

Everyday First Aid in the home



A message from the British Red Cross

The British Red Cross knows that everyone can learn a few simple first aid skills that could help someone if things suddenly went wrong. We also know that, most of the time, the person you'll end up helping will be a friend or family member.

It doesn't matter how young or old, or how able you think you are, everyone can learn to do something to help an ill or injured person.

redcross.org.uk/everydayfirstaid

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Key first aid skills for HELPING someone who...

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...is **bleeding heavily**
- p5 ...has a **burn** or scald
...is having a **heart attack**
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...is having a **seizure** (epileptic fit)
- p7 ...has eaten or drunk a **harmful substance**



An **unconscious** person who is **not breathing**

HELPING an unconscious person who is not breathing



Main key skill:
The delivery of chest compressions

- 1** Check breathing by tipping their head backwards and looking and feeling for breaths.
- 2** As soon as possible, call 999 or get someone else to do it.
- 3** Push firmly in the middle of the chest so it goes inwards and then release. Push at a regular rate.



A person who is **choking**

HELPING a person who is choking



Main key skill:
The delivery of back blows

- 1** Hit them firmly on their back to dislodge the object.
- 2** For babies under one year old; hold them face down along your forearm with their head lower than their bottom. Hit firmly between their shoulder blades to dislodge the object.

An **unconscious** person who **is breathing**



Photos © Lloyd Sturdy/BRC

HELPING an unconscious person who is breathing



Main key skill:
To place the person on their side and tilt their head back



- 1 Check breathing by tilting their head back and looking and feeling for breaths.
- 2 Move them onto their side and tilt their head back.
- 3 As soon as possible, call 999 or get someone else to do it.

Someone who is **bleeding heavily** from a wound



Photo © Alex Rumford/BRC

HELPING someone who is bleeding heavily from a wound



Main key skill:
To put pressure on the wound



- 1 Put pressure on the wound with whatever is available to stop or slow down the flow of blood.
- 2 As soon as possible, call 999 or get someone else to do it. Keep pressure on the wound until help arrives.



Someone who has a **burn** or scald

HELPING someone who has a burn or scald



Main key skill:
To cool the affected area



- 1** Put the affected area under cold running water for at least ten minutes.
- 2** Cover the burn or scald with cling film or a clean plastic bag.



Someone who is having a **heart attack**

HELPING someone who is having a heart attack



Main key skill:
Ensure they are sitting and call 999 immediately



- 1** Ensure they are sitting and call 999 immediately.
 - 2** Give constant reassurance to the person whilst waiting for the ambulance.
- Person may have persistent vice-like chest pain, this pain may spread to their arms, neck, jaw, back or stomach.



Someone who is having a **stroke**

HELPING someone who is having a stroke



Main key skill:
Carry out the F.A.S.T. test



Carry out the **F.A.S.T.** test:
1 FACE: is there weakness on one side of their face?
2 ARMS: can they raise both arms?
3 SPEECH: is their speech easily understood?
4 TIME: to call 999.



Someone who is having a **seizure** (epileptic fit)

HELPING someone who is having a seizure (epileptic fit)



Main key skill:
To make them safe and prevent injury



1 Use a blanket or clothing to protect their head from injury. Do not restrain the person.
2 After the seizure, help the person to rest on their side with their head tilted back and call 999 if necessary.



Someone who has eaten or drunk something harmful

HELPING someone who has eaten or drunk something harmful



Main key skill:
Establish what? When?
And how much?

- 1 Establish what? When? And how much?
- 2 As soon as possible, call 999 or get someone else to do it.

Everyday items you can use for first aid



Beer – you may not always have access to cold running water when treating a burn or scald. In this case, use some other cold liquid like a cold beer, soft drink or milk. The aim is to cool the burnt area as quickly as possible using whatever cold liquid is available. Beer can be used to cool the area while waiting for water or walking to the supply of cold running water. Remember the area should be cooled for at least ten minutes for the treatment to be effective.

Chair – can be used to help someone who has a nosebleed. Sit the person down and ask them to pinch the soft part of their nose tilting their head forward.



Cling film – can be used to wrap around a burn or a scald once it has been cooled. It is an ideal covering as it does not stick to the burn. It also keeps the burnt area clean and because it's transparent, you can continue to monitor the burn without removing the covering.



Credit card – when an insect sting is visible on the skin, a credit card can be used to scrape it away. Using the edge of the credit card, drag it across the skin. This will remove the sting. Using a credit card or your fingernail to scrape away the sting is preferable to using a pair of tweezers. Some stings contain a sac of poison and if the sting is grasped with tweezers you may inject the poison into the skin.

Food bag – a clean freezer or sandwich bag makes an ideal cover for a burn or scald to the hand. The injured part should be placed in the bag once it has been cooled. By placing it in the bag you reduce the risk of infection and it also helps reduce the level of pain.



Frozen peas – frozen peas or other small frozen fruit and vegetables can be used to treat a sprain or a strain. Wrap the peas in a tea towel or something similar and place them onto the injury. This will help to reduce the pain and swelling. Peas are ideal as they can be moulded around the injury easily.

Tea towel – if someone is bleeding heavily from a wound apply pressure with a tea towel to stop or slow down the flow of blood. Wrap around ice or frozen veg to create a cold compress for use when treating a head injury.

Useful numbers

- > NHS Direct 0845 4647
- > Doctor
- > Hospital
- > Dentist

In an emergency

Call 999, stay calm and answer the operator's questions as best as you can.

We provide a quick and easy way to learn key first aid skills – so that in just a couple of hours you can be a life-saver.
Find out more: visit redcross.org.uk/everydayfirstaid call 0844 412 2808