

## First Aider Cheat Sheet

by [deleted] via cheatography.com/73833/cs/18613/

| Role as First Aider (4Ps) |  |
|---------------------------|--|
| Preserve                  | Preserve life for life-threatening conditions            |
| Prevent                   | Prevent injury from worsening                            |
| <b>P</b> rovide           | Provide comfort and relief after damage is under control |
| Promote                   | Promote recovery   |

| 11010 001       | 11010 25 1 11017 11251 (11 5)                            |  |
|-----------------|--|--|
| Preserve        | Preserve life for life-threatening conditions            |  |
| Prevent         | Prevent injury from worsening                            |  |
| <b>P</b> rovide | Provide comfort and relief after damage is under control |  |
| <b>P</b> romote | Promote recovery   |  |
|                 |  |  |
| Shock Types     |  |  |

| Shock Type        | s   |
|-------------------|---|
| Anaphy-<br>lactic | Due to Allergic reaction                                  |
| Cardio-<br>genic  | Due to myocardial infarction (heart attack)               |
| Hypovo-<br>lemic  | Due to severe blood loss (>20%)                           |
| Neurogenic        | Due to damage to central nervous system (eg. spinal cord) |
| Septic            | Due to bacterial/viral/fungal infection                   |

| Consciousness Level (AVPU) |  |
|----------------------------|--|
| Alertness                  | If casualty is alert and awake               |
| Voice                      | If casualty can talk                         |
| <b>P</b> ain               | If casualty can feel and respond to pain     |
| Unresponsive               | If casualty is unresponsive to any stimulant |
|                            | <del>-</del>                                 |

| CPR (DRSABC)   |  |
|----------------|--|
| <b>D</b> anger | Check for danger around the casualty     |
| Response       | Check for response from the casualty     |
| Shout          | Shout for help (995 & AED)               |
| <b>A</b> irway | Clear the airway (head-tilt-chin-lift)   |
| Breathing      | Check for breathing, and give 2 breathes |
| Compression    | Start compression (30-2 cycle)           |

| Soft Tissue Injury (RICE) |                                      |
|---------------------------|--------------------------------------|
| Rest                      | Rest the casualty down (chair/floor) |
| Ice                       | Apply ice or cold pack on the injury |
| Compress                  | Apply pressure on the injury         |
| Elevate                   | Raise the injury above the heart     |

| Fracture (DOTS)   |                                       |
|-------------------|---------------------------------------|
| <b>D</b> eformity | If the body part is deformed          |
| Openess           | If the injury is opened or closed     |
| Tenderness        | If the injury is tender to the touch  |
| <b>S</b> welling  | If there's any swelling on the injury |

| Small Burns (4Cs) |   |
|-------------------|---|
| Cool              | Cool under running water                |
| Constrictors      | Remove any constrictors on the casualty |
| Cover             | Cover with protective film              |
| Consult           | Consult medical care                    |

| Stroke (FAST)  |                                |
|----------------|--------------------------------|
| Face           | If one side of face is dropped |
| Arm            | If one side of body is weak    |
| <b>S</b> peech | If speech is slurred           |
| Time           | Time to call 995               |

| Seizure (ACTION) |  |
|------------------|--|
| Assess           | Check for danger around the casualty     |
| Cushion          | Cushion the head from hitting the ground |
| Time             | How long has the seizure continued       |
| Identification   | 1  |
| Over             | Is it over?                              |
| Never            |  |



By [deleted] cheatography.com/deleted-73833/

Published 22nd January, 2019. Last updated 22nd January, 2019. Page 1 of 1.

Sponsored by ApolloPad.com Everyone has a novel in them. Finish Yours! https://apollopad.com