



First Aid Memory Cards



PRIMARY SURVEY



- D – DANGER - SHAPE**
- R – RESPONSE – AVPU**
- (S) – SHOUT FOR HELP**
- A – AIRWAY – HEAD TILT CHIN LIFT**
- B – BREATHING – CHECK FOR 10 SECONDS**
- C – CPR (FOR NON-BREATHING) – 5 INITIAL RESCUE BREATHS ON CHILDREN.**



ARRIVING AT THE SCENE



S – SAFETY AND PROTECTION

H – HAZARDS

A – ASSESS THE SITUATION

P – PRIORITISE

E – ENVIRONMENT



RESPONSE



- A – ALERT – IS THE CASUALTY ALERT?**
- V – VOICE – ARE YOU OK? CAN YOU HEAR ME?**
- P – PLACE – Place your hand on the shoulders and gently shake**
- U – UNRESPONSIVE – SHOUT FOR HELP AND CONTINUE WITH PRIMARY SURVEY**



PATIENT ASSESSMENT



S – SIGNS AND SYMPTOMS

A – ALLERGIES

M – MEDICATION

P – PAST MEDICAL HISTORY

L – LAST ORAL INTAKE

E – EVENTS LEADING UPTO ILLNESS OR INJURY



ANAPHYLAXIS



F - Foods (peanuts, tree nuts, shellfish, fish, milk, eggs, soy)

A - Allergic reactions (insect stings, medications, latex)

S - Skin (rash, hives, redness, facial swelling)

T - Trouble breathing (difficulty breathing, wheezing, coughing, tightness in chest or throat)

E - Effects on body (rapid or weak pulse, low blood pressure, dizziness, fainting)

N - Nausea and neurological symptoms (nausea, vomiting, diarrhea, confusion, slurred speech)



SHOCK



- C – Cold and clammy skin**
- R – Rapid heartbeat**
- A – Anxious or agitated behavior**
- S – Shortness of breath**
- H – Hypotension (low blood pressure)**

Remember, any severe symptom should be treated as a medical emergency. If someone is experiencing the symptoms of shock, call for immediate medical assistance.



HEART ATTACK



- H – Heaviness or pain in the chest, arm, or below the breastbone.**
- E – Experiencing shortness of breath.**
- A – Associated symptoms such as sweating, nausea, or lightheadedness.**
- R – Radiating pain to the back, jaw, throat, or arm.**
- T – Time to call emergency services (call 999).**



Seizures



- S – Stiffening - Noticing initial stiffening, particularly of the limbs.**
- E – Eyes rolling - Eyes may roll back or look to one side.**
- I – Involuntary movements - Look for jerking or twitching movements.**
- Z – Zoning out - Brief loss of awareness or staring spells (common in absence seizures).**
- U – Unresponsive - Check if the person is not responding during the episode.**
- R – Repeated motions - Lip smacking, chewing, or fidgeting hands (common in complex partial seizures).**
- E – Emotional changes - Sudden fear, panic, or even laughing/crying without an obvious trigger.**
- S – Sensory changes - Unusual sensations or hallucinations, like strange smells or tastes.**



Strokes



- F – Face:** Check if one side of the face is drooping. Ask the person to smile to see if one side of their face hangs.

- A – Arms:** Ask the person to raise both arms. Does one arm drift downward? Is there a weakness or numbness on one side?

- S – Speech:** Observe their speech. Is it slurred or strange? Ask the person to repeat a simple phrase and see if their speech is clear and correct.

- T – Time:** Time is crucial in a stroke. If you observe any of these signs, call emergency services immediately. The sooner a stroke is treated, the better the outcomes are likely to be.



BURNS & SCALDS



B – Blistering. One of the most common signs of a burn or scald is the formation of blisters on the skin.

U – Unusual pain or Uncomfortable. Burns and scalds can be very painful. Pain may be severe and persistent.

R – Redness or Raw. The affected area will often appear red, raw, or even charred in severe cases.

N – Numbness. In severe burns, nerve damage may cause numbness in the affected area.

S – Swelling. Swelling is a common reaction to burns and scalds.

C – Cool the burn. Use cool (not cold) running water to cool the area for at least 10 minutes, or until the pain is relieved.

O – Overcover. After cooling, cover the burn with a non-stick dressing like plastic wrap or a clean plastic bag.

O – Observe for shock. This could include pale or clammy skin, rapid pulse, fainting, or an overall sense of weakness.

L – Lead them to help. Get medical help immediately, especially if it is a major burn. While waiting for help, keep the person comfortable and monitor vital signs.



Bones, Muscles & Joints



S – Swelling: This is often an immediate sign of a bone, muscle, or joint injury. Look for any abnormal swelling in the affected area.

P – Pain: The person is likely to feel intense pain at the site of the injury. Pain may get worse when the person tries to move the injured area.

R – Redness or Bruising: Depending on the injury, the affected area may appear red or bruised.

A – Abnormal Movement or Deformity: If a bone is broken or a joint is dislocated, the affected area may look deformed or move in an unnatural way.

I – Immobilize: This is the first step in reacting to the injury. Try to immobilize the injured area to prevent further harm.

N – Notify Medical Professionals: Call for professional medical help or take the person to the hospital.

S – Support and Comfort: While waiting for professional help, try to make the person as comfortable as possible. Use splints or slings to support the injured area if available and appropriate.



CHEST & ABDOMEN



Symptoms

- C - Chest pain or discomfort**
- A - Abdominal pain or swelling**
- R - Rapid heart rate or breathing**
- E - Excessive bruising or bleeding**
- S - Signs of shock (e.g., pale, cold, clammy skin, rapid breathing, weak pulse)**

Reaction

- C - Call for help immediately (dial emergency services)**
- A - Assist the person into a comfortable position**
- R - Reassure the person, keep them calm**
- E - Expose the injury where possible, look for signs like bruising, swelling**
- S - Secure the area, prevent further injury while waiting for medical assistance**

POISONING

Symptoms

- P – Paleness or flushed skin**
- O – Odour from breath, vomit, or body**
- I – Irritation or burns around the mouth**
- S – Seizures or unconsciousness**
- O – Out-of-place containers or substances (like household cleaners or medications)**
- N – Nausea or vomiting**
- S – Sweating, dilated pupils, difficulty breathing**

Reaction

- R – Remove the person from the source of poisoning (if safe)**
- E – Evaluate the situation and any physical symptoms**
- A – Activate Emergency Services (dial 999)**
- C – Control any symptoms (if trained to do so)**
- T -Transport the person to the hospital (as advised by Emergency Services)**



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