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!

**SHOCK, FAINTING, ANAPHYLACTIC SHOCK**

**THE PULSE**

Resting pulse normally 60-80 per minute.

Finding the pulse:

1st choice: Wrist

2nd choice: Neck

3rd choice: Upper inside leg

**SHOCK**

*Need to treat shock in most First Aid situations*

- Do not under-estimate the importance of treating.

- Reassuring casualty, and making them comfortable, may be sufficient to prevent shock getting worse.

- Made worse by fear and pain.

Symptoms

At first:

a. Rapid pulse.

b. Pale grey-blue skin (especially inside the lips)

c. Sweating & cold clammy skin.

As shock develops there *may* be:

a. Weakness & giddiness.

b. Nausea

c. Vomiting.

d. Thirst.

e. Rapid, shallow breathing.

f. A weak, “thready” pulse.

Danger to life when:

a. Casualty becomes restless, anxious, & may be aggressive.

b. Yawning & gasping for air.

c. Unconscious.

d. Finally; heart stops.

Treatment

a. Treat cause; eg stem blood loss.

b. Lay casualty down on warm/comfortable surface.

c. Loosen tight clothing (at neck, chest, waist).

d. Raise & support legs (to improve blood supply to the vital organs).

e. Keep casualty warm.

f. Every 5 minutes record: breathing, pulse, level of response (AVPU - fully **A**lert, **V**oice (conversation ok), only responds to **P**ain, **U**nconscious)

**FAINTING**

Causes

Include - Exhaustion, lack of food.

Symptoms

a. Slow pulse.

b. Pale cold skin, and sweating.

Treatment

a. Lay casualty down; raise & support legs.

b. Give reassurance.

**ANAPHYLACTIC SHOCK**

Can occur within seconds (eg sting or allergy to food) - can be fatal.

Symptoms

There may be:

a. Swelling of face & neck.

b. Puffiness around eyes.

c. Rapid pulse.

d. Breathing problems.

Treatment

a. Search casualty for a syringe (of adrenaline); then assist casualty to use.

b. Dial 999.

c. Help casualty sit in a position that enables their breathing.

c. If becomes unconscious: open the airway, check breathing & pulse. If breathing/heart fails: give “mouth to mouth”/heart compressions.