FOOTLOOSE303 - FIRST AID KEY POINT SHEETS

INTRODUCTION

The idea of this sheet is for a walk leader to impart this information during a day walk; perhaps as a quiz with the subject announced at the start of the walk and the quiz at lunchtime with a choc bar or similar as a prize!

**BREATHING DIFFICULTIES**

ASTHMA ATTACK

- Sometimes there are triggers such as cigarette smoke but not always.

- Sufferers usually carry inhalers that relieve the symptoms.

Symptoms

a. Breathing difficult, with prolonged breathing out.

b. *May* also be:

- Wheezing during breathing out.

- Grey/blue skin.

Treatment

a. Asthma Inhaler usually works in a few minutes.

b. Create a calm atmosphere & reassure.

c. Let sufferer adopt position they find most comfortable, which is often sitting down. ***Do not*** lay sufferer down.

**But:** if the inhaler does not work after 10 minutes, sufferer is getting worse, breathlessness makes talking difficult: consider dialling 999

**MOST COMMON ERROR WHEN GIVING “Mouth to Mouth”**

The neck needs to be tilted well back to ensure the airway is in as straight as line as possible.