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!

**ANGINA, HEART ATTACK, CARDIAC ARREST**

**THE PULSE**

- Resting pulse normally 60-80 per minute.

- Finding the pulse:

 1st choice: Wrist

 2nd choice: Neck

3rd choice: Upper inside leg

**ANGINA**

Symptoms

a. Gripping central chest pain, often spreading to the jaw and down the left arm.

b. Shortness of breath.

c. Weakness - often sudden & extreme.

Treatment

a. Make comfortable & reassure.

b. Casualty may have tablets or puffer bottle. Assist casualty to take.

c. Angina attack should ease within minutes - if pain persists or returns > dial 999.

**HEART ATTACK**

Symptoms

There may be:

a. Persistent “vice like” central chest pain, often spreading to the jaw and down the left arm (but unlike Angina, does not ease once the casualty is resting).

b. Breathlessness, & discomfort in abdomen (similar to severe indigestion)

c. Feels like about to faint, dizziness.

d. Casualty has sense of impending doom.

e. “ashen” skin & blueness of lips.

f. Pulse: rapid & weak, or irregular.

g. Physical collapse.

Treatment

a. Make casualty comfortable - half sitting, with head & shoulders well supported & knees bent.

b. Dial 999.

c. Record breathing & pulse rates.

d. If casualty has tablets or puffer bottle for angina, assist taking of.

**CARDIAC ARREST (ie heart has stopped)**

Symptoms

a. Absence of pulse & breathing.

Treatment

a. Dial 999.

b. Give “mouth to mouth” & heart compressions.