

# First Aid Guide for Bystanders



## Understanding the DR ABC process

If you are at the scene of an incident where a casualty appears to be seriously injured or unconscious, then you should begin first aid by using the DR ABC process.



### Danger

Identify and neutralise dangers, for example, moving traffic, live electrical cables.



### Response

Check for a response by speaking, shouting and tapping the casualty. If the casualty is unresponsive then move on to stage 3 of the DR ABC process immediately.



### Airways

Check that the casualty's airways are clear. The most common problem here is the tongue can block the top of the throat, so move the casualty's head to make sure they can breathe. If the casualty is responsive then help them to clear their own airway if needed.



### Breathing

Check for breathing by placing your ear close to the casualty's mouth and nose whilst looking for the rise and fall of their chest. Do this for 10 seconds, and based on the fact that normal breathing happens at a rate of about 12-20 times per minute you should hear at least 2 breaths.



### Circulation

Next, start chest compressions immediately. This keeps oxygenated blood flowing through the body so that if resuscitation is successful, the risk of brain or organ damage is reduced. Any delay or interruption to chest compressions will reduce the person's chance of survival.

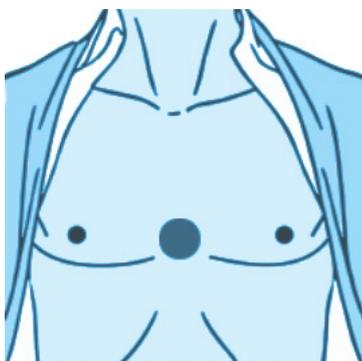
**You should give 30 compressions to every 2 rescue breaths. These should be kept at a regular pace with no longer than a 10 second break between compressions to give the rescue breaths.**



## How to give chest compressions

Chest compressions are the first step in CPR and should be used when a casualty is unresponsive and not breathing adequately. Chest compressions are a crucial step in first aid before medical help arrives, when used on their own they are known as hands-only CPR.

Step 1



**Where to push**

Push on the centre of the person's chest, on the lower part of their breastbone.

Step 2



**Hand positioning**

Good hand positioning is important, place the heel of one hand on the lower part of the breastbone with the other on top, interlocking your fingers.

Step 3



**Depth of compression**

Position yourself vertically over the person, keeping your arms straight. Press down to a depth of 5-6 cm, releasing the pressure after each push.

Step 4



**Frequency**

Give compressions at the rate of 100-120 per minute or 2 a second, each compression requires a release of equal time, melodies such as stayin' alive by the Bee Gees help keep the pace.

Step 5



**When to stop**

If you are doing rescue breaths stop after 30 seconds to do them, if not then don't stop until professional help arrives, the person regains consciousness AND is breathing normally, or you are exhausted.

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## How to put someone in the recovery position

The primary function of the recovery position is to prevent any obstruction of the airway. If a casualty has a spinal injury or is suffering from cardiac arrest then a different technique will be required. The recovery position should be used on an unconscious but breathing person, if the casualty is not breathing then 999 should be called immediately and you should begin CPR.

1



### Step 1

If the person is wearing glasses, remove them. Kneel beside the person. Make sure both of their legs are straight. Place the arm nearest to you out at a right angle to their body, elbow bent with the palm-up.

2



### Step 2

Bring the person's arm across their chest and hold the back of their hand against their cheek.

3



### Step 3

With your other hand, pull up their far leg into a right angle at the knee, keeping the foot on the ground. Keeping their hand pressed against their cheek, pull on the bent knee to roll the person towards their side.

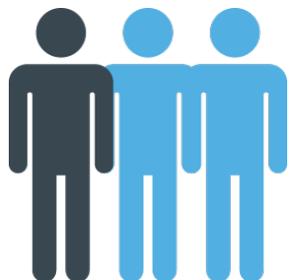
4



### Step 4

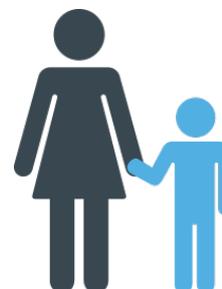
Adjust the upper leg so that both the hip and the knee are bent at right angles. Tilt the head back to make sure that the airway remains open. Adjust the hand under the cheek to keep the head tilted downwards to allow any liquid to drain from the mouth. If the person is in the recovery position for more than 30 minutes, turn them to their other side to relieve pressure on the lower arm.

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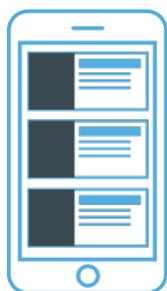
**1 in 3**

Wouldn't feel confident administering first aid.



**28.5%**

Wouldn't feel confident administering first aid on a child, 27% wouldn't feel confident administering first aid to a stranger.



Brits considered their main distractions to be when they were in a rush (27.5%) and using a mobile phone or tablet (21%).



Only 15% of people would feel confident giving CPR in an emergency situation.



38.9% of people said the strongest reason for not wanting to administer first aid was that they feared they would do it wrong and make things worse.



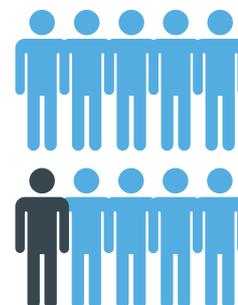
60% of deaths could be prevented by people having basic first aid training.

**A&E**  
**500,000**

500,000 children need to go to A&E annually after accidents in the home.

**70%**

Would consider taking an online first aid course if they felt that it could help save a life.



1 in 10 people admitted they wouldn't know what to do in an accident where a person had collapsed, after calling 999.