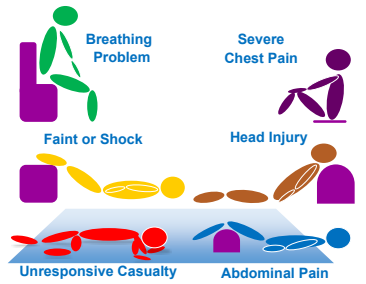


Suggested Recovery Positions



0330 113 1018
info@learn2rescue.com
www.learn2rescue.com

Stroke

- F Facial movement
- A Arm movement and power
- S Speech and smile
- T Time to call 999

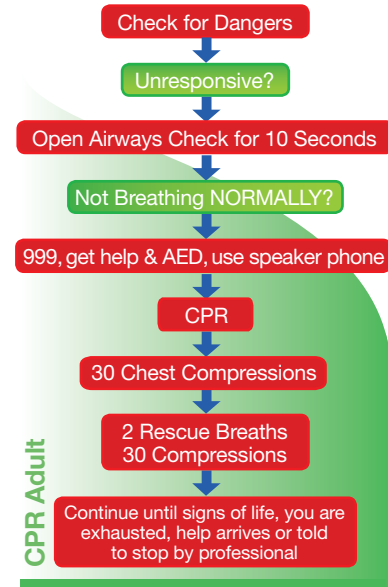
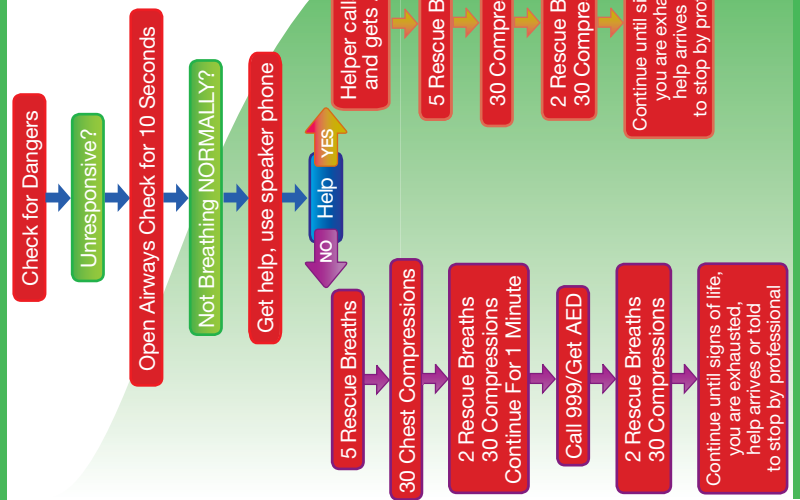
When to Stop CPR

- M Medical assistance takes over or a professional tells you to stop
- E Exhaustion or endangerment of rescuer
- D Defibrillator arrives, pads go on and it tells you 'do not touch the patient'
- S Significant signs of recovery

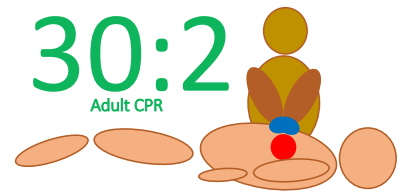
Hand Over to Professionals

- C Condition now
- H History (SAMPLE)
- A Action you have taken
- T Times

CPR Child and Baby
(and for an adult other than heart problem)



First Aid Training



- P Preserve life
- P Prevent injury from worsening
- P Promote recovery
- P Pass to someone else

- D Danger (Catastrophic bleed)
- R Response (Shout for help)
- A Airways (Check clear first)
- B Breathing
- C CPR
- D Defibrillator (Get an AED)

Dangers

- S Stop take a breath
- E Environment
- T Traffic
- U Unknown hazard
- P Protect self and casualty

Responses

- A Alert
- V Responds to Voice
- P Responds to Pain
- U Unresponsive



Casualty Diagnosis

History + Signs + Symptoms

- S Signs and Symptoms
- A Allergies
- M Medications
- P Past medical history
- L Last ins and outs
- E Events leading up to incident and everything else

Airways

- Brain cells start to die if 3 minutes without oxygen
- Unconscious casualties on their back could suffocate by swallowing their tongues
- Check inside mouth, so nothing slips deeper
- Tilt head back while lifting chin
- Look, listen and feel for 10 full seconds



Secondary Survey

Check:

- 1st Head
- 2nd Torso
- 3rd Arms
- 4th Legs

Recovery Position

Aims are to protect the airways from tongue obstruction, fluids and vomit.

While in the recovery position check:

- Airways
- Breathing (faster in children)
- Circulation (beats per minute, fast in children)
- Treat Injuries
- Responses
- Talk to casualty



Recovery Position



Choking

- 1st Assess how serious
- 2nd Can they cough? If not get more help
- 3rd Up to five back blows
- 4th Up to five abdominal thrusts (baby chest thrusts)
- 5th Call 999 if not clearing
- 6th Repeat until cleared or if collapsed start CPR

Bleeds

- B Barrier
- L Locate bleed
- E Exposure (Consider Elevation)
- E Embedded Objects
- D Direct pressure
- S Supply indirect pressure

Burns

- 20 minutes cool water
- S Size of the burn
- C Cause of the burn
- A Age; young, old or infirm?
- L Location of burn on the body
- D Depth of the burn



Breaks

- D Deformity
- O Open wounds
- T Tenderness
- S Swellings

Breaks, Sprains and Dislocations

- R Rest
- I Ice and Immobilise
- C Comfortable Position
- E Elevation

Causes of Unconsciousness

- F Faint
- I Imbalance of heat
- S Shock (hypovolemic)
- H Heart attack
- S Stroke
- H Head injury
- A Asphyxia
- P Poison
- E Epilepsy
- D Diabetes

