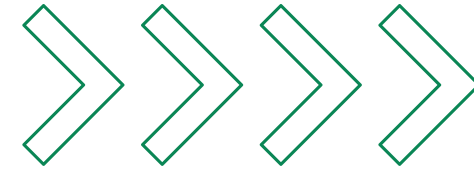


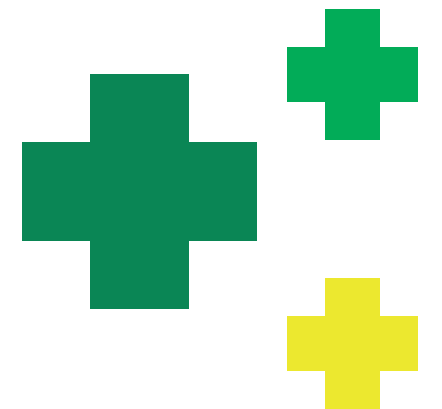
St John
Ambulance



Empowering Carers

Essential First Aid Skills for Everyday Heroes

A presentation by Zehra Azim





Overview

- Assessing emergencies
- Common injuries and illnesses
- Life-saving techniques (CPR, choking relief)
- Mental health first aid
- When to seek professional help





Assessing Emergencies

The DRSABC Method:

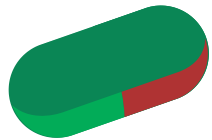
- Danger: Ensure the area is safe for you and the casualty
- Response: Check if the person is conscious
- Send for help: Call emergency services if needed
- Airway: Check the airway is clear
- Breathing: Look, listen, and feel for breathing
- Circulation: Check for signs of severe bleeding



You find your elderly neighbour collapsed in their garden.
What's your first step according to DRSABC?



Call for an ambulance



Check for breathing



Ensure the area is safe



Try to wake them up





Recovery Position

When to use:

- Unconscious but breathing normally
- No suspected spinal injury



Recovery Position

Steps:

- Kneel beside the casualty
- Remove glasses and bulky objects from pockets
- Place the arm nearest you at a right angle to their body
- Bring the far arm across the chest





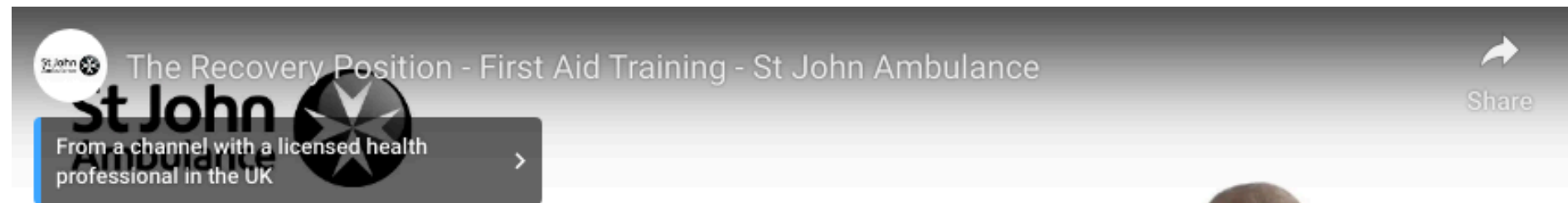
Recovery Position

Steps:

- Bend the far leg at the knee
- Roll them towards you onto their side
- Tilt the head back to open the airway
- Call 999 and monitor breathing



Recovery Position



The recovery position



Watch on  YouTube



Discussion Time

In the chat, list the steps of the recovery position in order.





Minor Injuries

Cuts and Scrapes:

- Clean the wound with water
- Let dry
- Cover with a sterile dressing

Splinters:

- Clean the area with soap and water
- Remove using clean tweezers
- Apply antibiotic ointment and cover if needed



Minor Injuries

Minor Burns:

- Cool under running water for 20 minutes
- Remove any clothing or jewellery (unless stuck to the burn)
- Cover the burn loosely with cling film
- Consider seeking hospital treatment, especially for older patients



Minor Injuries

Why cover with cling film?

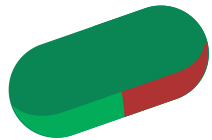
- It protects the burn from contamination and further damage
- It doesn't stick to the burn, unlike other materials
- It's flexible and conforms to the burn area
- It's transparent, allowing for easy examination
- It helps retain moisture, aiding healing
- It's usually readily available



Which of these minor injuries have you treated before?



Cuts/scrapes



Splinters



Burns



All of the above





Major Bleeding & Shock

Major Bleeding:

- Apply direct pressure with a sterile dressing
- If blood soaks through, remove and apply a new dressing
- Elevate the injured area if possible
- Call 999/112 for emergency services



Major Bleeding & Shock

Shock:

- Signs: Pale, cold, clammy skin; rapid breathing; weakness
- Treatment:
 - Lay person flat on back
 - Elevate legs about 12 inches (unless it causes pain)
 - Keep them warm and comfortable
 - Do not give anything to eat or drink

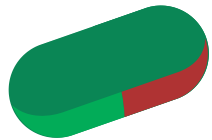


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Which of these actions should you NOT do when treating major bleeding?



Apply direct pressure



Remove the original cloth if soaked



Elevate the injured area



Call emergency services

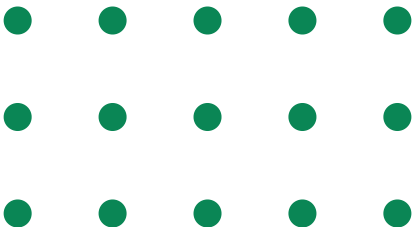
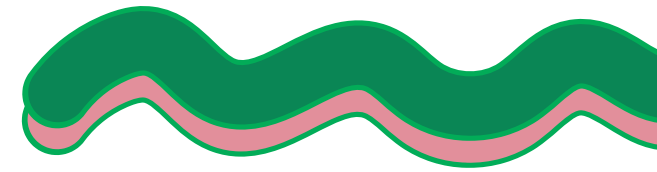




Choking

Signs of Choking:

- Unable to speak, cough, or breathe
- Clutching the throat
- Bluish skin colour



Choking

Abdominal Thrusts:

1. Stand behind the person
2. Place one hand on the abdomen just above the navel
3. Grasp your fist with the other hand
4. Give quick, upward thrusts

For a Seated/Lying Person:

- Straddle their thighs or kneel beside them
- Perform thrusts in the same way

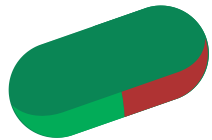


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What's the key difference in approach for a conscious vs. unconscious choking victim?



For an unconscious victim, begin CPR immediately



For a conscious victim, perform abdominal thrusts




For an unconscious victim, call emergency services first



For a conscious victim, encourage them to cough





Fractures & Sprains

Fractures:

- Types: Closed (skin intact) and Open (bone visible)
- Signs: Pain, swelling, deformity, inability to use the limb

First Aid for Suspected Fractures:

- Don't move the injured area
- Call 999/112 for suspected fractures
- Support the injury in the position found



Fractures & Sprains

Sprains:

- Remember RICE: Rest, Ice, Comfort, Elevation
- Apply ice pack or cold compress for a maximum of 20 minutes
- Use blankets, cushions, jackets and soft padding to support the injury
- Offer simple analgesic to manage the pain such as paracetamol or ibuprofen

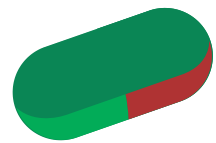


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True or False: You should always try to reset a broken bone.



True




False. Never attempt to realign a fracture; seek medical help.





CPR & AED

CPR Basics:

1. Check for responsiveness and breathing
 2. Call for emergency services
 3. Begin chest compressions:
30 compressions at 100-120 per minute
 - Push 5-6cm deep in centre of chest
 - Allow full chest recoil
 - Minimise interruptions
- 



CPR & AED



Note: Be aware of DNACPR (Do Not Attempt CPR) instructions, especially with elderly patients.

<https://www.nhs.uk/conditions/do-not-attempt-cardiopulmonary-resuscitation-dnacpr-decisions/>



CPR & AED

Using an AED:

1. Turn on the AED
2. Follow voice prompts
3. Attach pads to bare chest
4. Stand clear for analysis
5. Deliver shock if advised

[https://youtu.be/UFvL7wTFzIO?
si=qk3BYbKOkzG8ORH3](https://youtu.be/UFvL7wTFzIO?si=qk3BYbKOkzG8ORH3)

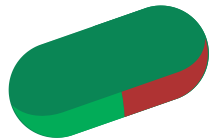


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When performing CPR, where should you place your hands on the chest?



Centre of the chest



Left side of the chest, over the heart



Right side of the chest



Upper part of the chest, near the collarbone



Stroke & Heart Attack

Stroke - Remember FAST:

- Face: Ask them to smile. Does one side droop?
- Arms: Ask them to raise both arms. Does one drift downward?
- Speech: Ask them to repeat a simple phrase. Is their speech slurred or strange?
- Time: If you observe any of these signs, call emergency services immediately.





Stroke & Heart Attack

Heart Attack Signs:

- Chest discomfort or pain
- Pain radiating to arm, jaw, neck, or back
- Shortness of breath
- Nausea, lightheadedness
- Clammy skin, sweating
- Indigestion



Stroke & Heart Attack

First Aid for Suspected Heart Attack:

- Call 999 immediately
- Help them into a 'W' sitting position
- Give 1x300mg aspirin to chew (if not allergic)
 - Can be taken on top of the daily 75 mg aspirin if they are prescribed that and have taken it already
- Loosen tight clothing



Identify the stroke symptoms shown below.



1

Facial drooping



2

Body weakness



3

Off balance



4

Trouble speaking



5

Vision problems



Allergic Reactions & Anaphylaxis

Signs of Severe Allergic Reaction:

- Difficulty breathing or wheezing
- Swelling of face, lips, or throat
- Hives or rash
- Dizziness or fainting



Allergic Reactions & Anaphylaxis

Using an Autoinjector (e.g., EpiPen, Jext, Emerade):

1. Remove safety cap
2. Hold like a microphone (don't put thumb over the end)
3. Place against outer thigh
4. Push firmly until it clicks and hold for 10 seconds
5. Call 999

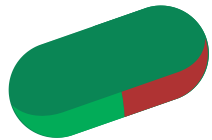
For EpiPen: "Blue to the sky, orange to the thigh"



In the chat, number these steps for using an autoinjector in the correct order.



Hold against outer thigh



Remove safety cap



Push until it clicks and hold



Call emergency services



Heat and Cold-Related Illnesses

Heat Exhaustion:

- Symptoms: Heavy sweating, dizziness, headache, nausea
- Treatment: Move to a cool place, give water, apply cool, wet cloths



Heat and Cold-Related Illnesses

Heatstroke:

- Symptoms: High body temperature, red hot skin, rapid pulse, confusion
- Treatment: Call emergency services (999), move to a cool place, apply cool cloths
- Caution: Be careful not to overcool, especially in elderly patients.



Heat and Cold-Related Illnesses

Hypothermia:

- Symptoms: Shivering, slurred speech, slow pulse
- Treatment: Move to a warm place, remove wet clothing, warm the body gradually



Discussion Time

What's the key difference between heat exhaustion and heatstroke?





Mental Health First Aid

Recognising Mental Health Crises:

- Extreme anxiety or panic attacks
- Thoughts of suicide or self-harm
- Severe depression or withdrawal
- Unusual or risky behaviour





Mental Health First Aid

How to Approach:

1. Assess for risk of suicide or harm
2. Listen non-judgmentally
3. Give reassurance and information
4. Encourage appropriate professional help
5. Encourage self-help strategies




Discussion Time

What challenges do you face in supporting mental health as a carer? Let's discuss some strategies to overcome these.





First Aid Kits

- Adhesive bandages in various sizes
 - Sterile gauze pads
 - Adhesive tape
 - Elastic bandage
 - Triangular bandage
 - Scissors and tweezers
 - Disposable gloves
 - Antiseptic wipes
 - Pain relief medication
 - Emergency blanket
- 



Discussion Time

What unique items might you need in your carer's first aid kit? Consider the specific needs of the person you care for.



When to Call for Professional Help

Always call emergency services if:

- The person is unconscious, not breathing, or not breathing normally
- There's severe bleeding or burns
- You suspect a head, neck, or spine injury
- There are signs of a heart attack or stroke
- You're unsure about the severity of the situation



When to Call for Professional Help

How to Give Clear Information:

1. Stay calm
2. Provide exact location
3. Describe the emergency
4. Follow the dispatcher's instructions



Discussion Time



Let's practice making an emergency call. I'll describe a scenario, and a volunteer will demonstrate how to call for help.





Key Takeaways

- Always ensure your safety first
- Call for professional help when in doubt
- Basic first aid can make a crucial difference
- Regular practice and updating of skills is important
- Mental health is as important as physical health
- Prepare your first aid kit for your specific needs



Discussion Time

Now it's your turn to ask questions. What would you like to know more about?





Thank You For Participating!



Additional resources:

<https://www.sja.org.uk>

<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines/>

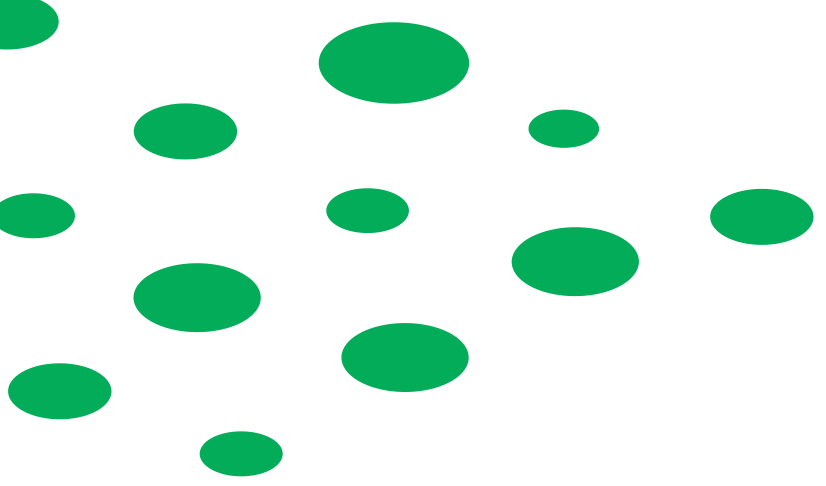




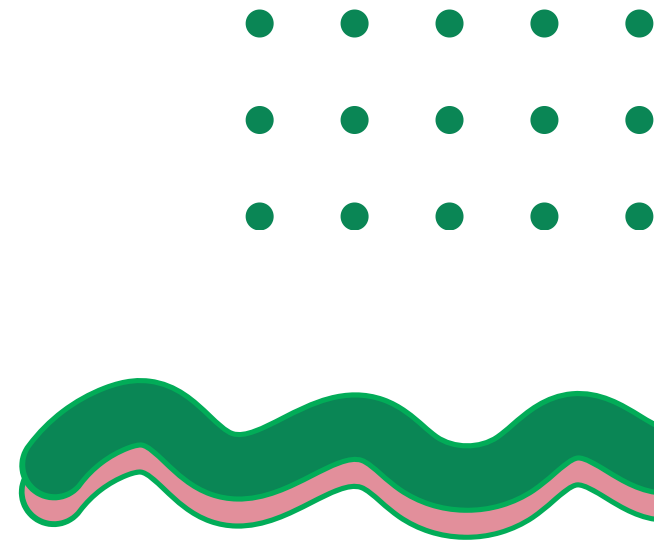
Feedback

- Please scan this QR code to give us feedback on today's session.
- Remember, this presentation is a starting point. Always seek professional medical help in emergencies and attend regular first aid training to keep your skills up to date.





Feedback



If you have any queries or comments, feel free to email me at zehra.azim@sja.org.uk and I will get back to you as soon as I can!

