = heart and lungs have stopped
- You are the heart – compressions pump blood
- You are the lungs – breathing into them oxygenates their blood
- If an AED is available use it



This is an AED:

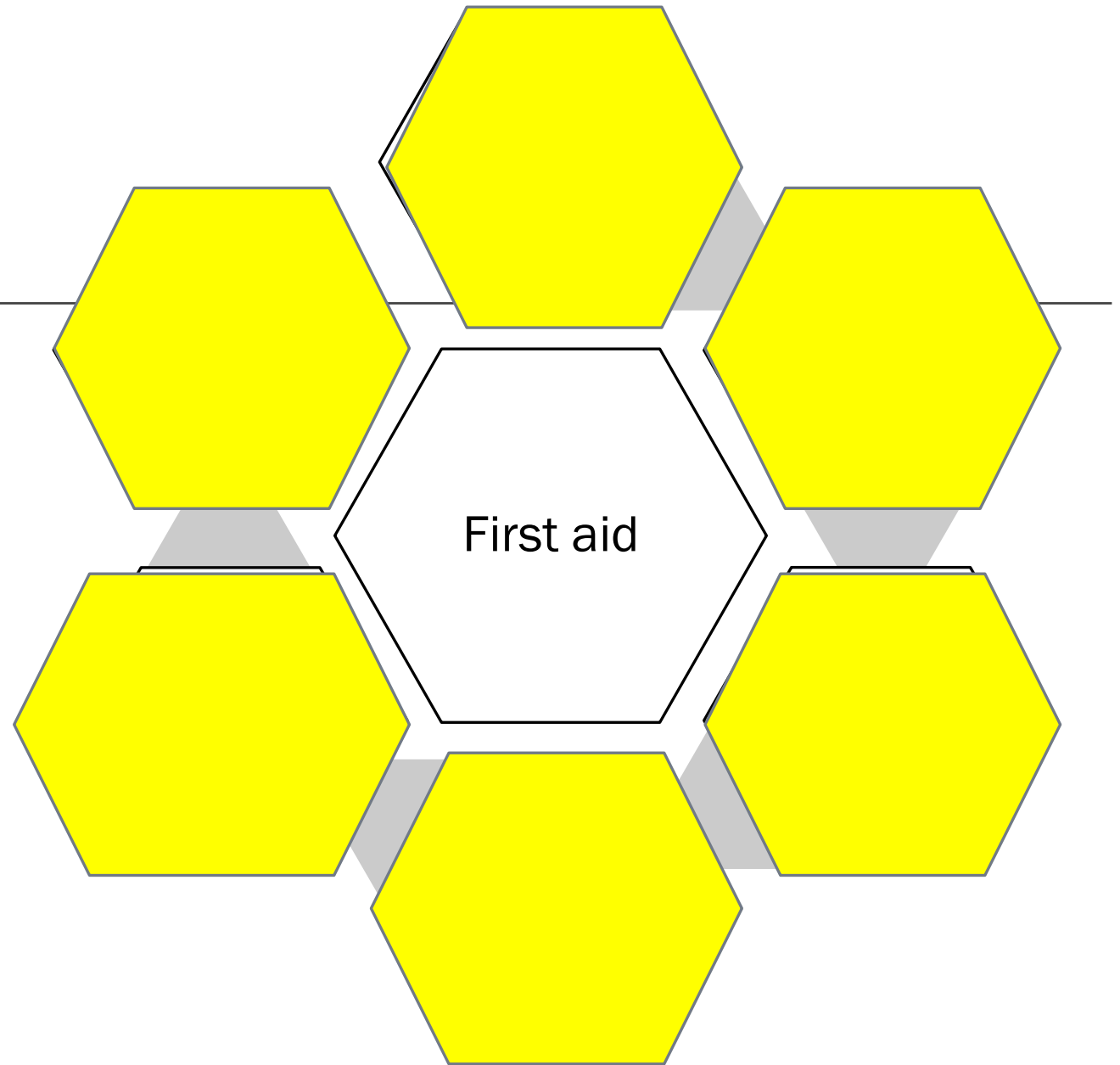


Restarts the heart
with electric
shock



However,... it is
unlikely you
will need to
perform CPR.

What first aid
is more
relevant to
you?



Hold under cool running water – minimum **10 minutes**

SKIN BURN TREATMENT



**HOLD UNDER
COOL WATER**



**USE ANTIBIOTIC
OINTMENT**



**MAKE COOL
COMPRESS**



**TAKE OTC
PAIN RELIEVER**



**APPLY ALOE
VERA JUICE**



**DON'T USE
OILS AND BUTTER**



**DON'T USE
EGG WHITES**



**DON'T USE
TOOTHPASTE**



**DON'T POP
BLISTERS**



**DON'T USE ICE
AND COLD WATER**

Mosquito bites take on two different forms depending on how long the mosquito was sucking the blood for. They'll either be a small circle-type shape, or a bigger, more elongated blob. It goes without saying that they're extremely itchy, and scratching them will only make the itch worse.

BITES.



Flea bites are easy to identify because the flea will generally bite multiple times in the same area. The bites are small, somewhat hard, red, and extremely itchy.



Bedbug bites look similar to mosquito bites, but they are usually redder, itchier, and appear in a zig-zag pattern.

Tick bites are unique because a red ring will appear around a dark red or sometimes black dot. It's important to remove the tick properly



A wasp sting will have the appearance of a mosquito bite, but there will be a noticeable mark in the center of the bite. These bites can be a combination of itchy and painful, and the area will often turn red and become swollen



Although honey bees don't sting as often as wasps or hornets, they do happen. You'll be able to easily recognize a bee sting because they leave their stinger in the skin the second they sting. Remove the stinger with tweezers and clean the area with a disinfectant if you notice you have a bite.

R

Rest



I

Ice



C

Compress



E

Elevate



SPRAINS

SUNBURN

HOW TO TREAT



USE ALOE VERA



TAKE COLD SHOWER

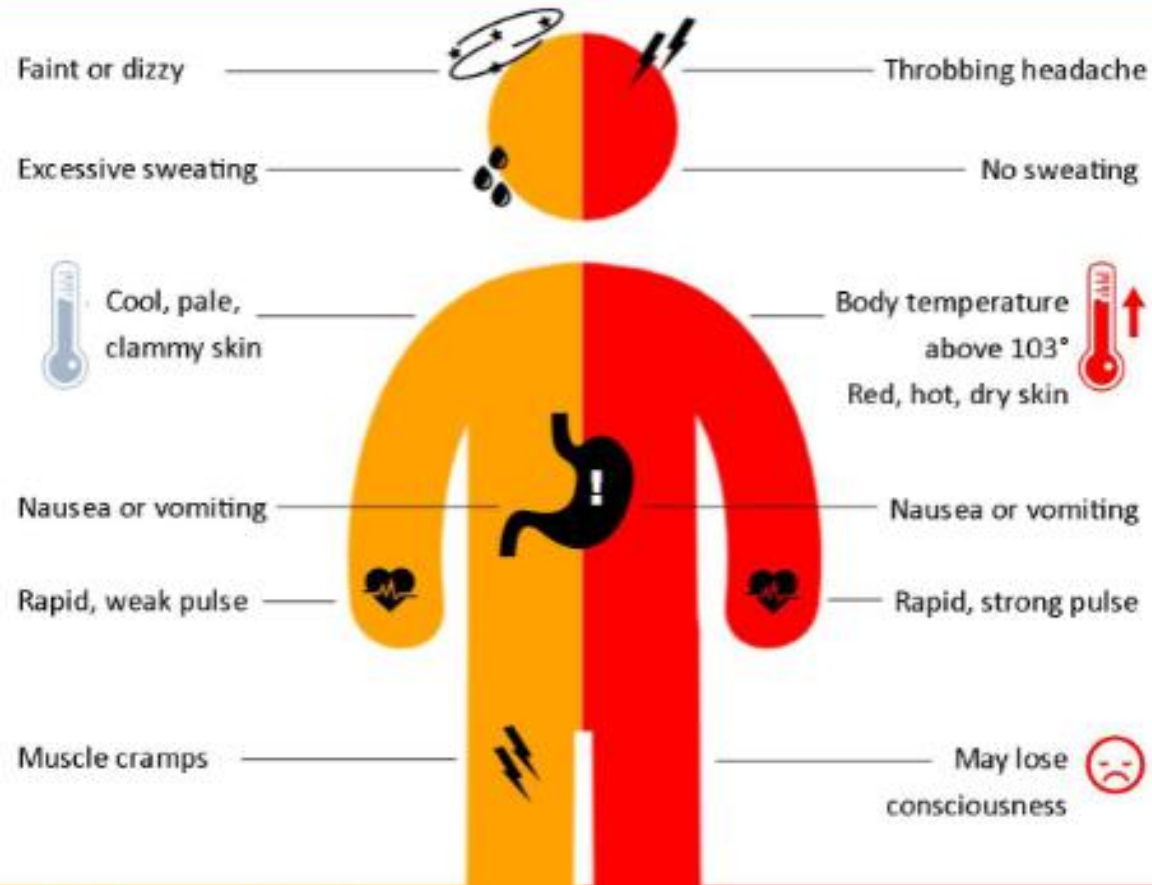


DRINK MORE WATER

HEAT EXHAUSTION

OR

HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

Types of over-the-counter medicine.

Paracetamol	Ibuprofen,
Analgesic	Anti-inflammatory
Helps to reduce feelings of pain	Reduces inflammation (redness, swelling, heat, pain) therefore helps reduce pain
Mostly available orally (can be slow or fast release) – other preparations are available	Available orally and topically (gel)
Safe in pregnancy and breastfeeding	Check with doctor before giving in pregnancy/breastfeeding
Less drug interactions than anti-inflammatories, but check with pharmacist	Common interactions include some blood pressure tablets, some antidepressants
For standard tablets (500mg) Dose 1-2 every 4-6 hours *Maximum 2g in 24 hours*	For standard ibuprofen tablets (200mg) Dose 1-2 tablets every 6-8 hours with food (1g)

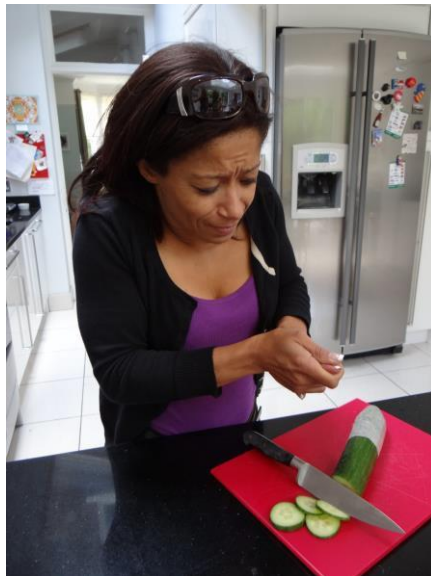
Asthma

1. Reassure them, keep them calm
2. 2 puffs of inhaler
3. Sit down, loosen clothes, slow, steady breaths
4. More puffs of inhaler: 2 every 2 minutes



Bleeding

- Sit/lie them down
- Priority: stop blood coming out – apply pressure
- If anything is in the wound **leave it in** – apply pressure around it



Sit or lie them down

Examine wound

Pressure

Dress



Head Injury

SIGNS AND SYMPTOMS TO LOOK OUT FOR FOLLOWING A HEAD INJURY

The following signs and symptoms can appear immediately or over the next couple of days.
Keep a close eye on the casualty and get medical advice if at all concerned.

- Tell someone
- Call 999
- Look for signs and symptoms



Observed by others

Appears stunned or dazed
Loses consciousness (even briefly)
Is confused about events
Trouble thinking or concentrating
Can't recall events prior or after event
Shows behaviour or personality changes
Answer questions slowly and repeats questions
Has difficulty remembering things and organising themselves



Experienced by Casualty

Headache or pressure in the head
Balance problems or dizziness
Nausea/Vomiting
Sensitivity to light or noise
Does not feel right
Blurred vision or double vision
Feel "Dazed", sluggish, foggy or groggy
Difficulty concentrating or remembering
Feeling irritable, sad, nervous or more emotional
Sleep disturbances

Seizures

1. Ease them to ground
2. Remove anything around that could hurt them
3. Protect their head
4. Loosen tight clothes
5. Stay with them, talk reassuringly
6. Check they are breathing
7. If unresponsive: recovery position

