

Role as First Aider (4Ps)

Preserve	Preserve life for life-threatening conditions
Prevent	Prevent injury from worsening
Provide	Provide comfort and relief after damage is under control
Promote	Promote recovery

Shock Types

Anaphylactic	Due to Allergic reaction
Cardiogenic	Due to myocardial infarction (heart attack)
Hypovolemic	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
Pain	If casualty can feel and respond to pain
Unresponsive	If casualty is unresponsive to any stimulant

CPR (DRSABC)

Danger	Check for danger around the casualty
Response	Check for response from the casualty
Shout	Shout for help (995 & AED)
Airway	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)

Deformity	If the body part is deformed
Openess	If the injury is opened or closed
Tenderness	If the injury is tender to the touch
Swelling	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
Speech	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	
Over	Is it over?
Never	