

**FIRST AID**

# FIVE WAYS YOU CAN SAVE SOMEONE'S LIFE

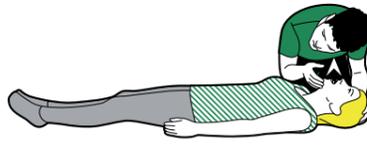
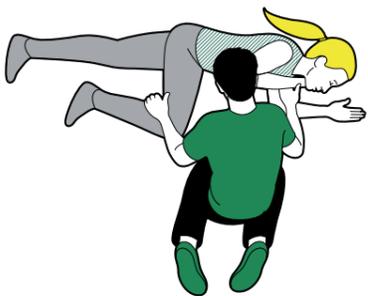
## WHAT TO DO IF SOMEONE IS CHOKING

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- 1. Cough it out**
    - > Encourage the person to cough
  - 2. Slap it out**
    - > Up to five sharp back blows between their shoulder blades
  - 3. Squeeze it out**
    - > Up to five abdominal thrusts
    - > If that doesn't work call for an ambulance

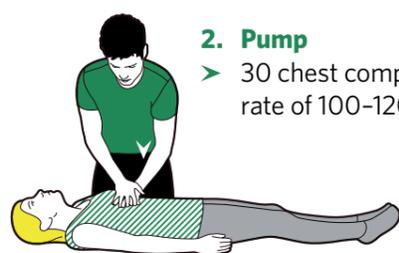
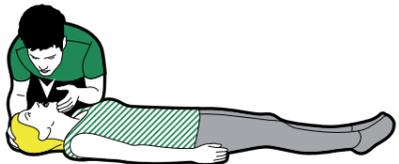
## WHAT TO DO IF SOMEONE IS BLEEDING

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- 1. Press it**
  - 2. Raise it**
  - 3. Call for an ambulance**

## WHAT TO DO IF SOMEONE IS UNCONSCIOUS

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- 1. Open their airway**
  - 2. Tilt head**
  - 3. Check for breathing**
  - 4. If they're breathing**
    - > Put them in the recovery position
  - If they're not breathing**
    - > Begin CPR

## WHAT TO DO IF SOMEONE IS UNCONSCIOUS AND NOT BREATHING

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- 1. Call 999**
  - 2. Pump**
    - > 30 chest compressions at a rate of 100-120 per minute
  - 3. Breathe**
    - > Give two rescue breaths
- Continue to pump and give rescue breaths until help arrives**

## WHAT TO DO IF SOMEONE IS HAVING A HEART ATTACK

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- 1. Call for an ambulance**
  - 2. Sit them down**
    - > Comfortably, with knees bent
  - 3. Give them aspirin**
    - > 300mg dose to chew\*

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[sja.org.uk](http://sja.org.uk)

\*Do not give aspirin if the person is under 16 or allergic. Administer angina medication if prescribed.