

**OTHER SITUATIONS<sup>2</sup>****Burns**

COOL THE AFFECTED AREA – cool the burn under running water for at least 10 minutes, then loosely cover it with clingfilm or a clean plastic bag and call 999 or 112.

**Head injury**

APPLY SOMETHING COLD – apply a cold compress to the injury (e.g. frozen vegetables wrapped in a tea towel). If they become drowsy or vomit, call 999 or 112.

**Nosebleed**

PINCH THE NOSE – Ask them to pinch the soft part of their nose and to lean forward. Continue for 10 minutes. Seek medical advice if the bleeding continues for more than half an hour.

**Wounds**

CLEAN AND COVER – Wash your own hands, clean the cut if dirty, pat dry, cover with a sterile dressing and raise above the heart if possible.

If there is a small object embedded, try to clean it out. If the object is larger, leave it in place, apply pressure on either side of the object, build up padding around the object until the padding is higher than the object, then bandage over the object without pressing on it, arrange for the casualty to go to hospital.

**Sprain**

R.I.C.E. Rest, Ice, Compress, Elevate.

If there is no improvement, seek medical advice.

**Broken bone**

IMMOBILISE THE AFFECTED PART – ask them to support the injury with their hand or use a cushion or items of clothing to prevent unnecessary movement and call 999 or 112.

**RECOGNISING SIGNS**

This section aims to provide information on how to recognise the signs that different types of incidents are happening and what action to take in each case.

**Asthma attack<sup>3</sup>**

SIGNS: symptoms (such as cough, breathlessness, wheeze or tight chest) are getting worse; the inhaler isn't helping; the person is breathless or finding it difficult to speak, eat or sleep.

ACTION: help the person to sit in a comfortable position and to take their medication. If the attack becomes severe, call 999 or 112.

**Mild allergic reaction<sup>4</sup>**

SIGNS: tingling; itching or burning sensations; nasty taste in the mouth; rash; swelling; feeling hot or having chills; feeling anxious; being flushed; abdominal pain; nausea; mild wheeziness.

ACTION: help them to take their medication (such as antihistamine or a reliever inhaler) if they have some and monitor the situation.

**Severe allergic reaction<sup>5</sup> (known as anaphylaxis)**

SIGNS: severe swelling of the tongue or throat associated with difficulty breathing; difficulty talking or a hoarse voice; severe wheeze; fainting and dizziness; looking pale, blue or clammy; being disorientated or unresponsive; collapse.

ACTION: phone 999 and state that someone is having a severe allergic reaction. Help them to find a comfortable position (lying down may help dizziness and sitting up may help with breathlessness). The treatment is an

<sup>2</sup> The information in this section is taken from the Red Cross [www.redcross.org.uk/everydayfirstaid](http://www.redcross.org.uk/everydayfirstaid)

<sup>3</sup> <http://www.asthma.org.uk/advice-asthma-attacks>

<sup>4</sup> <http://www.ouh.nhs.uk/patient-guide/leaflets/files%5C121210reactions.pdf>

<sup>5</sup> <http://www.ouh.nhs.uk/patient-guide/leaflets/files%5C121210reactions.pdf>