

## First Aid Cheat Sheet

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

| Access Pupils Blood Clots CPR Equal Blood Pressure Fall Defibrillator Reactive Capillaries Contacts Advanced Care Light How Bleeds Stop  AvPU Scald Deformities  AvPU Scald Deformities  Alert Size Unnatural Movemer Voice Cause Tender to Touch Pain Area Crepitus (sound) Unresponsive Location History Levels of Response Depth Loss of Movement Examining Burns Irregularities  Pain Practures Swelling Pain Practures Swelling Pain Practures Pain Response Closed For Broken Bones Send for Help Open Alrway Transverse Ashtce Breathing Spiral Age Circulation Comminuted Sex Breathing Circulation Comminuted History To do on arrival Greenstick (kids) Injury To do on arrival Greenstick (kids) Fish Shaped Fainting Actipe A Fainting Maracel Condition Fish Shaped Fainting Actipe A Brasion Fish Shaped Fainting Actipe A Brasion Fricer Heart Attack Laceration Protect Stroke Incision Rest Heat Injury Puncture Ice Asphyxia Gunshot Compression Ejevation De-gloved How to treat Burns Diabetic Types of Wounds   |             |
|--|-------------|
| Defibrillator Advanced Care Light How Bleeds Stop  Also known as Earlies  How to check the Eyes  Dutch Lips  Scald Deformities  AVPU Scald Deformities  Alert Size Unnatural Movement Voice Cause Tender to Touch Tender to Touch History Levels of Response Depth Loss of Movement Levels of Response Depth Loss of Movement Irregularities Pain  DRS ABCD  Danger Fractures Send for Help Open Airway Transverse Breathing Circulation Defibrillator/Deformity Impacted Fainting Imbalance of Heat Shock Contrusion Frier Heart Attack Laceration Protect Stroke Head Injury Asphyxla Poisoning Amputation Epilepsy  Deditor the Eyes  Dutch Lips Dutch Lips Dutch Lips Deformites Deformites  Examining Burns Irregularities Pain Fractures Swelling Pain Age Creptus (sound) Fror Broken Bones  Ashlice For Broken Bones  Ashlice For Broken Bones  Ashlice For Broken Bones  Acting Apg Circulation Comminuted Sex History Injury Complicated Condition (Exact) Time and Lotter Handover  Frier Head Injury Asphyxla Gunshot Compression Ejelevation De-gloved How to treat Burns   |             |
| Advanced Care  Also known as Earlies  How to check the Eyes  Dutch Lips  Deformities  AVPU  Scald  Deformities  AVPU  Alert  Size  Unnatural Movement Size  Unnesponsive  Location  Unresponsive  Levels of Response  Depth  Examining Burns  DRS ABCD  Danger  Response  Closed  Send for Help  Ajreay  Transverse Breathing  Circulation  Defibrillator/Deformity  To do on arrival  Fish Shaped  Fainting  ACLIPG AD  Handover  Handover  Handover  Heart Attack  Laceration  Possoning  Amputation  Elevation  Elevation  Elevation  Elevation  Elevation  Elevation  Deformity  Applicated  Compression  Elevation  For Broken Bones  Circulation  Condition  (Exact) Time and Location  Protect  Stroke  Heard Attack  Laceration  Protect  Stroke  Head Injury  Asphyxia  Gunshot  Compression  Elevation  | Falls       |
| Also known as Earlies  How to check the Eyes  Dutch Lips  Deformities  AIPT  A | tacts       |
| AVPU  Alert  Size  Unnatural Movemer  Voice  Cause  Tender to Touch  Area  Crepitus (sound)  Unresponsive  Levels of Response  Depth  Examining Burns  Irregularities  Pain  Swelling  Response  Closed  Send for Help  Ajrway  Transverse  Breathing  Circulation  Defibrillator/Deformity  To do on arrival  Fish Shaped  Fainting  Imbalance of Heat  Shock  Heart Attack  Laceration  Functure  Scaid  Deformities  Unnatural Movemer  Tender to Touch  Tregularities  Pain  Swelling  For Broken Bones  Ashice  Ashice  Ashice  Ashice  Ashice  Ashice  For Broken Bones  Comminuted  Sex  Defibrillator/Deformity  Impacted  History  To do on arrival  Complicated  Complicated  Fainting  ACLIPG AD  Handover  Handover  Handover  Handover  Handover  Fricer  Protect  Stroke  Incision  Rest  Head Injury  Puncture  Loc  Asphyxia  Gurshot  Ampuation  Elevation  How to treat Burns  | pp          |
| AVPU Alert Size Unnatural Movement Voice Cause Fain Unresponsive Levels of Response  Depth Examining Burns  Fractures Size Unnatural Movement History Loss of Movement Loss of Movement Irregularities Pain Swelling For Broken Bones  Closed Sprial Age Circulation Defibrillator/Deformity To do on arrival  Fainting Imbalance of Heat Shock Heart Attack Laceration Heart Attack Stroke Head Injury Asphyxia Poisoning Amputation Equation De-gloved  De-gloved Unnatural Movement Unnatural Movement Unnatural Movement Tender to Touch Tender to Ten |             |
| Voice Cause Tender to Touch Pain Area Crepitus (sound) Unresponsive Location History Levels of Response Depth Loss of Movement Examining Burns Irregularities Pain Pain Pain Pain Pain Pain Pain Pain  |             |
| Pain Area Crepitus (sound) Unresponsive Location History Levels of Response Depth Loss of Movement Irregularities Pain Danger Fractures Swelling Response Closed For Broken Bones Send for Help Open Airway Transverse Ashice Breathing Spiral Age Circulation Comminuted Sex Defibrillator/Deformity Impacted History To do on arrival Greenstick (kids) Injury Complicated Condition Fish Shaped Fainting Abrasion Fish Contrusion Pricer Heart Attack Laceration Protect Stroke Incision Rest Head Injury Puncture Asphyxia Gunshot Compression Epilepsy De-gloved How to treat Burns   | ement       |
| Levels of Response  Depth  Examining Burns  Pain  Danger  Fractures  Swelling  Response  Closed  For Broken Bones  Send for Help  Airway  Transverse  Breathing  Circulation  Defibrillator/Deformity  To do on arrival  Fainting  Imbalance of Heat  Shock  Contrusion  History  Actipg AD  Handover  Heart Attack  Laceration  Head Injury  Puncture  Asphyxia  Amputation  Degloved  How to treat Burns  Irregularities  Pain  Swelling  Age  Comminuted  Sex  Injury  Complicated  Condition  (Exact) Time and Lone  Handover  Handover  Handover  Incision  Pricer  Contrusion  Protect  Stroke  Incision  Rest  Head Injury  Puncture  Ice  Asphyxia  Gunshot  Compression  Elevation  Elevation  Epilepsy   | h           |
| Depth Examining Burns Irregularities Pain Swelling Burns  Pain Swelling Swelling 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 Fainting ACLIPG AD Handover Heart Attack Laceration Protect Stroke Incision Rest Head Injury Quantition Poisoning Amputation Elevation Examining Burns Irregularities Pain Irregularities Prote Consenses  Ashlce Arge Comminuted Sex Comminuted Condition (Exact) Time and Lot (Exa | i)          |
| DRS ABCD  Danger Fractures Closed Closed For Broken Bones Send for Help Age Circulation Comminuted Fish Shaped Fainting Impalance of Heat Shock Heart Attack Stroke Head Injury Asphyxia Pristory Despired Fish Shapyxia Acting Ac |             |
| Danger Fractures Swelling Response Closed For Broken Bones Send for Help Open Airway Transverse Ashlee Breathing Spiral Age Circulation Comminuted Sex Defibrillator/Deformity Impacted History To do on arrival Greenstick (kids) Injury Complicated Condition Fish Shaped (Exact) Time and Lot Fainting Abrasion Shock Contrusion Pricer Heart Attack Laceration Protect Stroke Incision Rest Head Injury Puncture Asphyxia Gunshot Compression Epilepsy De-gloved How to treat Burns  | ent         |
| Danger Fractures Swelling Response Closed For Broken Bones Send for Help Open Airway Transverse Ashice Breathing Spiral Age Circulation Comminuted Sex Defibrillator/Deformity Impacted History To do on arrival Greenstick (kids) Injury Complicated Complicated Condition Fish Shaped (Exact) Time and Local Tim |             |
| Response Closed For Broken Bones  Send for Help Open  Airway Transverse Ashice  Breathing Spiral Age  Circulation Comminuted Sex  Defibrillator/Deformity Impacted History  To do on arrival Greenstick (kids) Injury  Complicated Condition  Fish Shaped 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  |             |
| Send for Help  Airway  Transverse  Breathing  Circulation  Comminuted  Sex  Defibrillator/Deformity  Impacted  Impacted  Greenstick (kids)  Complicated  Fish Shaped  Fainting  Imbalance of Heat  Shock  Heart Attack  Laceration  Heart Attack  Laceration  Find Injury  Puncture  Application  Protect  Rest  Head Injury  Amputation  Epilepsy  Per Broken Bones  For Broken Bones  Ashice  Condition  (Exact) Time and Loc  (Exact) Time an |             |
| Ashlce Breathing Spiral Spiral Age Circulation Comminuted Sex Defibrillator/Deformity Impacted Impacted Greenstick (kids) Complicated Condition Fish Shaped Fainting ACLIPG AD Imbalance of Heat Shock Contrusion Fish Attack Laceration Heart Attack Laceration Fish Stroke Incision Rest Head Injury Puncture Asphyxia Gunshot Compression Foisoning Amputation De-gloved Ashlce Age Age Age Age Age Age Age Age Age Ag  | les         |
| Breathing Spiral Age Circulation Comminuted Sex  Defibrillator/Deformity Impacted History  To do on arrival Greenstick (kids) Injury  Complicated Condition  Fish Shaped (Exact) Time and Lot  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 Host Burns  |             |
| Circulation Comminuted Sex  Defibrillator/Deformity Impacted History  To do on arrival Greenstick (kids) Injury  Complicated Condition  Fish Shaped (Exact) Time and Loc  Fainting 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   |             |
| Defibrillator/Deformity  To do on arrival  Greenstick (kids)  Complicated  Condition  (Exact) Time and Long  Fainting  ACLIPG AD  Handover  Handover  Handover  Heart Attack  Contrusion  Heart Attack  Laceration  Incision  Protect  Stroke  Head Injury  Puncture  Gunshot  Amputation  Epilepsy  De-gloved  History  History  History  History  Injury  Complicated  Condition  (Exact) Time and Long  Handover  Handover  Congression  Elevation  How to treat Burns   |             |
| To do on arrival  Greenstick (kids)  Complicated  Condition  (Exact) Time and Lo  Handover  Handover  Handover  Contrusion  Fricer  Heart Attack  Laceration  Incision  Rest  Head Injury  Puncture  Asphyxia  Gunshot  Compression  Epilepsy  De-gloved  Injury  How to treat Burns   |             |
| Complicated  Condition  (Exact) Time and Lot  Fainting  ACLIPG AD  Handover  Handover  Contrusion  Contrusion  Pricer  Heart Attack  Laceration  Fainting  Handover  Pricer  Contrusion  Protect  Stroke  Incision  Rest  Head Injury  Puncture  Asphyxia  Gunshot  Compression  Poisoning  Amputation  Epilepsy  De-gloved  Condition  (Exact) Time and Lot  (E |             |
| Fainting Imbalance of Heat Shock Contrusion Heart Attack Laceration Protect Stroke Incision Puncture Head Injury Poisoning Amputation Epilepsy  (Exact) Time and Loc Handover Handover  Handover  Handover  Pricer Protect Protect Protect Compression Elevation How to treat Burns  |             |
| Fainting  Imbalance of Heat  Abrasion  Shock  Contrusion  Heart Attack  Laceration  Protect  Stroke  Incision  Puncture  Asphyxia  Gunshot  Compression  Poisoning  Epilepsy  ACLIPG AD  Handover  Handover  Pricer  Protect  Protect  Compression  Elevation  How to treat Burns  |             |
| Imbalance of Heat  Shock  Contrusion  Pricer  Heart Attack  Laceration  Protect  Stroke  Incision  Rest  Head Injury  Puncture  Gunshot  Compression  Poisoning  Amputation  Epilepsy  Handover  Pricer  Protect  Contrusion  Protect  Protect  Compression  Elevation  How to treat Burns   | nd Location |
| 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  |             |
| Heart Attack  Stroke  Incision  Protect  Rest  Head Injury  Puncture  Gunshot  Compression  Poisoning  Amputation  De-gloved  Protect  Rest  Heat  Heat  How to treat Burns  |             |
| Stroke Incision Rest Head Injury Puncture Ice Asphyxia Gunshot Compression Poisoning Amputation Elevation Epilepsy De-gloved How to treat Burns  |             |
| Head Injury Puncture Ice Asphyxia Gunshot Compression Poisoning Amputation Epilepsy De-gloved How to treat Burns   |             |
| Asphyxia Gunshot Compression  Poisoning Amputation Elevation  Epilepsy De-gloved How to treat Burns  |             |
| Poisoning Amputation Elevation  Epilepsy De-gloved How to treat Burns  |             |
| Epilepsy De-gloved How to treat Burns  |             |
| Trow to treat Burns  |             |
| Types of Woulds  | rns         |
| Causes for Unconsciousness   |             |



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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        |
|                  |

| 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 |

| External B  | eeding |  |
|-------------|--------|--|
| Pulses      |        |  |
| Carotid     |        |  |
| Brachial    |        |  |
| Radial      |        |  |
| Ulnar       |        |  |
| Femoral     |        |  |
| Dorsal Ped  | lal    |  |
| Pedal       |        |  |
| From top to | toe    |  |
| Skin Lave   |        |  |

| Skin Layers |
|-------------|
| Epidermis   |
| Dermis      |
| Hypodermis  |
|             |

| Spine    |          |  |
|----------|----------|--|
| 7        | Cervical |  |
| 12       | Thoracic |  |
| 5        | Lumbar   |  |
| 5        | Sacrum   |  |
| 4        | Coccyx   |  |
| 33 Bones | n total  |  |



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