

Red Cross First Aid Manual



Phone Numbers

Emergency services	999/112
Police	
Fire	
Ambulance	

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 person is responsive – 'Tally, Tally, can you hear me?'. If there is no response, shout for help. Tally is a phrase starting with 'T'. Open the airway and the breathing normally. Check for a normal pulse at the carotid artery. Place on the recovery position. Call 999 or 112 for an ambulance.



Fig 2

If the person is not breathing normally, give 30 chest compressions. To do this, place your hands in the centre of the chest and push down. Do 30 chest compressions.



Fig 3

Open the airway. Lift the head back and give two breaths. Tallying the head and counting the breaths to mouth with your hands. Give another two breaths. Continue to do 30 chest compressions and two breaths.

CHOKING

Adult and child



Fig 1

- Ask 'Is there a problem?' If they can't talk or breathe, encourage them to cough to dislodge the object.
- If they can't cough, get up behind the person and place your hands between the shoulder blades and the back of their head (Fig 1).
- If the object is not dislodged, give five abdominal thrusts. Place your hands just above the navel and pull sharply upwards.
- Continue five up to five back blows and five abdominal thrusts until the object is dislodged.
- If the object is not dislodged, give five back blows. Place your hands just above the navel and pull sharply upwards.

Always be careful not to choke the person. Do not perform the Heimlich manoeuvre on a pregnant woman or on a person who is unconscious.

CHOKING (Infant)

Infant



Fig 1

- If an infant is choking, do not attempt to give first aid. If you are alone, give five back blows. Place your hands just above the navel and pull sharply upwards.
- If the object is not dislodged, give five abdominal thrusts. Place your hands just above the navel and pull sharply upwards.
- Continue five up to five back blows and five abdominal thrusts until the object is dislodged.
- If the object is not dislodged, give five back blows. Place your hands just above the navel and pull sharply upwards.

Always be careful not to choke the person. Do not perform the Heimlich manoeuvre on a pregnant woman or on a person who is unconscious.

HEART ATTACK



Fig 1

- Heart attack is one of the most common life-threatening conditions. Symptoms include chest pain, shortness of breath, sweating, nausea, dizziness, fainting, and fatigue.
- If you suspect a heart attack, call 999 or 112 for an ambulance. Do not give aspirin or any other medicine.
- If the person is unconscious, place them in the recovery position.
- Call 999 or 112 for an ambulance. Do not give aspirin or any other medicine.

BURNS & SCALDS



Fig 1

- Burns and scalds are among the most common injuries. They can be caused by fire, hot liquids, steam, or electricity.
- Cool the burn or scald with cool running water for at least 10 minutes.
- Do not use ice, butter, or any other substance.
- Cover the burn or scald with a clean, dry cloth.
- Call 999 or 112 for an ambulance.

SEVERE BLEEDING



Fig 1

- Bleeding can be life-threatening. It can be caused by a cut, a bruise, or a burn.
- If you suspect a severe bleed, call 999 or 112 for an ambulance. Do not give aspirin or any other medicine.
- If the person is unconscious, place them in the recovery position.
- Call 999 or 112 for an ambulance.

NOSE BLEED



Fig 1

- Nosebleeds are common. They can be caused by a dry nose, a cold, or a trauma.
- Have the person sit up and lean forward.
- Pinch the nose for at least 10 minutes.
- Do not lie down or use a tissue.
- Call 999 or 112 for an ambulance.

RECOVERY POSITION



Fig 1

- The recovery position is used for unconscious people who are breathing normally. It helps to keep the airway open and prevents choking.
- To place a person in the recovery position, roll them onto their side. Support their head and neck with your hands.
- Call 999 or 112 for an ambulance.

RECOVERY POSITION (Infant)



Fig 1

- The recovery position is used for unconscious people who are breathing normally. It helps to keep the airway open and prevents choking.
- To place a person in the recovery position, roll them onto their side. Support their head and neck with your hands.
- Call 999 or 112 for an ambulance.

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



Red Cross First Aid Manual is an essential resource for anyone interested in learning how to respond effectively to medical emergencies. This comprehensive guide, published by the American Red Cross, provides detailed instructions and illustrations on various first aid techniques, making it an invaluable tool for both laypersons and trained professionals. Whether you are a parent, teacher, coach, or simply someone who wants to be prepared for unexpected situations, the Red Cross First Aid Manual equips you with the knowledge and confidence to handle emergencies with skill and composure.

Understanding the Importance of First Aid

First aid is the immediate assistance given to someone who is injured or ill. It can be performed by anyone, regardless of their medical training, and is crucial in minimizing the severity of injuries and even saving lives. The Red Cross emphasizes the following key reasons why understanding first aid is vital:

- **Immediate Response:** Administering first aid quickly can prevent further harm and complications.
- **Increased Survival Rates:** Proper first aid can significantly increase the chances of survival during critical situations.
- **Reduction in Recovery Time:** Prompt and appropriate care can lead to faster recovery for the injured person.
- **Empowerment:** Knowing first aid empowers individuals to take action when emergencies arise, rather than feeling helpless.

Key Features of the Red Cross First Aid Manual

The Red Cross First Aid Manual is structured to provide clear, concise, and actionable information. Here are some of its key features:

1. Comprehensive Coverage

The manual covers a wide range of topics, including but not limited to:

- Basic first aid principles
- CPR (Cardiopulmonary Resuscitation)
- Wound care and bandaging
- Choking relief techniques
- Management of sprains and fractures

- Burn treatment
- Emergency responses to heart attacks and strokes
- First aid for specific populations (e.g., infants, children, elderly)

2. User-Friendly Format

The manual is designed with the reader in mind, featuring:

- **Clear Illustrations:** Step-by-step images help visualize techniques.
- **Quick Reference Sections:** Easy-to-navigate sections allow for swift access to information during emergencies.
- **Color Coding:** Different colors highlight various sections, making it easier to find specific topics.

3. Evidence-Based Guidelines

The guidelines provided in the Red Cross First Aid Manual are based on the latest scientific research and best practices in emergency care. This ensures that readers are learning methods that are effective and up-to-date.

How to Use the Red Cross First Aid Manual Effectively

To get the most out of the Red Cross First Aid Manual, consider the following tips:

1. Familiarize Yourself with the Contents

Before an emergency arises, take the time to read through the manual thoroughly. Familiarizing yourself with the content will help you recall important information when you need it most.

2. Practice Techniques

The manual includes descriptions of various first aid techniques. Practice these techniques, especially CPR and choking relief, with a friend or family member. Regular practice will enhance your confidence and muscle memory.

3. Keep It Accessible

Make sure to keep the manual in a location where it is easily accessible, such as in your home or vehicle. Consider having a digital version on your smartphone for emergencies on the go.

4. Stay Updated

First aid practices may change over time as new research emerges. Periodically check for updated editions of the manual or participate in a first aid refresher course to stay current.

Common First Aid Scenarios and Responses

Understanding what to do in common first aid scenarios can make a significant difference. Here are some frequently encountered situations along with the recommended first aid responses:

1. Cuts and Scrapes

- Wash your hands to prevent infection.
- Clean the wound gently with soap and water.
- Apply an antibiotic ointment if available.
- Cover with a clean bandage.

2. Burns

- Cool the burn under running water for at least 10 minutes.
- Do not apply ice directly to the burn.
- Cover the burn with a sterile dressing.
- Seek medical help for severe burns.

3. Choking

- Encourage the person to cough if they can still breathe.
- If they cannot cough, perform the Heimlich maneuver.
- Call emergency services if the obstruction does not clear.

4. Heart Attack Symptoms

- Look for signs such as chest pain, shortness of breath, sweating, or nausea.
- Call 911 immediately.
- If trained, begin CPR if the person becomes unresponsive.

The Role of the Red Cross in First Aid Training

The American Red Cross is a leading organization in providing first aid training and resources. They offer various courses that complement the information in the Red Cross First Aid Manual, including:

- Basic First Aid and CPR courses
- Advanced First Aid and CPR classes for healthcare providers
- Specialized training for specific populations, such as babysitters and coaches

By participating in these courses, individuals can gain hands-on experience and certification, further enhancing their ability to respond to emergencies.

Conclusion

In conclusion, the **Red Cross First Aid Manual** is an invaluable tool for anyone looking to enhance their first aid knowledge and skills. With its comprehensive coverage, user-friendly format, and evidence-based guidelines, this manual serves as a crucial resource for responding to medical emergencies. By familiarizing yourself with its contents, practicing techniques, and participating in training courses, you can be better prepared to help yourself and others in times of need. The importance of first aid cannot be overstated; it is a skill that empowers individuals to act decisively and compassionately when faced with emergencies.

Frequently Asked Questions

What is the primary purpose of the Red Cross First Aid Manual?

The primary purpose of the Red Cross First Aid Manual is to provide individuals with essential knowledge and skills to respond effectively in emergency situations, ensuring they can offer immediate assistance to those in need until professional medical help arrives.

How often is the Red Cross First Aid Manual updated?

The Red Cross First Aid Manual is typically updated every few years to reflect the latest guidelines, best practices, and advancements in first aid techniques, ensuring that the information remains current and relevant.

What key topics are covered in the Red Cross First Aid Manual?

Key topics covered in the Red Cross First Aid Manual include CPR techniques, wound care, treatment for burns, managing fractures and sprains, recognizing and responding to cardiac emergencies, and handling environmental emergencies.

Is the Red Cross First Aid Manual suitable for beginners?

Yes, the Red Cross First Aid Manual is designed to be user-friendly and accessible, making it suitable for beginners as well as those with more advanced first aid training.

Can the Red Cross First Aid Manual be used for training purposes?

Yes, the Red Cross First Aid Manual can be used as a training resource for individuals preparing for first aid certification courses or for organizations conducting first aid training sessions.

Where can I purchase the Red Cross First Aid Manual?

The Red Cross First Aid Manual can be purchased through various platforms, including the official Red Cross website, major online retailers like Amazon, and local bookstores that carry health and safety resources.

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