

Bleeding

Major bleeds

Priority is to stop the bleed.

- WEAR GLOVES
- Check for debris.
- Clean - Apply pressure and raise above the level of the heart if possible.
- Debris – Apply pressure around debris.
- Never remove embedded objects.
- Seek urgent medical attention.

Minor bleeds

Priority is to prevent infection.

- WEAR GLOVES
- Check for debris – rinse out with saline solution.
- Apply pressure and cover with a clean, sterile dressing.



Blaise First Aid Training – Courses available

First Aid at Work

First Aid at Work Requalification

Emergency Aid at Work

Paediatric Advanced First Aid

Paediatric Basic First Aid

Automated External Defibrillation

Parent's First Aid

Teddy First Aid for ages 3-10

Manual Handling

Basic First Aid

Health & Safety in the Workplace



Action at an emergency

A quick guide



City & Guilds





Initial action

D- Danger Is there danger? Can it be removed safely? Can the casualty be taken away from it? If not, call 999.

R – Response Tap the shoulders and ask “Can you hear me? Can you open your eyes?”

S – Shout for help Shout, call 999, or go get someone.

A – Airway Open the mouth and check for obstructions. PICK out. Place a palm on the forehead, two fingers under the chin and tilt the head back.

B – Breathing Place your cheek over the mouth and look down the chest. LISTEN for breathing, FEEL for breath on your cheek, and LOOK if the chest rises/falls for 10 SECONDS.

Breathing - Adult

Not breathing

- Call 999.
- Place one hand on the other in the middle of the chest.
- Lock elbows and use your own weight to press down 30 TIMES, roughly twice per second.
- Open the airway as before.
- Pinch the nostrils and form a seal over their mouth with yours.
- Give 2 BREATHS, lifting head to watch chest fall after each.
- Continue 30 compressions with 2 breaths.



Breathing but unconscious

- Check for any bleeds.
- Place into recovery position.
- Place nearest arm out of the way.
- Hold the opposite hand onto their cheek.
- Lift the opposite knee up and use to roll them towards you.
- Pull leg out at 90-degree angle and open airway as before. Call 999.



Contact Us

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