Cheatography

First Aid Cheat Sheet

by Happy Paul (HappyPaul55) via cheatography.com/12473/cs/2486/

ACDC

- Access
- CPR
- Defibrillator
- Advanced Care

Also known as Earlies

AVPU

- Alert
- Voice
- Pain
- Unresponsive

Levels of Response

DRs ABCD

- Danger
- Response
- Send for Help
- Airway
- Breathing
- Circulation
- Defibrillator/Deformity

To do on arrival

Fish Shaped

- Fainting
- Imbalance of Heat
- Shock
- Heart Attack
- Stroke
- Head Injury
- Asphyxia
- Poisoning
- Epilepsy
- Diabetic

Causes for Unconsciousness

Perl

- Pupils
- Equal
- Reactive
- Light

How to check the Eyes

Scald

- Size
- Cause
- Area
- Location
- Depth

Examining Burns

Fractures

- Closed
- Open
- Transverse
- Spiral
- Comminuted
- Impacted
- Greenstick (kids)
- Complicated

ACLIPG AD

- Abrasion
- Contrusion
- Laceration
- Incision
- Puncture
- Gunshot
- Amputation
- De-gloved

Types of Wounds

BBC

- Blood Clots
- Blood Pressure Falls
- Capillaries Contacts

How Bleeds Stop

Dutch Lips

- Deformities
- Unnatural Movement
- Tender to Touch
- Crepitus (sound)
- History
- Loss of Movement
- Irregularities
- Pain
- Swelling

For Broken Bones

AshIce

- Age
- Sex
- History
- Injury
- Condition
- (Exact) Time and Location

Handover

Pricer

- Protect
- Rest
- Ice
- Compression
- Elevation

How to treat Burns

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Poison Entry

- Inhaled
- Absorbed
- Injected
- Instilled
- Ingested

Most common poison is Alcohol

Amega

- Access Situation
- Make Safe
- Emergency Aid
- Get Help
- Aftermath

DHSS

- Diagnosis
- History
- Signs
- Symptoms

Fast

- Face
- Arms
- Speach
- Time to call

Stoke

Sample

- Signs and Symptoms
- Allergies
- Medication
- Past History
- Last Meal
- Event History

Things to ask

PEEP (or SEEP)

- Position (or Sit)
- Examine
- Elevation
- Presure

External Bleeding

Pulses

- Carotid
- Brachial
- Radial
- Ulnar
- Femoral
- Dorsal Pedal
- Pedal

From top to toe

Skin Layers

- Epidermis
- Dermis
- Hypodermis

Spine

7	Cervical
12	Thoracic
5	Lumbar
5	Sacrum
4	Coccyx

33 Bones in total

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