First Aid for Secondary Schools
Unconscious

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

Are they breathing?

- YES
  - Recovery position

- NO
  - Resuscitation (CPR)

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Recovery Position

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

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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
Choking

1. Cough
2. Back blows
3. Abdominal thrusts (the Heimlich manoeuvre)
Anaphylaxis (Allergic Reaction)

1. Remove cap of auto-injector (e.g. Epipen)
2. Swing into upper, outer thigh
3. Hold for 10 seconds
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
Burns

1. Remove loose clothing
2. Hold under cool running water – minimum **10 minutes**
3. Keep the rest of the casualty warm

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Head Injuries

• Tell someone: they must be watched
• Call 999 if a child/baby loses consciousness (even briefly)
• Look out for symptoms of serious injury
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

www.firstaidforlife.org.uk
First Aid for Life is an award-winning first aid training provider that is HSE and Ofqual Approved through Qualsafe Awards. Our trainers are medical and emergency services professionals and our training is tailored to your needs. It is strongly advised that you attend a practical or online first aid course to understand what to do in a medical emergency.