

SAVE A LIFE CYMRU:

TOUCH SOMEONE'S LIFE

A Bônau Cabbage Patch Supplement

Produced with the assistance of:-

British Heart Foundation
First Aid for Life
Nicholas Richard-Ozzati
NHS111 Wales
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Welsh Government

Would you know when to call an ambulance?

Trust your instincts. If you are seriously worried, administer First Aid and get medical help quickly.

If you are dealing with an emergency that involves a particularly vulnerable person, for example an elderly person, baby or very young child and you are seriously concerned – always call an ambulance.

You are advised to administer First Aid and call an ambulance if someone experiences:

- ✚ Unconsciousness – whether breathing or not breathing
- ✚ Abnormal breathing
- ✚ Obvious serious wound or suspected skull fracture
- ✚ Bleeding or clear fluid from the nose, ear or mouth
- ✚ Lack of co-ordination, disturbance of speech or vision, pupils of unequal size – following a head injury
- ✚ Weakness or paralysis – following a head injury, or could possibly indicate a Stroke – think FAST test
- ✚ Neck pain or stiffness, either following a fall or accident, or if extremely unwell
- ✚ Fitting and seizures – particularly if this is the first time
- ✚ Repeated vomiting following a head injury.
- ✚ An acute anaphylactic attack
- ✚ Inability to pass urine, for a baby – a dry nappy for over 6 hours.
- ✚ An asthma attack that will not resolve with the inhaler.
- ✚ Serious bleeding – particularly if it is bright red frothy blood or pulsating blood and will not stop with direct pressure.
- ✚ Serious burns – give immediate first aid under cool running water, treat for shock and get help fast.
- ✚ Showing signs of shock.
- ✚ Possible indications of Sepsis or meningitis.

You probably don't need ambulance transport, but you should take someone straight to A&E if they have:

- + A fever and are floppy and lethargic – but conscious.
- + Abdominal pain.
- + A bleeding wound that will probably need stitches or gluing, if they have amputated a finger or if have something embedded in the wound..
- + A leg or arm injury and can't use the limb
- + Swallowed poison or tablets and are not showing any adverse effects. (calling 111 will give you advise from the poisons database – if they are behaving strangely or experiencing any symptoms from the poison; call an ambulance immediately)

WHAT IS A CARDIAC ARREST?



A sudden cardiac arrest happens when the heart unexpectedly stops pumping blood around the body. If someone is in cardiac arrest, the heart is unable to act as a pump and the flow of blood to the brain and to the rest of the body stops, which means they stop breathing normally. This can happen for many reasons, and usually happens without any warning.

A sudden cardiac arrest can happen to anyone, at any age. Every year in Wales, over 6,000 people will have a sudden cardiac arrest in the community and approximately 80% of those will happen in the home.

HOW CAN CARDIO PULMONARY RESUSCITATION (CPR) HELP?

CPR is an emergency first aid procedure that anyone can do to 'buy some time' until the ambulance service arrives. It involves someone pressing up and down on the collapsed person's chest, this is called CPR. Without CPR, the person will die, usually in minutes.

It is important to understand the steps involved in CPR.

This it is called the Chain of Survival.

Cardiac Arrest Chain of Survival



The 'Chain of Survival' describes the crucial elements that can save a life when someone has a cardiac arrest in the community.

EMERGENCY HEART CARE

There are two heart conditions that need immediate emergency care; a heart attack and a cardiac arrest. If a person suffering from one of these doesn't get medical help quickly, they could die. Anyone can save a life – even as a passer-by in the street. When a person is in cardiac arrest it is vital they receive **prompt intervention** even if you have not had formal training.

This Intervention is:

CALLING 999

WHAT HAPPENS WHEN YOU CALL 999?

If it's a genuine emergency, where someone is seriously ill or injured and their life is at risk, call 999 and **don't panic**. The person handling your call is there to help you.

ANSWER THE QUESTIONS

Once you're connected to a call handler, you'll have to answer a series of questions to establish what's wrong, such as:

- + Where are you (including the area or postcode)?
- + What phone number are you calling from?
- + What has happened?

This will allow the operator to determine the most appropriate response as quickly as possible.

An ambulance will be sent if it's a life-threatening emergency. The ambulance service will be notified while you are still answering the questions asked.

Do not hang up until the emergency services have arrived. The operator will stay on the line to help you.

Wait for a response from the ambulance control room. They might have further questions for you, such as:

- + What is the age, gender and medical history of the patient?
- + Is the person awake or conscious and breathing?
- + Is there any serious bleeding or chest pain?

- + What is the injury and how did it happen?
- + The person handling your call will let you know when they have all the information they need.
- + You will also be told, if appropriate, where the nearest defibrillator is and the code required to open the cabinet.
- + Defibrillators are located in large shops, GP surgeries, dentists, libraries and many other public places.
- + The call handler will explain simply and clearly what you should do, so **set your phone on speaker mode** or make sure you can hear it.
- + If there is a defibrillator available listen to the call handler's instructions on when to use it.

HOW TO PERFORM CPR ON ADULTS



If you have been trained in CPR, including rescue breaths, and feel confident using your skills, you should give chest compressions with rescue breaths.

If you're not completely confident, attempt hands-only CPR instead.

- + Make sure the patient is lying on their back on the floor or the ground and remove anything under their head.



Hands-only CPR

- + Place the heel of your hand on the breastbone – in the centre of the chest – right between the nipples. Place your other hand on top of your first hand and interlock your fingers.
- + Position yourself with your shoulders above your hands.
- + Using your body weight (not just your arms), press straight down by 5 to 6cm (2 to 2.5 inches) on their chest.

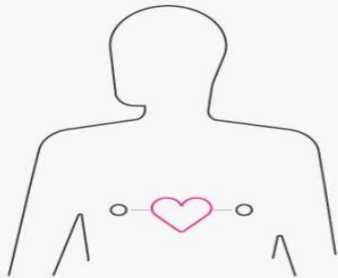
➤ Keeping your hands on their chest, release the compression and allow the chest to return to its original position.

➤ Repeat these compressions at a rate of 100 to 120 times a minute until an ambulance arrives or you become exhausted.

The beat of the song "Staying Alive" can help you keep the right speed.

hand placement & position

ADULTS



BOTH HANDS
interlocked
between nipples



chest compressions



CHILDREN 1 - 8



ONE HAND
between nipples



CPR with rescue breaths

Place the heel of your hand on the centre of the person's chest, then place the other hand on top and press down by 5 to 6cm (2 to 2.5 inches) at a steady rate of 100 to 120 compressions a minute.



After every 30 chest compressions, give 2 rescue breaths.

Tilt the casualty's head gently and lift the chin up with 2 fingers. Pinch the person's nose. Seal your mouth over their mouth, and blow steadily and firmly into their mouth for about 1 second. Check that their chest rises. Give 2 rescue breaths.

Continue with cycles of 30 chest compressions and 2 rescue breaths until they begin to recover or emergency help arrives.

USING A DEFIBRILLATOR



If there is a defibrillator close by (the emergency operator will tell you where it is) send someone to fetch it.

DO NOT GO YOURSELF - YOUR PATIENT NEEDS YOU TO PERFORM CPR.

When the defibrillator is present open it. The defibrillator should also contain a pair of scissors, a razor and a towel.

Before you use the defibrillator, undo or remove any clothing from the patient's chest. Use the scissors supplied with the defibrillator if needed.

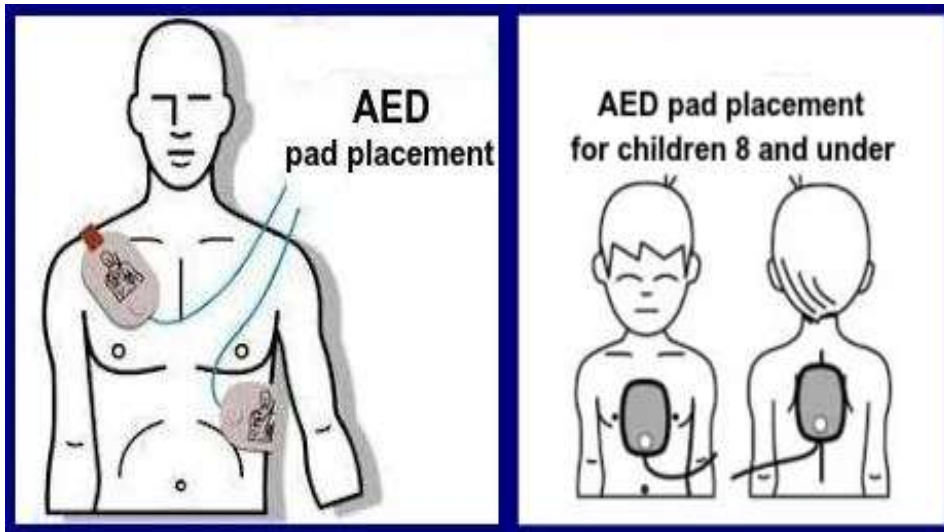
Check the chest. If it is hairy where the pads are to be fitted shave the areas with the razor provided.

Wipe the skin with the towel provided to clean away any sweat, hairs or other foreign body. The pads will not adhere properly otherwise.

If there's an On button, press it.

Find the pads – peel off the backing and apply the pads to the bare chest as shown in pictures that come with the defibrillator.

Once the pads are on, the defibrillator will analyse the patient's heart and determine whether or not it needs to 'shock' the patient. Do not touch the patient while the analysis occurs.



The machine will tell you what to do. Follow its instructions – which are audible and visual.

If the defibrillator's analysis does not find a shockable rhythm, resume chest compressions.

Keep doing chest compressions (CPR) and listen to the instructions from the call handler until ambulance crews are on the scene.

Cardiac Arrest Chain of Survival



FOR FURTHER INFORMATION

- ✚ <https://firstaidforlife.org.uk/>
- ✚ <https://gov.wales/save-a-life-cymru>
- ✚ <https://111.wales.nhs.uk>
- ✚ <https://www.bhf.org.uk>
- ✚ <https://www.ambulance.wales.nhs.uk>
- ✚ <https://www.sjacymru.org.uk>

You can find St John's Ambulance CPR and AED videos on our website:

www.pwllmag.co.uk/sja.htm



Wales Air Ambulance

Every year we need to raise £8 million - help us to keep flying.



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