

FIRST AID "AIDE MEMOIRE"

Emergency ... Don't panic	Getting Help?
<p>Assess the situation for the safety of yourself and others. Assess the casualty, are they conscious, do they react to speaking, do they react to pain. Assess the casualty for physical damage</p> <p>Breathing: Are they breathing, do they need help to breath? If so tilt the head back lift the chin, pinch the nose, cover the mouth are with yours and gently breath in, look at the chest to check it rises and falls. Normal breathing rate is 12 – 18 per min adults 20 – 30 Children</p> <p>Circulation: Check the pulse. If the heart has stopped perform chest compressions. Adult normal pulse rate 50 80 per min Children 80 – 100 per min If both heart and breathing have ceased do 2 breaths per 15 chest compressions</p> <p>Damage: DO NO HARM apply care to physically damage areas.</p> <p>Emotions: Look after the casualties, bystanders and your emotional needs.</p>	<p>Protect casualty and group from the environment, use shelters, spare clothing, insulation, possible food and drink.</p> <p>Should you move the casualty? Will it increase the chances of recovery Can you move them safely Where is the best place and method to move the casualty What is the likely hood of rescue What are the risks and chances of going for help</p> <p>Messengers should have: enough skill and equipment to look after themselves, have written info, describing the cave and casualty's location, description of incident and time. Casualty name, age, next of kin Nature of injuries. Outline of action taken and first aid done Details of group, age, experience, number, equipment, morale. Suggestion of approach route.</p>
Physical checks	Check and record every ten minutes
<p>Tell them your name and role Tell them what your doing Check for meds, I.D. Keep the casualty talking</p> <p>On spinal neck inspection move the casualty as little as possible Carefully physically check: Head, neck, face, collar, Shoulders, arms Arm pits Hands Sternum Sides of chest Back, Abdomen, Pelvis Legs, feet, ankles Check skin, colour, temp (pink inside eye lid?) Check pupils and reactivity Can they move? Fingers toes arms legs to support breaks</p> <p>If safe airway position is needed, do not leave them unattended</p>	<p>Eyes: open? open to speech?, open to pain?, no response?</p> <p>Movement: on command? response to pain?, no response?</p> <p>Speech: normal? confused?, inappropriate words?, none?.</p> <p>Pulse: beats per minute, strong? regular?, irregular?, bounds?.</p> <p>Breathing: breaths per minute? quiet?, noisy?, easy?, difficult?</p> <p>RESCUE CALL OUT PROCEDURE. FIND A PHONE, DIAL 999 AND ASK FOR CAVE/MOUNTAIN RESCUE. The Police will handle the call for team. PASS ON INFORMATION AND YOUR LOCATION. Stay at the phone until the Police or Rescue Team meets you</p>