

UNCONSCIOUS	CPR	HEART ATTACK	CONCUSSION	SPINAL INJURY	SHOCK
Follow the DRS ABCD: Danger - check for any hazards Response - is the patient conscious? Send for help: CALL EMERGENCY SERVICES Airway - tilt head back to open airway, and clear any obstructions Breathing - check for normal breathing CPR - commence chest compressions Defib - apply an AED if available If the patient is unconscious but breathing, move them into the recovery position and check on them every few minutes Remember, if the patient isn't breathing you can't make things worse - doing something is better than doing nothing	If the patient is not breathing: 30 firm chest compressions at 120 bpm (ie. speed of "girls just wanna have fun") 2 full breaths, pinching the patient's nose to block it DO NOT STOP! Additional notes: Apply compressions to the centre of the chest with the heel of your palm, both hands interlocked, arms straight Push down hard and fast - don't worry about pushing too hard or breaking ribs If you're reluctant or not able to perform mouth-to-mouth, use a barrier shield or perform only chest compressions If an AED is available apply it as soon as possible and follow all prompts	Symptoms: Pain lasting more than 15 mins Pain radiating up neck or down arm Crushing weight on chest Shortness of breath, anxiety Pale or bluish skin Light headedness or nausea Sudden collapse Treatment: CALL EMERGENCY SERVICES Move patient to a sitting position Encourage patient to rest and stay calm Assess the patient every few minutes and be ready to start CPR Give the patient 300mg of aspirin DO NOT transport the patient DO NOT give the patient food or drink	Symptoms: Memory loss Uneven pupils Confusion Change in vision Dizziness Sensitive to light Lasting headache Loss of smell / taste Vomiting / nausea Irritable Ringing ears Coordination issues Treatment: Avoid a second injury at all costs - that means walking the rest of the journey Drink only water; no alcohol Take only paracetamol for pain relief Rest, with someone checking every 2 hours for worsening symptoms Symptoms may take 48hrs to develop DO NOT take ibuprofen or aspirin as any brain bleeding can be made worse	Symptoms: Severe neck or back pain Numb / weak / paralysed limbs Lost control of bladder or bowel Twisted in awkward position Patient can't or won't move their neck Treatment: CALL EMERGENCY SERVICES Keep the patient still and reassure them If the patient is unconscious, monitor their breathing. If their breathing becomes troubled tilt their head back slightly If the patient stops breathing, perform CPR DO NOT move the patient DO NOT remove the patient's helmet	Shock is a critical condition brought on by a drop in blood pressure Symptoms: Rapid but weak pulse Anxiety Bluish lips / fingers Confusion Nausea / vomiting Dizziness Pale, clammy skin Sweating Shallow breathing Chest pain Treatment: CALL EMERGENCY SERVICES Check breathing every 5 minutes Put patient in shock position - laying on back with legs raised If patient vomits, turn their head Check for external bleeding Keep patient warm and comfortable DO NOT give patient food or drink

INTERNAL BLEED	EXTERNAL BLEED	SPRAIN	HEATSTROKE	FRACTURE	DISLOCATION
Symptoms: Tightness under skin Bruising Nausea / vomiting Pain Breathlessness Extreme thirst Pale skin Abdominal pain Cold temperature Rapid pulse Fast breathing Treatment: CALL EMERGENCY SERVICES DO NOT give the patient food or drink Move patient into the shock position	Treatment: Clean / irrigate wound Apply gauze and bandage / tape Compress and elevate DO NOT tourniquet the bleed CALL EMERGENCY SERVICES for arterial bleeds (bright, spurting blood), and apply pressure to stem the flow <div style="border: 1px solid orange; padding: 2px; display: inline-block;">For the latest first aid info visit www.neutroncomponents.com</div>	Symptoms: Pain Swelling Loss of power Treatment: Rest joint Apply cold pack if available Compress and elevate DIABETIC LOW	Symptoms: Not sweating Rapid pulse Disorientated Nausea / vomiting Treatment: CALL EMERGENCY SERVICES Move into shade, cool with water Rehydrate with cool (not cold) water HYPOTHERMIA	Symptoms: Intense pain Loss of function Numbness Discolouration, swelling, and deformation of the area Heavy bleeding / protrusion Treatment: Cover any exposed bone and elevate if needed and if not too painful Immobilise the limb in a comfortable position with a sling or similar Apply cold pack if possible CALL EMERGENCY SERVICES if:	Symptoms: Pain Loss of function Deformity around joint Numbness / tingling Reduced motion Treatment: Support the limb with a sling Apply cold pack if available DO NOT try to reset the joint, as a nerve or blood vessel may be pinched

PERSONAL INFO	NEXT OF KIN	GRAZE
Your name: Medical conditions / allergies:	Next of kin name: Next of kin contact number:	Treatment: Clean / irrigate the wound Apply gauze and tape Be glad you got away with just a graze!