

FIRST AID PROCEDURES

DANGER, RESPONSE, AIRWAYS, BREATHING, CIRCULATION

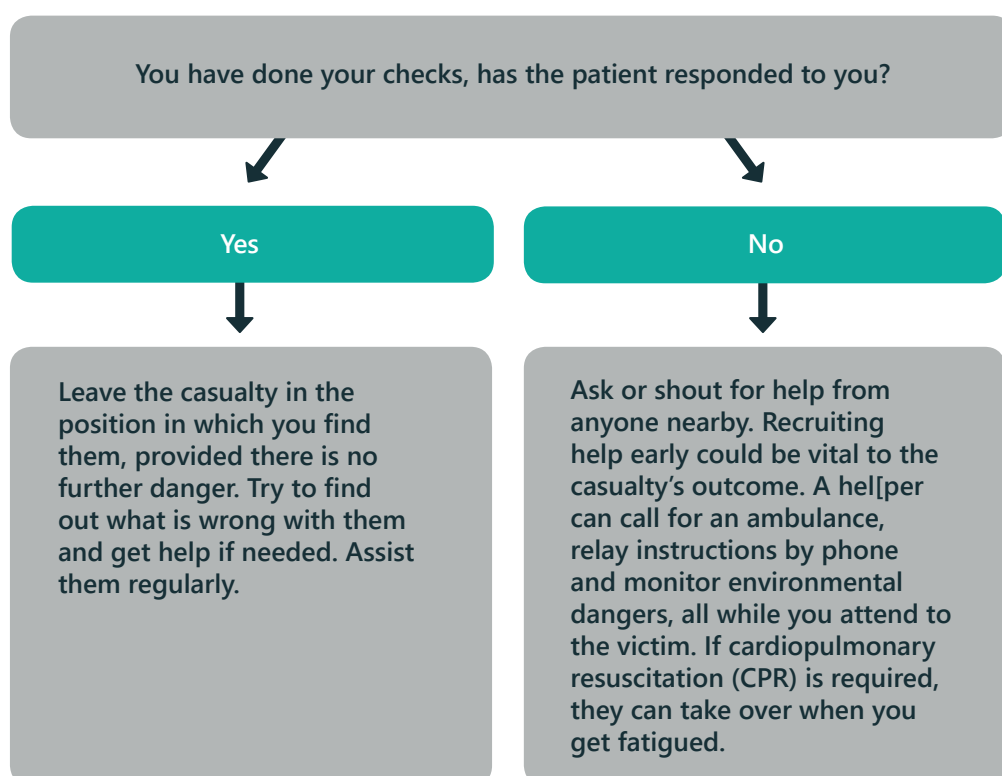
1 DANGER

Here are some examples of potential dangers which you should check for before attempting to help the casualty at the scene of a first aid incident:



2 RESPONSE

To check for a response, lightly shake their shoulders and ask loudly if they are alright.



3 AIRWAYS



When a person is unresponsive, their tongue can fall back and block the airway. The first thing you must do is to open their airway. This is done by placing your hand on the forehead and then putting two fingers under the chin and gently rocking the head back, lifting the chin at the same time. Do this gently so you do not make any injuries worse.

4 BREATHING

Check for breathing by placing your ear close to the casualty's mouth and nose and looking down the line of their chest to see if there is any up and down movement. If the casualty is unconscious and not breathing, you should call 999 immediately and stay with the victim if possible so you may start rescue breaths and chest compressions

5 CIRCULATION

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