

# FIRST AID GUIDE

## Choking



1. Place your arm across the person's chest. Bend the person forward and deliver up to 5 blows between the shoulder blades.



2. Alternate between any 2 of the following methods until the object comes out: back blows, abdominal thrusts and chest thrusts.

## Cuts and Scrapes



1. Minor cuts and scrapes can be washed by rinsing under clean running water for 5 minutes. Antibiotic cream can be applied afterwards.



2. Bandage the wound with clean, preferably sterile, dressings. If blood soaks through the bandage another should be applied on top of the original.

## Anaphylaxis



1. Make sure they are in a comfortable position for them e.g. sitting on chair or floor and leaning against a wall. Give them constant reassurance while waiting for an ambulance.



2. Help anaphylactic person use autoinjection/EpiPen if they have one.

## Diabetic emergency



1. Provide food or drink that contains sugar, such as orange juice, sugar tablets, candy or a non-diet drink.



2. Make sure they are in a comfortable position for them and reassure the person until help arrives.

# First Aid Guide Let

**S Baum**



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