

**Phone Numbers**

Emergency services: **999/112**

First Aid: \_\_\_\_\_

First Aid: \_\_\_\_\_

First Aid: \_\_\_\_\_

First Aid: \_\_\_\_\_

# FIRST AID GUIDE

## How to deal with accidents and emergencies

- Keep calm and think for any dangers to yourself or to the injured person.
- Find out what happened and how.
- How many casualties are there?
- Is there anyone around who can help you?
- Do you need an ambulance?

## ADULT RESUSCITATION



Fig 1

Check if the patient is responsive – if they do not respond, call 999/112. If there is no response, start resuscitation. If you are alone, start with 30 chest compressions – see the Resuscitation section. If there is someone with you, start with 2 minutes of resuscitation. If you are alone, start with 2 minutes of resuscitation. If you are alone, start with 2 minutes of resuscitation.



Fig 2

If the patient is not breathing normally, give 30 chest compressions. If you are alone, start with 30 chest compressions. If you are alone, start with 30 chest compressions. If you are alone, start with 30 chest compressions.



Fig 3

Check again if the patient is responsive. If they do not respond, call 999/112. If there is no response, start resuscitation. If you are alone, start with 30 chest compressions – see the Resuscitation section. If there is someone with you, start with 2 minutes of resuscitation. If you are alone, start with 2 minutes of resuscitation.

## CHOKING

Adult and children over 1 year



Fig 1

- 1 Ask the person to lean slightly forward. Stand behind them and wrap your arms around their waist.
- 2 If they cannot cough or speak, use the Heimlich maneuver between the shoulder blades with the heel of your hand (Fig 1).
- 3 If this doesn't work, do the Heimlich maneuver from the front. Place your hands just above the navel and push upwards sharply (Fig 2).
- 4 Continue this cycle until the object is removed or the person becomes unconscious. If unconscious, start CPR (Fig 3).
- 5 If the person is pregnant, stand behind them and perform the Heimlich maneuver under the breasts.

Always offer the Heimlich maneuver to a choking pregnant woman. Do not perform the Heimlich maneuver on a child under 1 year.



Fig 2

## CHOKING (Infant)

Adults, children under 1 year

- 1 If an infant is choking, hold them upright, and give 5 back blows. Hold the infant with one hand, support the back of the head with the other. Give 5 back blows between the shoulder blades with the heel of your hand (Fig 1).
- 2 If this doesn't work, do the Heimlich maneuver from the front. Support the infant with one hand, and give 5 upward thrusts just above the navel (Fig 2).
- 3 If the person is pregnant, stand behind them and perform the Heimlich maneuver under the breasts.
- 4 The person of the baby should be placed on their back, and CPR should be started.



Fig 1



Fig 2

## HEART ATTACK

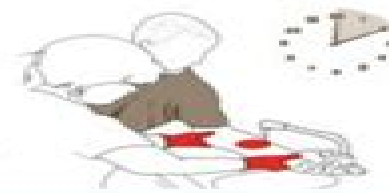


- Always check if the person is responsive. If they do not respond, call 999/112. If there is no response, start CPR. If you are alone, start with 30 chest compressions – see the Resuscitation section. If there is someone with you, start with 2 minutes of resuscitation. If you are alone, start with 2 minutes of resuscitation.
- 1 Check for a pulse. If there is no pulse, start CPR. If you are alone, start with 30 chest compressions – see the Resuscitation section. If there is someone with you, start with 2 minutes of resuscitation. If you are alone, start with 2 minutes of resuscitation.
  - 2 If the person is pregnant, stand behind them and perform the Heimlich maneuver under the breasts.
  - 3 If the person is pregnant, stand behind them and perform the Heimlich maneuver under the breasts.
  - 4 If the person is pregnant, stand behind them and perform the Heimlich maneuver under the breasts.
  - 5 If the person is pregnant, stand behind them and perform the Heimlich maneuver under the breasts.

## BURNS & SCALDS

Burns and scalds are very common injuries. They can be very painful.

- 1 Cool the burn with cool running water for 10-20 minutes. Do not use ice or very cold water.
- 2 Cover the burn with a sterile dressing or a clean cloth. Do not use cotton wool.
- 3 Cover the burn with a sterile dressing or a clean cloth. Do not use cotton wool.
- 4 Do not use ointments or creams.



## SEVERE BLEEDING



- Severe bleeding is a medical emergency. It can be life-threatening. If you see someone with severe bleeding, call 999/112. If there is no one else around, start first aid. If you are alone, start with 30 chest compressions – see the Resuscitation section. If there is someone with you, start with 2 minutes of resuscitation. If you are alone, start with 2 minutes of resuscitation.
- 1 Apply direct pressure to the wound with a clean cloth or dressing. If you have a pressure bandage, use it. If you do not have a pressure bandage, use a clean cloth or dressing.
  - 2 If the bleeding does not stop, apply a pressure bandage. If you do not have a pressure bandage, use a clean cloth or dressing.
  - 3 If the bleeding does not stop, apply a pressure bandage. If you do not have a pressure bandage, use a clean cloth or dressing.
  - 4 If the bleeding does not stop, apply a pressure bandage. If you do not have a pressure bandage, use a clean cloth or dressing.
  - 5 If the bleeding does not stop, apply a pressure bandage. If you do not have a pressure bandage, use a clean cloth or dressing.

## NOSE BLEED

- 1 Sit the person upright.
- 2 Pinch the soft part of the nose for 10-15 minutes. Do not breathe through the nose.
- 3 If the bleeding does not stop, repeat the steps.
- 4 If the bleeding does not stop, repeat the steps.
- 5 If the bleeding does not stop, repeat the steps.



## RECOVERY POSITION



- If you see someone who is unconscious but breathing normally, place them in the recovery position. If you are alone, start with 30 chest compressions – see the Resuscitation section. If there is someone with you, start with 2 minutes of resuscitation. If you are alone, start with 2 minutes of resuscitation.
- 1 Roll the person onto their side. Support their head and neck.
  - 2 Roll the person onto their side. Support their head and neck.
  - 3 Roll the person onto their side. Support their head and neck.
  - 4 Roll the person onto their side. Support their head and neck.
  - 5 Roll the person onto their side. Support their head and neck.

## RECOVERY POSITION (Infant)

- If you see someone who is unconscious but breathing normally, place them in the recovery position. If you are alone, start with 30 chest compressions – see the Resuscitation section. If there is someone with you, start with 2 minutes of resuscitation. If you are alone, start with 2 minutes of resuscitation.
- 1 Support the infant's head and neck.
  - 2 Support the infant's head and neck.
  - 3 Support the infant's head and neck.
  - 4 Support the infant's head and neck.
  - 5 Support the infant's head and neck.



# Red Cross First Aid Teaching Guide

**Annie Robertson Dyer**



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web may 7 2013 comparaison foie gras de canard et foie gras d oie saveur du foie gras d oie la plus délicate sa saveur est considérée comme plus fine plus délicate que

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web pour avoir la dénomination foie gras le poids minimum d un foie gras de canard est de 300 g 400 g pour un foie d oie néanmoins sur les marchés du sud ouest vous

**foie gras entier de canard mi cuit igp bocal** - Jun 19 2022

web partager au moment des fêtes le foie gras est un ingrédient roi qui a sa place à table mais au moment de l achat il faut prendre une décision l oie ou le canard les deux

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**foie gras de canard ou d oie foie gras du gers** - Aug 10 2021

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le principe de base pour obtenir du foie gras est d élever des oies ou des canards puis de les gaver durant la période précédant l abattage en général une douzaine de jours afin d engraisser l animal ce qui permet notamment de faire grossir le foie jusqu au stade de la stéatose hépatique et d obtenir ainsi le foie gras cru alors que l engraissement de l animal est essentiel à la production de foie gras la pratique com

*recette foie gras de canard maison canard soulard* - Jan 15 2022

web le foie gras d oie est plus gros que celui de canard sa forme est aussi plus massive contrairement à ce que l on pourrait penser un foie gras de bonne qualité n est pas

*périgieux canards et oies le marché au gras de retour place* - Oct 24 2022

web chaque étape de la fabrication de nos foies gras est réalisée avec patience grâce à la transmission d un savoir faire artisanal avec en mémoire le souhait des fondateurs

*foie gras d oie ou de canard lequel choisir esprit de* - Sep 03 2023

web les meilleurs foies gras de canard et d oie foie gras de canard entier du sud ouest au torchon mi cuit existe en 2 conditionnements 11 avis en stock à partir de 41 00 lobe

qu est ce que le foie gras de canard - Feb 25 2023

web 1 day ago l oie et le canard sous toutes leurs formes reviennent sur les étales du marché au gras à partir du samedi 4 novembre le rendez vous a lieu les mercredis et samedis

*différences entre foie gras de canard et foie gras d oie cifog* - Mar 17 2022

web a la fin cependant le foie gras de canard est moins cher que le foie gras d oie une différence de prix qui s explique aisément par des contraintes et exigences plus

*foie gras wikipedia* - Jul 01 2023

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

**foie gras canard foie gras oie du périgord et spécialités sud** - May 31 2023

web le foie gras est un mets délicieux fabriqué à partir du foie d un canard ou d une oie spécialement engraisé 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

**entier mi cuit extra comment choisir un bon foie gras** - Sep 22 2022

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

calendrier de l'avent maison godard 2023 godard - Apr 05 2021