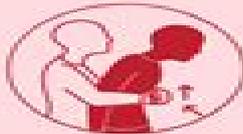


FIRST AID GUIDE

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

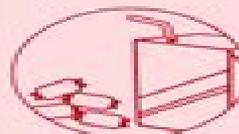


1. Make sure they are in a comfortable position for them e.g. sitting on chair or floor and leaning against a wall. Give them constant reassurance while waiting for an ambulance.



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.

The First Aid Guide Hardcover

Ian Pickup



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