

University of Winchester Links Society

First Aid Tips

Welcome to the First Aid Tips page. The following pages will explain the signs, symptoms and treatment for a range of injuries and conditions. There are also two videos on the [Video page](#) that will demonstrate how to check an unconscious adults airway and breathing and how to put an unconscious breathing adult in to the recovery position.

The information found within these pages is meant as a guide only and should not be substituted for actual first aid training. St John Ambulance, Winchester Links and the creators of this site hold no responsibility for any treatment given as a result of reading these pages.

Anaphylactic shock

Signs

- Swelling of Lips, Tongue and or Eyes
- Red patches (hives) over the skin
- Tight chest
- Nausea
- Fear and Anxiety
- May show signs of shock

Treatment

1. Phone 999 for and Ambulance
2. If the patient is conscious sit them up to aid their breathing if they are unconscious place in the Recovery Position
3. Continually reassure the patient
4. If they have an Eppy pen help them to use it. You must not administer this if you have not undergone appropriate training.
5. Note the time of administration
6. If the patient has gone into shock treat for shock

Angina

Signs

- Noisy and difficult breathing
- Fast and weak pulse
- Central chest pain (squeezing/ crushing sensation)
- Pain may spread to the neck and both arms
- General weakness
- Severe anxiety
- Pins and needles down to the hands
- Pain improves with rest

Treatment

1. Place the patient in a comfortable position (sitting up well supported is best)
2. Reassure the patient, try and calm them down
3. Encourage the patient to take any prescribed medicines (GTN is good)
4. Seek medical help if the pain does not subside or this is the patient's first attack.

Asthma

Signs

- Noisy and difficult breathing particularly on exhaling
- Wheezing/ gasping for air
- Narrow airway and tight chest
- Pulse will be fast and weak
- Pale to blue extremities
- Whispered Speech
- Distress and Anxiety
- Exhaustion in sever cases

Treatment

1. Calm the patient down

2. Sit them down leaning them forward/ find a position best comfortable to the patient
3. Help the patient take prescribed medication only. A blue inhaler is best. Note the time it is taken.
4. If this is the patients first Asthma attack phone 999 for an Ambulance.
5. If the patient has suffered from asthma attacks before but there is no improvement after 5 minutes phone 999 for an Ambulance.

Burns and Scolds

Signs

- Bubbly blister
- Weeping from the burn
- Redness
- Smell of burning
- Swelling
- Panic and anxiety

Treatment

1. Reassure the patient
2. Run the burnt area under cold water for 10 minutes (repeat until wound is cool)
3. Wrap cling film loosely around the wound once it has cooled down
4. Do not apply creams or cotton wool to the burn. Do not remove any clothing from around the burn.

If the burn is one-inch square or over, send the patient to hospital. If the burn involves the feet, hands, face, genital area or children send them to hospital. If the burn is wrapped around the whole of a limb send them to hospital. If the burn is 1% (one patient palms size is equal to 1%) or more send the patient to hospital.

Types of Burns

- Superficial thickness Burn– reddening skin
- Partial thickens Burn– Blistering (most painful)

- Full thickness Burns– Skin, muscle and arteries will be destroyed.

Choking

Signs

- Blocked or partially blocked airway
- Difficulty breathing/ breathing has stopped
- Pulse fast and weak
- The patient will start off looking red this will go to pale and then extremities (ear lobes and lips) will turn blue
- The patient will be coughing
- Their eyes may bulge along with their neck (congested neck veins)
- Fear and Anxiety
- The patient may dribble

Treatment

1. Take control of the situation
2. Encourage the patient to carry on coughing, if this fails to dislodge the item continue to step Three.
3. Place your hand over the patient's stomach and bend them over, with their hands on their knees. Slap their back between the shoulder blades hard. Do this a maximum of five times checking after each slap if the airway has been cleared. If the item has not dislodged after five attempts continue to step Four.
4. Abdominal Thrusts. Standing behind the patient place your fist between the patient's tummy button and breastbone, place your other hand on top and thrust in and up. Repeat this cycle five times again checking after each thrust.
5. If the object is expelled and abdominal thrusts have been given the patient must be taken to Hospital.
6. Repeat steps three and four for a maximum of three cycles, if to no avail Phone 999 for an Ambulance

Crush Victim

Signs

- A heavy object has landed on the patient crushing them beneath it.

Treatment

1. If the object is on the abdominal area ask the patient or witnesses what time the object landed on them.
2. If it was less than 15 minutes then slowly remove the object. (If the object is too heavy do not move it, you do not want to cause injury to yourself)
3. If the object has been there for over 15 minutes or you are unsure leave the object there.
4. Dial 999 for an Ambulance

Diabetes – Hypoglycemia

Signs

- Rapid breathing
- Fast and weak pulse
- Dizziness
- Shaky
- Tired
- Nausea
- Pale cold and clammy
- Confused
- Profuse sweating
- Irritable (acting out of character)
- May act drunk with slurred speech

Treatment

1. Offer the patient a sugary drink e.g. full fat coke or a chocolate bar this will bring their sugar levels back up.
2. Ask the patient to check their sugar levels

Epilepsy full seizure

Signs

- Just before the seizure occurs the patient may have an Aura (see things, smell something), they may well let out a scream or cry
- During the seizure the patients back will be arched and they will start to convulse
- Breathing may become loud or seize altogether
- Foaming at the mouth or blood stained saliva may be present
- The patient may lose bladder and bowl control
- Once the seizure is over the patient will relax, their breathing will return to normal and they begin to regain consciousness
- They may feel dazed and unaware of their actions
- They may feel extreme tiredness and want to or fall asleep

Treatment

1. If you see the patient falling try and ease their fall.
2. Once the patient is on the floor move any harmful objects making the area clear. Do not move the patient unless their life is endangered.
3. Do not put anything including your fingers into the patients mouth
4. Do not hold the patient down, try and provide padding such as blankets around the patient and if possible place padding under the patients head
5. Loosen any tight clothing from the neck and waist
6. Look for a medical alert bracelet indicating the patient is Epileptic (neck, wrist or ankle)
7. If the seizure lasts form more than 3 minutes or this is the patients first seizure or the patient goes from one seizure to another, phone 999 for an Ambulance
8. As the patients seizure ends check their breathing, if they are breathing normally place them in the recovery position.
9. Reassure the patient as they regain consciousness

Epilepsy partial seizure

Signs

- Blank stare as if they are looking straight through you
- Slight Twitching of either lips, limbs, head and eyelids
- The patient may smack their lips or fiddle with clothing

Treatment

1. If the patient is standing sit them down and ask any spectators to move away.
2. Reassure the patient
3. Stay with the patient until they have fully recovered
4. Advise the patient to consult their GP if this is the first occurrence.

Fainting

Signs

- Pale, Cold and Clammy
- Beads of Sweat on the patient
- The patient may complain of feeling dizzy
- Shivery
- The pupils may dilate
- Blood pressure drops
- Nausea

Treatment

1. If the patient complains of feeling faint lie them down and elevate their legs. If this is not possible sit the patient down with their head between their knees
2. If the patient is fainting then try and ease their fall, once they are on the floor raise their legs.
3. As the patient regains consciousness reassure them and help them to sit up gradually. If they begin to feel faint again, lie them down and raise their legs.

Head Injury – Concussion

Signs

- Fast and shallow breathing
- Fast and weak pulse
- Pale, cold and clammy
- Headache
- Dizzy

- Confused
- Disorientation
- Double vision
- Nausea
- Short term memory loss (repeatedly asking the same questions)

Treatment

1. Position the patient with their head and shoulders raised
2. If there has been loss of consciousness the patient must go to hospital

Head Injury – Compression

Signs

(this occurs a couple of days after a head injury)

- Noisy airway
- Slow deep breathing
- Slow and strong pulse
- Emotional
- Flushed, hot and dry to the touch
- Slurred speech
- Severe headache
- Loss of feeling/paralysis
- Loss of muscular tone to the face
- Dribbling
- Loss of bowel and bladder movement

Treatment

1. Raise the head and shoulders only and incline the patient to their paralysed side.
2. Wipe away any dribble to protect their modesty
3. Dial 999 for an Ambulance

Heart Attack

Signs

- Shallow, slow breathing
- Rapid, weak and irregular pulse
- Sudden severe chest pain (this sometimes spreads into the left arm)
- Fear of impending doom
- Ash grey colour
- Profuse sweating
- Collapse

Treatment

1. Ask someone to dial 999 for an Ambulance stating it's a suspected heart attack, and report back.
2. Position the patient with the head and shoulders raised only (or whatever is comfortable for the patient)
3. Ask if the patient has ever had a heart attack or has a history of Angina
4. Reassure the patient

Nose Bleed

Signs

- Bleeding from the nose

Treatment

1. Sit the patient down and lean them forward
2. Get them to pinch the soft part of their nose
3. Keep them like this for 10–15 minutes
4. If the bleeding has not stopped after this time send the patient to hospital

Shock

Signs

- Pale, cold and clammy
- Rapid weak pulse
- Rapid Shallow breathing
- Cold and shivery
- Thirsty/ dry mouth

- Confused/ disorientated
- Worsening level of consciousness
- Dizzy
- Nausea

Treatment

1. Send someone to dial 999 for an Ambulance and report back
2. Lay them down and elevate the legs
3. Keep the patient warm
4. Reassure the patient
5. Do not give the patient anything to eat or drink

Spinal Injury

Signs

- Pain in the neck or back
- Tenderness in back or neck
- Swelling
- Inability to move from below point of injury

Treatment

1. Do not move the patient unless their life is in danger
2. Dial 999 for an Ambulance
3. Stabilise the neck first
4. Immobilise the patient by supporting the head, neck and trunk
5. If the patient is unconscious use the log method to put them into the recovery position
6. Stay supporting the patient until help arrives

Strain and Sprains

Strains (muscle tightness and tear of a muscle fibre)

Signs

- Difficulty moving the affected area
- Swelling
- Redness around the affected area
- Burning

Sprain (tearing of ligaments on or near the joint)

Signs

- Unstable joint
- Swelling
- Bruising
- Snapping sound as it happened
- Discolouration

Treatment

1. Rest it
2. Ice it
3. Elevate it

Visit <http://www.winchester-links.org.uk> for more First Aid Information and details about the University of Winchester Links Society.