Age Groups

For First Aid purposes:

A baby is 0-12 months
A child is age 1 to 12
A teen is 13-18
Adult is over 18
Don't waste time trying to find out how old they are!



1

Primary Survey DR ABCD (2025 Guidelines)

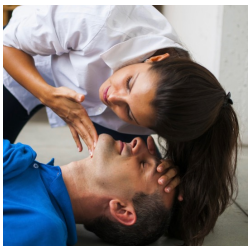
D. Danger
R. Response
Call 999 (Send for AED)
A. Airway
B. Breathing
C. CPR/Circulation
D. Defibrillation



2

If the Casualty is Unresponsive

Open the Airway
Check for NORMAL breathing for 10 seconds
Look listen and feel
Adult normal breathing is 2 or 3 breaths in 10 seconds
Tell 999 or your helper Adult/Child/Teen breathing normally or not breathing normally



3

Agonal Gasps or Breaths

WARNING:
"In the first few minutes after cardiac arrest, a casualty may be barely breathing, or taking infrequent, noisy gasps.
These are known as 'agonal' gasps & should not be confused with normal breathing."
60% of casualties an appear to be:
Groaning Laboured Slow breathing or Panting
If you are in doubt, start CPR!

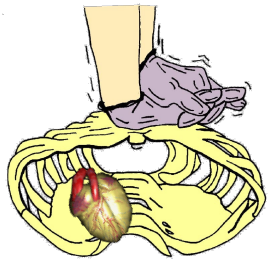
4

Adult Unconscious + Not Breathing Normally = 999 + CPR

Immediately call 999 First
And then start:
CPR =
Cardio
Pulmonary
Resuscitation

30 Chest Compressions:
2 Rescue Breaths
(Avoid over inflation)

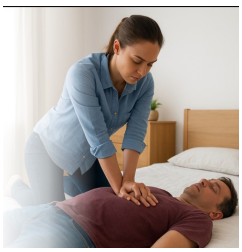
At a rate of 120 per min - Compress chest 5-6cm



5

CPR on a Bed

Perform CPR on a bed
Kneel next to the casualty this will help compress the mattress with your own weight
Increase overall compression depth to compensate for mattress compression
Do not stop CPR to "Check the breathing"
Do not stop CPR for Agonal breaths



6

Gurgling Noises

If you hear gurgling see or smell vomit
Turn casualty on to their side to drain out the airway
Use CPR shield if possible
or perform chest compressions only

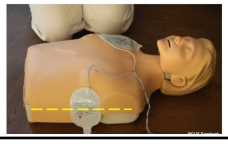
Do not stop CPR to "Check the breathing"
Do not stop CPR for Agonal breaths



7

AED - Pad placement on an Adult

Place Top right
And
Side Left
up close to the armpit
It does not matter if pad is vertical or horizontal



8

Teen CPR with a Phone or Helper

If you have a phone use speaker phone call 999
Or tell helper to call **999 Immediately**
Say "Teen NOT breathing"
Give 5 rescue breaths first
Give **30** chest compressions – 5-6cm
Give 2 rescue breaths
Continue continue 30:2 CPR
Use AED as soon as it is available



9

Three Steps to Save a Life



10

Survival Statistics

Sudden cardiac arrest facts

30,000 people	72% occur in the home	3-5 min reaction time	90% chance of survival
30,000 Cardiac Arrests Annually UK Aprox 9% Survive	72% occur at home 15% at work	CPR and AED use within 3-5 mins 49-75% Survive	CPR and AED use within 1st min Aprox 90% Survive

Casualties who receive full 30:2 are 3 times more likely to survive

11

Recovery Position Practical Assessment

D. Danger
R. Response
Call 999
A. Airway (Not used at this time)
B. Breathing
R. Recovery position



- Please walk around your casualty don't step over them

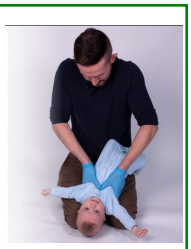
Assessment info:
If you have an injury you do not have to lay on the floor.

12

Choking Baby



5 Back Blows



13

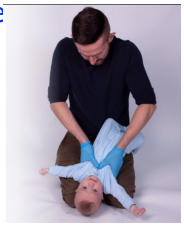
Choking & Unconscious…

Call 999 again immediately

Start CPR use AED if available







14

Treatment Priorities

1. Life Changing Bleeding
2. Airway
3. Breathing
4. Circulation/CPR

15

Amputations ***Nasty Picture!***

Treat the person first:
Stop the bleeding
Then the amputated part
Pick up with plastic bag or gloved hand
Wrap the part in **damp cloth (Dressing)**
Wrap in clean plastic
Then place on ice
Do not wash the amputated part
Note the time of injury
Hand it to Paramedics



16

Child CPR with a Phone or Helper

If you have a phone use speaker phone call 999
Or tell helper to call **999 Immediately**
Say "Child NOT breathing"

- Give 5 rescue breaths first
- Give **15** chest compressions 1/3 depth
- Give 2 rescue breaths
- Continue continue 15:2 CPR



17

Child CPR with NO helper – 2025 update

If you do not have a phone or helper start CPR

- Give 5 rescue breaths
- Give **15** chest compressions
- Give 2 rescue breaths
- Repeat 15:2 one more time
- **Then you must call 999**
- Continue 15:2 CPR on returning to the child

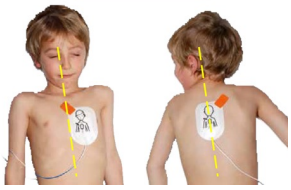


18

Child & Baby AED Use

If using adult pads on a child or baby
place them, one on front of chest to slightly to left side
and one on their centre back

If casualty not breathing use AED as soon as it is available



19

Baby CPR

DR ABC

Use infant airway opening method
& check normal breathing

5 rescue breaths

Cover mouth and nose

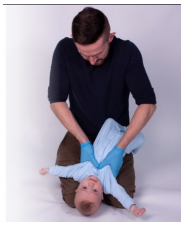
Use pocket mask upside down

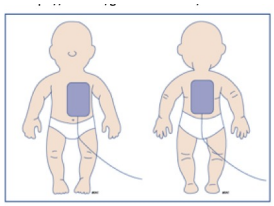
15 chest compressions 1/3 depth **using thumbs**

Repeat again and go for 999 if no helper

20

Baby CPR Assessment





Use thumb encircling technique for compressions

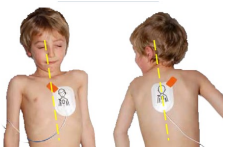
Use pocket mask upside down for baby

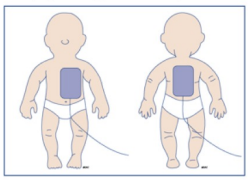
21

Child & Baby AED Use

If using adult pads on a child or baby
place them, one on front of chest to slightly to left side
and one on their centre back

If casualty not breathing use AED as soon as it is available





22

Gurgling Noises

If you see smell or hear vomit in the throat



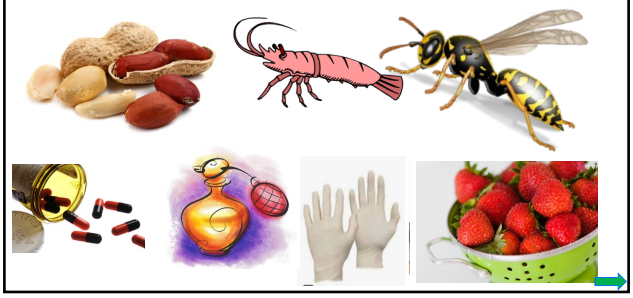
23

Suicidal Thoughts



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Anaphylaxis Triggers

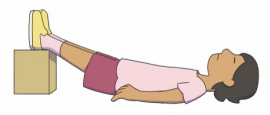


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Anaphylaxis Action



- Assess patient
- Call 999/112 FIRST
- Lie casualty down and raise feet
- Administer **Adrenaline** auto-injector
- EpiPen, Jext or Emerade
- Use second auto-injector **in the other leg** after 5 mins
- Monitor patient, prepare for CPR
- Schools Emergency only standby injector

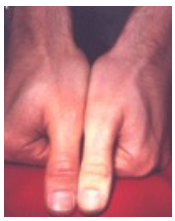


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Anaphylaxis

⦸ Do not practice on your own leg





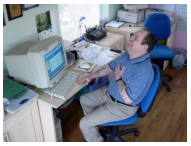


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Recognition of A Heart Attack

Urgent 999 or 112

- CHEST PAIN: Sudden pain even at rest
- Vicelike squashing chest pain often mistaken for indigestion
- Central chest pain can radiate to the neck, jaw, arm or back
- Pain normally constant. Not relieved by rest or meds
- May have irregular pulse
- Pale grey ashen sweaty
- Shortness of breath and feels dizzy and nausea
- Vomiting may occur
- Sense of doom
- 25% of women report jaw pain /nausea/ and/or shortness of breath rather than chest pain



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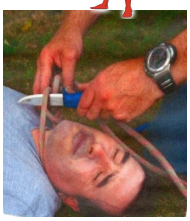
Strangulation

Danger

- Support the body if needed
- Release the casualty
- Airway
- Breathing
- 15:2 or 30:2 CPR as req
- Consider neck injury
- Or recovery position
- Do not remove anything from the scene
- Police involvement

999/112





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Drowning

Danger

- Response
- Airway (Place them on side to drain)
- Breathing
- **All ages - 5 rescue breaths first**
- Check response
- 15:2 or 30:2 CPR as req
- Or recovery position
- Secondary drowning
- Hypothermia

999/112





30

Jaw Thrust

Can be used to open airway and limit movement of the head and neck

Precise this on a manikin



31

ABCDE Casualty Assessment



32

Secondary Survey (Head to Toe Verbal Check)

For conscious casualties only

Tell casualty to

"Keep still don't move, do not nod or shake your head, answer yes or no only"

Ask about pain in the neck or back

Obtain consent

Communicate with patient as you go

Observe and record everything.



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