



FIRST AID GUIDE

ADULT RESUSCITATION



Page 1



Page 2



Page 3

Check for signs of resuscitation - pulse, breath, consciousness. If there is no response, shout 'Help! Someone needs resuscitation' and call 999/112. Begin CPR immediately. If you are not trained in CPR, call 999/112 and ask for an ambulance.

CHOKING



Page 1



Page 2

- Ask 'Are you choking?' If they can't speak, cough or breathe, begin CPR.
- If they can speak, cough or breathe, encourage them to cough.
- If they are still choking, give 5 back blows between the shoulder blades with the heel of your hand (up to 10).
- If they are still choking, give 5 abdominal thrusts (abdominal compression) (up to 10).
- Continue back blows and abdominal thrusts until the object is dislodged.
- If they are unconscious, begin CPR immediately.

Resuscitate with chest compressions and breaths until medical help arrives or they regain consciousness.

HEART ATTACK



Page 1

- Ask 'Are you having a heart attack?' If they say yes, dial 999/112.
- Call 999/112 and ask for an ambulance.
- Ask if they are taking any tablets.
- If they are unconscious, shout 'Help! Someone needs resuscitation' and begin CPR immediately.
- If they are conscious, encourage them to sit or lie down.
- If they are conscious, encourage them to take a few slow breaths.
- If they are unconscious, begin CPR immediately.
- If they are conscious, encourage them to sit or lie down.

SEVERE BLEEDING



Page 1

- Stop the bleeding by applying direct pressure to the wound with a clean cloth or dressing. If you don't have a cloth or dressing, use gloves or a clean cloth from your pocket.
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RECOVERY POSITION



To learn more about first aid, please contact: 1890 502 502 or go online at www.redcross.ie

How to deal with accidents and emergencies

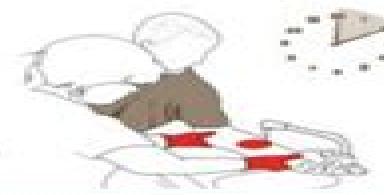
- Listen calm, without bias, to any emergency or accident to help you to see the whole picture.
- Find out what happened and how.
- Assess injury consciousness and threat.
- Is there anyone around who can help you?
- Do you need an ambulance?

CHOKING (Infant)



Page 1

BURNS & SCALDS



- Move the person away from the source of the burn.
- Run cool water over the burn for 10-20 minutes.
- Stop the water and cover the burn with a clean, non-fluffy cloth.
- Check for signs of shock.
- Check for signs of breathing difficulties.
- Check for burns to the eyes.

NOSE BLEED



- Ask the person to sit.
- Ask the person to lean forward to allow the blood to collect in the front.
- Ask the person to pinch their nose.
- Ask the person to lean forward.
- Ask the person to sit and lean forward.
- Ask the person to sit and lean forward.

RECOVERY POSITION (Infant)



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- Ask the person to sit and lean forward.
- Ask the person to sit and lean forward.



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Annie Robertson Dyer

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web vous vous êtes déjà demandé la différence entre ces deux produits de qualité associés à la fête mais aussi et surtout à la gastronomie vous avez bien raison car l'un comme

quelle est la différence entre foie gras de canard et foie gras d'oie - Jul 21 2022

web zoom sur la production pour bon nombre d'amateurs l'oie est la reine du foie gras et comme toutes les queens celle-ci est rare et représente moins de 2% de la production

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web le foie gras est un mets délicieux fabriqué à partir du foie d'un canard ou d'une oie spécialement engrangé ces dernières années le foie gras de canard est devenu un

la recette de guy martin magret de canard du lot foie gras - Apr 17 2022

web la viande de canard est également plus grasse que la viande d oie le foie est aussi différent entre les deux oiseaux le foie d oie est plus gros et a une teneur en graisse

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web moins gras que le canard le foie gras d oie exsude moins à la cuisson et se prête donc parfaitement aux préparations chaudes telles que les pâtés en croûte les tourtes

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