

What is First Aid?

- First Aid is the immediate help given to someone who is injured or becomes suddenly unwell, before emergency services arrive. Your goal is to keep them safe, calm, and alive while waiting for professional help.

The Primary Survey – DR ABCD

Use DR ABCD to assess a casualty step-by-step in an emergency.

D – Danger

Check your surroundings for any dangers – traffic, fire, electrical hazards, broken glass, weapons, etc.

Never rush in unless it's safe for you. Your safety comes first.

R – Response

- Check if the person is conscious by gently shaking their shoulders and asking:
- "Are you OK?"
- If they respond: Talk to them, comfort them, and check for injuries.
- If unresponsive: Shout for help and move to the next step.

A – Airway

- Tilt the head back and lift the chin to open the airway.
- Look in the mouth for blockages and remove visible ones only if safe.
- A clear airway is essential for breathing.

B – Breathing

- Check for normal breathing for no more than 10 seconds:
- Look for chest movement
- Listen for breathing
- Feel for breath on your cheek
- If they are not breathing, call 999 and begin CPR if trained.
- If breathing, place them in the recovery position.

C – Circulation: Check for Bleeding

- Now check for signs of major bleeding, especially after serious injuries like stabbings, car accidents, or falls.

*How to Treat Major Bleeding (e.g. Stabbings)
Call 999 immediately.*

If there's an object (like a knife) still in the wound:

Do not remove it. Pad around it with clean cloths or dressings.

If the object is not there:

Apply firm, direct pressure to the wound using a clean pad or clothing.

Raise the injured limb above the heart level (if possible) to slow bleeding.

Keep the casualty calm and still.

Keep applying pressure until help arrives.

Important: You can use gloves, clean cloths, or even a T-shirt to stop bleeding.

Avoid touching open wounds with bare hands unless necessary.

D – Damage: Check for Broken Bones or Other Injuries

Look over the body for signs of injuries such as:

- Swelling
- Bruising
- Unnatural bends or positions
- Visible bones through the skin (open fracture)

How to Treat Broken Bones

Do not move the injured area unless the person is in danger.

Support the injured limb with a cushion or rolled-up clothing.

Never try to straighten a broken bone or push it back in if it's sticking out.