First Aid for Primary Schools

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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 & block airway
• Recovery position helps them breathe
CPR

- Unconscious and not breathing = heart and lungs have stopped
- You are the heart – pressing their chest pumps blood
- You are the lungs – blowing air into their mouth
- If an AED is available use it – restarts heart with electric shock

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This is an AED:

A machine which can restart your heart

This sign means there’s a machine
Choking

1. Cough
2. Back blows
3. Abdominal thrusts (Heimlich manoeuvre) – like a backward hug

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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.

For more free resources or to book a practical course visit:
www.firstaidforlife.org.uk

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