

First Aid Cheat Sheet

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

ACDC	Perl	ввс
Access	Pupils	Blood Clots
CPR	Equal	Blood Pressure Falls
Defibrillator	Reactive	Capillaries Contacts
Advanced Care	Light	How Bleeds Stop
Also known as Earlies	How to check the Eyes	
		Dutch Lips
AVPU	Scald	Deformities
Alert	Size	Unnatural Movement
Voice	Cause	Tender to Touch
Pain	Area	Crepitus (sound)
Unresponsive	Location	History
Levels of Response	Depth	Loss of Movement
	Examining Burns	Irregularities
DRs ABCD		Pain
Danger	Fractures	Swelling
Response	Closed	For Broken Bones
Send for Help	Open	
Airway	Transverse	Ashlce
Breathing	Spiral	Age
Circulation	Comminuted	Sex
Defibrillator/Deformity	Impacted	History
To do on arrival	Greenstick (kids)	Injury
	Complicated	Condition
Fish Shaped		(Exact) Time and Location
Fainting	ACLIPG AD	Handover
Imbalance of Heat	Abrasion	
Shock	Contrusion	Pricer
Heart Attack	Laceration	Protect
Stroke	Incision	Rest
Head Injury	Puncture	Ice
Asphyxia	Gunshot	Compression
Poisoning	Amputation	Elevation
Epilepsy	De-gloved	How to treat Burns



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Dمi	60	n I	- n	trv

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

33 Bones in total

Spine

7	Cervical	
12	Thoracic	
5	Lumbar	
5	Sacrum	
4	Coccyx	

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