



Key words

- Primary Survey – checking the situation to see if it is safe to help a casualty.
- Heart Rate – The amount of beats the heart makes in one minute – between 60-80 is normal.
- Pulse – same as heart rate – beats per minute
- CPR (Cardiopulmonary Resuscitation)
- Call 999/112 – Emergency Numbers
'Is the casualty breathing?' is the first question to answer, then location and any other information that could be helpful.
- AED - automated external defibrillator, is used to help those experiencing sudden cardiac arrest – delivers a shock to the heart
- Recovery Position –the casualty is laid on their side when responsive.

Your turn: Primary survey

1. Check for danger

- Always make sure the area is safe



2. Response

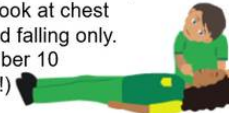
- Check the casualty's response. Ask questions and gently tap shoulders. Say "open your eyes!"

4. Airway

- If not clear, then open by tilting the head back, use one hand on forehead and two fingers under the chin

5. Breathing

- Check for normal breathing. Do not put your face next to theirs, instead look at chest rising and falling only. (Remember 10 seconds!)



3. Shout for help

- Anyone nearby can assist you



6. Circulation (only if breathing normally)

- Check the casualty for bleeding

NB

- At this time do not put your face near to theirs to check for breathing, instead look at chest rising and falling only
- If the casualty is not breathing normally call 999/112 then start CPR
- If the casualty is breathing normally place them in the recovery position then call 999/112



Cross Curricular Links: Science and Music

Your turn: Recovery position

1. Kneel

- By the side of your casualty

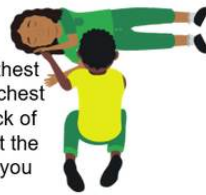


2. Angle arm

- Put the arm nearest to you to make a right angle. Palm facing upwards

3. Hand to cheek

- Bring the arm furthest away across the chest and place the back of their hand against the cheek nearest to you
- Hold it there



4. Knee bend

- With other hand, bend their far knee up so that the foot is flat on the floor



5. Knee pull

- Pull on the knee to roll the casualty towards you onto their side
- Adjust them as necessary



6. Ensure airway is open

- Recheck breathing
- Call 999/112
- Stay and monitor casualty until help arrives

Primary Survey



Breathing normally

Recovery position

Make sure help is coming and give the casualty care

Not breathing normally

Call for help and send a bystander for an AED if available

CPR



Your turn: CPR

1. If you find someone collapsed, you should first perform a primary survey. **Do not place your face close to theirs.**

- > If you have established from this that they are unresponsive and not breathing, you should ask a helper to call 999 or 112 for emergency help while you start CPR. Ask a helper to find and bring a defibrillator, if available.
- > **Ask your helper to put the phone on speaker and hold it out towards you, so they can maintain a 2m distance.**
- > If you are on your own, use the hands-free speaker on a phone so you can start CPR while speaking to ambulance control.
- > Do not leave the casualty to look for a defibrillator yourself. The ambulance will bring one.



3. **Continue to perform CPR until:**

- > emergency help arrives and takes over
- > the person starts showing signs of life and starts to breathe normally
- > you are too exhausted to continue (if there is a helper, you can change over every one-to-two minutes, with minimal interruptions to chest compressions)
- > a defibrillator is ready to be used.



NEVER do this on someone if they are responsive! At this time please do not put your face next to theirs to check for breathing, instead only look carefully for the chest rising and falling. When giving CPR place a cloth over the face of the casualty

2. **Before you start CPR, use a towel or piece of clothing and lay it over the mouth and nose of the casualty.**

- > Start CPR. Kneel by the casualty and put the heel of your hand on the middle of their chest. Put your other hand on top of the first. Interlock your fingers making sure they don't touch the ribs.
- > Keep your arms straight and lean over the casualty. Press down hard, to a depth of about 5-6cm before releasing the pressure, allowing the chest to come back up.
- > The beat of the song "Staying Alive" can help you keep the right speed
- > **Do not give rescue breaths.**



4. If the helper returns with a defibrillator, ask them to switch it on and follow the voice prompts while you continue with CPR.
Wherever possible, the helper should keep a distance of 2m.

Using the AED

AED stands for automated external defibrillator. This is an **emergency life-saving** device used in the event of sudden **cardiac arrest**. The device analyses the heart rhythm and administers an **electrical charge** to the heart if needed to establish a regular heartbeat.

- > Turn the AED on
- > Follow all the AED voice prompts
- > Ensure no one is touching the casualty when it is analysing
- > Ensure no one is touching the casualty before pushing the shock button



Where to find more information about First Aid and CPR

St John's Ambulance - Sja.org.uk

British heart Foundation- Revivr <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr>
free online training to do CPR-remember NEVER to do this on someone who is responsive