

14th Cambridge Scouts
First Aid Training Camp 2017

Revision Notes for Scouts (Level 3-5)

1. Emergency numbers

- **999/112** – strictly life-threatening situations or live crime scenes. FREE of charge.
- **111** – non-emergency medical advice
- **101** – Police non-emergency number

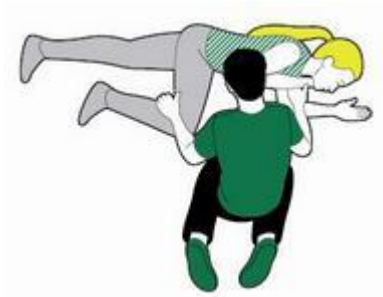
2. DR. ABC – The Primary Survey (use this every time you help someone)

- A quick way for you to find out if someone has any injuries or conditions which are life-threatening.
- Use the letters **DR. ABC** to remember the steps:
Danger, Response, Airway, Breathing and Circulation.
- **DANGER** – Before you go up to them, check – Is it safe to go in?
- **RESPONSE** – Do they respond to you?
- **AIRWAY** – Help them to clear their airway. If unconscious, tilt their head and lift their chin to open their airway.
- **BREATHING** - look, listen and feel to check they're breathing (spend no more than 10 seconds). Treat them accordingly.
- **CIRCULATION** – Are there any signs of severe bleeding?
Stop the bleeding and call for help.

How to help someone who is/has:

1. Unconscious (still breathing)

- Open airway (tilt their head and lift their chin).
- Treat any bleeding wounds.
- Put them in recovery position.
- Call 999/112 for help.
- Keep observing their vitals (breathing and pulse).



2. Unconscious and not breathing (airway opened already)

- Call 999/112 for help.
- Start CPR (cardiopulmonary resuscitation) and keep on going until help arrives.
- CPR ratio: **30 compressions and 2 rescue breaths.**

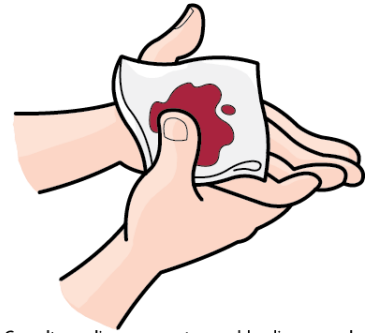


Life-threatening!

3. Bleeding – wear gloves to protect yourself

Cuts and grazes

- **Clean the wound** under running water.
- **Dry the wound** with a gauze swab and cover it with sterile gauze.
- **Apply pressure to the wound.**
- **Raise and support the affected area.**
- **Remove gauze and apply sterile dressing.**



Casualty applies pressure to own bleeding wound

Nose bleeds

- Ask them to **sit down** (not lie down), **lean forward**, and **pinch soft part of their nose**.
- They should breathe through their mouth and do not speak, cough, spit to avoid breaking blood clots that may have started to form.



Severe bleeding

- Remove/cut any clothing to **uncover the wound**.
- If there are no foreign objects in the wound, **apply direct pressure** to stop bleeding. You can use a sterile dressing or a clean non-fluffy pad.
- **Call 999/112 for help.**
- **Elevate their legs, unless they are injured.**
- **Secure the dressing with a bandage** to maintain direct pressure.
- **Check circulation.**
- **Keep monitoring the casualty's level of response** until emergency services arrive.

Life-threatening!

Shock (when body/vital organs are not getting enough flow of blood)

Common symptoms:

1. Paleness of the face
2. Cold skin
3. Fast, weak pulse
4. Fast, shallow breathing
5. Loss of response (in extreme cases)

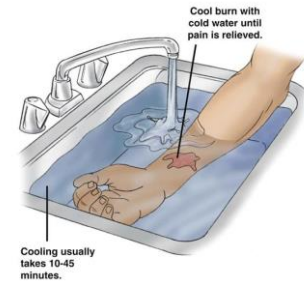
Life-threatening!



- Lay them down with their **head low and legs raised and supported**.
- Call 999/112 and say you think they are in shock and any possible causes.
- Keep casualty comfortable, warm and calm. Comfort and reassure them.
- Keep monitoring their breathing, pulse and level of response until emergency services arrive.

4. Burns (dry heat, e.g. Sun, fire) and Scalds (wet heat, e.g. hot water/steam)

- **Move the casualty away** from the source of heat.
- **Start cooling** the burn as quickly as possible. Run it under cool water for at least 10 minutes. **DO NOT** use ice, cream or gels – they can make it worse!
- **Call 999/112 if the burn is serious.**
- **Cover the burned** area with clean, non-fluffy materials (e.g. cling film or clean plastic bag) to protect from infection.
- Treat for shock if necessary.



5. Heat Exhaustion

(caused by a loss of salt and water from the body, usually through excessive sweating.)

- Help **take them to a cool place** and get them to **lie down with their legs raised.**
- Give them lots of water, or sports drink (e.g. Lucozade).
- Keep checking their breathing, pulse and level of response.
- If they seem to be getting worse, place them into the recovery position and call 999/112 for an ambulance.



6. Hypothermia (low body temperature)

Common symptoms:

1. Shivering, cold, pale, and dry skin
2. Tiredness, confusion, and irrational behaviour
3. Slow and shallow breathing
4. Slow and weakening pulse

- **Warm them up!** (Get indoors, cover them in blankets, warm drinks, high energy food)
- If you cannot move them indoors, find something for them to lie on to **protect them from the cold ground**, like heather or pine branches.
- If their clothes are wet, **change them into dry clothes**, if possible. Put them in a **sleeping bag and cover them with blankets**, if available. Make sure their head is covered too.
- Call 999/112 for help.
- Keep monitoring their breathing, pulse and level of response until emergency services arrive. Don't leave them if possible.

7. Choking

- Encourage them to cough (you can help them lean forward).
- If coughing doesn't work, slap it out!
Help them bend forward. Use the **heel of your hand** to give up to **five sharp back blows between their shoulder blades**.
- **Squeeze it out – up to 5 abdominal thrusts.**



Level 4 & 5 only

8. Asthma attack

- **First, reassure them and ask them to breathe slowly and deeply** which will help them control their breathing.
- Help them **use their reliever inhaler (blue inhaler)** straight away.
- **Sit them down** in a comfortable position.
- If necessary, get them to take one or two puffs of their inhaler every two minutes, until they've had 10 puffs.
- Call 999/112 if it gets worse.



9. Heart attack (supply of blood to heart is suddenly blocked)

Common symptoms:

1. Chest pain (it can spread to your arms, neck, jaw, back or stomach)
2. Pale skin
3. Rapid, weak pulse
4. Perspiration/sweating

Life-threatening!

- **Call 999/112** for medical help and say you think someone is having a heart attack.
- Help move them into the **most comfortable position** (i.e. on the floor leaning against a wall with knees bent and head and shoulders supported).
- Give them a 300mg **aspirin**, if available and they're not allergic, and tell them to **chew it slowly**.
- **Keep checking** their breathing, pulse and level of response until emergency services arrive.
- **Be prepared to do CPR** if they become unconscious.



People who have angina are more likely to have a heart attack. **Angina happens when the arteries to the heart become narrow (when fat is deposited on the wall of your arteries) and the heart muscle can't get enough blood. You can prevent angina by:**

- **Having a balanced and healthy diet**
- **Exercise regularly**
- **Controlling high blood pressure**

10. Head injury (Concussion, cerebral compression, skull fracture, & spinal injury)

Cerebral compression is life-threatening

Some common symptoms:

1. Brief loss of responsiveness
2. Scalp wound
3. Dizziness, nausea or confusion
4. Headache

For a severe injury:

5. Leakage of blood or watery fluid from the ear or nose
6. Unequal pupil size



- Sit them down and give them something cold to hold against the injury.
- Treat any scalp wounds like a bleed, by applying direct pressure to the wound.
- Check their level of responsiveness, using the AVPU scale below. Make a note of their reactions.

The AVPU scale – Alert, Voice, Pain, Unresponsive

A – Alert: Are they alert? Are their eyes open and do they respond to questions?

V – Voice: Do they respond to voice? Can they answer simple questions and respond to instructions? **Call 999/112!**

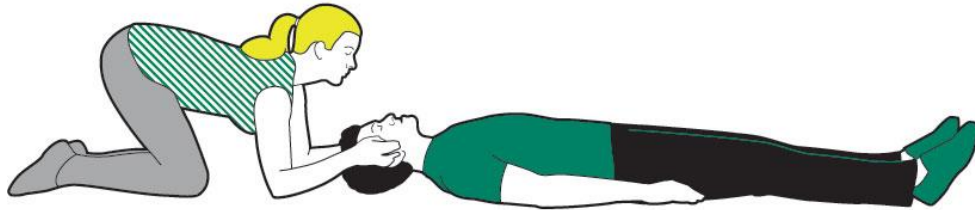
P – Pain: If they're not alert or they're not responding to your voice - do they respond to pain? Try pinching them - do they respond? **Call 999/112!**

U – Unresponsive: Do they respond to questions or a gentle shake? **Call 999/112!**

11. Suspected spinal injury

Casualty is unconscious

- You **must keep their head and neck as still as possible**. Use the **jaw thrust technique to open the airway**.
- **Jaw thrust technique**: place your hands on either side of their face and with your fingertips gently lift the jaw to open the airway, avoiding any movement of their neck.



Casualty is conscious

- If they are conscious, **reassure them and tell them not to move**.
- **Call 999/112 for medical help**.
- Keep **their head and neck as still as possible**. Kneel or lie behind their head. Rest your elbows on the ground or on your knees to keep your arms steady. Grip each side of their head, without covering the ears, to support their head in this position so that the head, neck and spine are in a straight line.

12. A sprain (ligament twisted/torn) or strain (muscle overstretched)

Remember **RICE** for the four steps to deal with strains and sprains:

- **Rest**: **sit or lie down** and support in a comfortable raised position the injured area.
- **Ice**: To reduce swelling, **apply a cold compress**, like an ice pack or cold pad.
- **Comfortable support**: **Tie a support bandage around it**, to hold it in place.
- **Elevation**: **Elevate the injury and support it** with something soft, like cushions.



13. Meningitis (infection of the membranes that surround the brain and the spinal cord)

Some common symptoms:

1. Flu-like illness with a temperature
2. Blotchy or very pale skin
3. Cold hands and feet
4. Joint and limb pain
5. Severe headache
6. Eyes sensitive to light

Life-threatening!

- **Call 999/112 immediately** (especially if there is rash on the body and it won't fade when pressed with the side of a glass).
- **Reassure them and keep them cool.**
- **Keep checking their breathing, pulse and level of response.**

Level 5 only

14. A stroke – the flow of blood to part of the brain is cut off, normally due to a clot in a blood vessel or a rupture

If you think someone is having a stroke, check the three main symptoms using the **FAST** test:

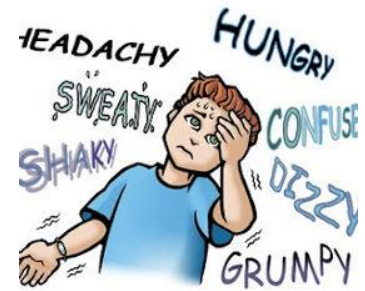
- **Face** – look at their face and ask them to smile. Are they only able to smile on one side of their mouth?
- **Arms** – ask them to raise both arms. Are they only able to lift one arm?
- **Speech** – ask them to speak. Are they struggling to speak clearly?
- **Time** – if the answer to any of these three questions is yes, then it is time to call 999 or 112 for medical help and say you think the casualty is having a stroke.

**Stroke –
there's treatment if you act FAST.**



15. Diabetic emergency

- **Hypoglycaemia** – blood sugar level becomes too low (hungry, confused, faintness, trembling, cold skin etc.)
- Help them **sit down**.
- If they have their own glucose gel, help them take it. If not, you need to **give them something sugary** like fruit juice, a fizzy drink, three teaspoons of sugar, or sugary sweets.



- **Hyperglycaemia** – blood sugar level becomes too high (really thirsty, drowsiness, fruity sweet breath, warm dry skin)
- **Call 999 or 112 at once** for medical help and say that you suspect hyperglycaemia.
- Keep checking their breathing, pulse and level of response.
- Be prepared to treat them if they become unconscious.
- **If you are unsure...**
- **Give them something sugary anyway.**
- If they don't improve quickly, **call 999 or 112 for medical help.**

16. Severe allergic reaction – **potentially life-threatening** if not treated quickly

Some common symptoms:

1. Difficulty breathing
2. Swelling of tongue and throat
3. Itchy or puffy eye
4. An outbreak of blotchy skin

- **Dial 999 or 112 straight away.** Give information on what might have triggered the allergic reaction (e.g. an insect sting, certain food such as peanuts).
- Check if they have medication (e.g. adrenaline, EpiPen or other auto-injector), and if they do, help them to use it or do it yourself following the instructions.
- Help them into a comfortable sitting position, leaning forward slightly to help their breathing.
- Treat them accordingly if they become unconscious.



17. A seizure

Common causes:

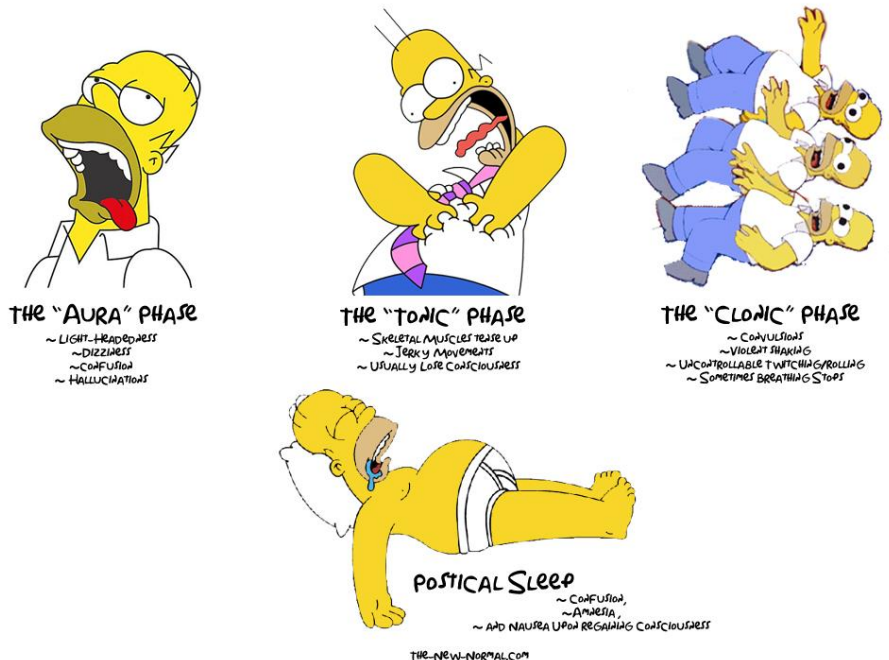
1. Epilepsy
2. Head injury
3. Alcohol poisoning
4. Hypoglycaemia (low blood sugar in someone with diabetes)
5. (In children) High temperature (fever), or a throat/ear infection

Some common symptoms:

1. Sudden loss of responsiveness
2. Rigid body with an arching back
3. Convulsions (jerky uncontrolled movements)
4. Possible vomiting (more likely in children)
5. Afterwards they may be confused, tired and fall into a deep sleep

- **Do not restrain or move them!**
- Check their level of response
- Check that they are breathing
- **Protect them from harming themselves.** Clear away any potentially dangerous objects.
- Make a note of when the seizure started and how long it lasts.

THE PHASES OF A "TONIC-CLONIC" SEIZURE



Sources:

St. John Ambulance, New York State Department of Health, British Heart Foundation