

# Emergency First Aid

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## First Aid

- Immediate but temporary care
- Rapid Evaluation-Stabilisation-Transfer

## Mechanism of Injury; Blunt, Thermal, Penetrating, Blast Trauma Injury

## Primary Survey

- D Danger
- R Response (AVPU)
- C Catastrophic Bleeding
- A Airway (clear, head tilt & chin lift)
- B Breathing (normal 2-3 b in 10 secs)
- C Circulation – Control other bleeding

## Secondary Survey

- Only performed once Primary Survey has been completed
- May need to remove clothing - no more than is necessary
- Do not move casualty more than is necessary
- Head to Toe examination for further injuries
- Catastrophic bleeding-CAT tourniquet. Leg x 2 Arm x 1 (apply 2nd Tourniquet above 1st if bleeding persists)
- Airway- management. Consider OPA/NPA (if trained) Noise on inhalation-upper airway occlusion?
- Breathing difficulty? Rapid >4 b in 10 secs. Expose & Examine. Sucking chest wound? Use chest seal. Noise on exhalation-lower airway injury.

- Basic life support If the casualty is not breathing normally (1 breath or less in 10 secs)– Shout for Help, start CPR
- 30 compressions & 2 breaths
- Circulation-treat non-life threatening bleeds. (If there is a hole-pack it! Consider hemostatic agent), compression bandage
- Burns-cover-cool-hospital. Cold water minimum 10 mins cooling or water gel dressing
- Fractures-splint limb to immobilise
- Impalement-do not remove, splint to immobilise
- REMEMBER Life over limb, limb over digit.

## Hand over brief

- M Mechanism of injury
- I Injuries suspected
- S Signs & symptoms
- T Treatment given

## Emergency First Aid

1. Medical Kit items in RED can be used as minimal trauma kit.
2. Please check on vaccinations required for the countries you travel to.
3. Hot climate- suitable clothes. Sunglasses. Sunhat.
4. Cold climate-suitable clothes. Sunglasses.

## VACCINES (NHS)

- MMR, Pneumococcal Inf, Hep b, TB
- Yellow Fever, (DTaP/IPV/Hib)
- Meningitis C, Chicken Pox, PEP

## MEDICATION

- Pain Relief/anti inflammatory
- Antibiotics
- Cold Remedy
- Antihistamine
- Rehydration-ORS/Diaoralyte
- Anti diarrhoeal
- Anti Malaria (+ mosquito net), sting relief
- SPF Skin Protection
- Travel Sickness
- Eye Drops
- Anti-insect spray -Avon Skin so Soft (original)/Deet

## MEDKIT

- GLOVES (T) x 2
- LAERDAL FACE SHIELD
- OPA/NPA (airway)
- RUSSEL CHEST SEAL (T)
- CELOX Z-FOLD GAUZE (T)
- CAT TOURNIQUET (T) x 2
- TRAUMA FIX DRESSING (T) x 2
- SAM SPLINT
- STERILE GAUZE PACKING
- STERISTRIPS
- PLASTERS
- SHEARS W SAFETY TIP
- BURNS DRESSING x 2
- MELOLIN DRESSINGS X 4
- ZINC OXIDE TAPE
- HEAD TORCH
- VELCRO STRAPS X 1 Pk
- SALINE SOLUTION X 2