

[Small British Red Cross Society first aid card, giving brief instructions on what to do].

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British Red Cross

EMERGENCY NOTES

The British Red Cross runs first aid courses throughout the United Kingdom, for further information contact:

**National Headquarters
9 Grosvenor Crescent
London SW1X 7EJ
Telephone 071-235 5454**

KEEP CALM

1. ASSESS THE CASUALTY

- **Danger** - Are you or the casualty in any danger?
- **Response** - Is the casualty conscious?
- **Airway** - Is the airway clear?
- **Breathing** - Is the casualty breathing?
- **Circulation** - Is there a pulse?

2. ACTING ON YOUR FINDINGS

- **Breathing and pulse present, casualty conscious**

1. Treat any injuries

- **Breathing and pulse present, casualty unconscious**

1. Treat any major injuries
2. Turn the casualty into the recovery position

- **No breathing, pulse present**

1. Give 10 breaths of artificial ventilation
2. Dial 999 for an ambulance
3. Continue ventilation

- **No pulse or breathing**

1. Dial 999 for an ambulance
2. Start artificial ventilation and chest compressions

THE OPEN AIRWAY

- Remove any obvious obstructions from mouth
- OPEN AIRWAY by head tilt and chin lift.
- Look, listen and feel for breathing
- If breathing STARTS place in the RECOVERY POSITION



BREATHING FOR THE CASUALTY



- Ensure good seals at
(a) the nostrils, (with finger/thumb)
(b) the mouth, (with yours)
- Take a deep breath and blow into casualty's mouth until the chest rises.
- Remove lips, allow chest to fall.
Continue at a rate of 10 breaths per minute.

CIRCULATION

- If chest compressions required, find the lower half of breastbone.



- Place your other hand on top of your first hand.
 - Compress the chest $1\frac{1}{2}$ – 2" (4-5cm) at a speed of approximately 80 compressions per minute.
 - After every 15 compressions give 2 breaths.
 - If circulation returns stop compressions, continue breathing for the casualty if required.
- When natural breathing returns place the person in the recovery position.



RECOVERY POSITION



- This prevents choking on the tongue, and lets fluids drain

BLEEDING

- CONTROL severe bleeding from wounds by POSITION and PRESSURE



- RAISE the wound
- PRESS on it (over clean material, if at hand)
- Apply a DRESSING
- Treat for SHOCK: reassure and keep warm, lay the casualty down; lower the head; raise the feet; loosen tight clothing

GENERAL

- REASSURE the casualty and persuade to relax
- DO NOT move the casualty unnecessarily
- It is best NOT to give cigarettes or drinks
- Retain normal body heat by covering the casualty
- If serious, or there is doubt, call an Ambulance



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