

## Craven U3A Walking Group Basic First Aid Reminder Card

### Heart Attack

Sit up don't lie down, keep warm, reassure  
If unconscious or irregular breathing or any  
doubt, Start CPR

### **CPR**

30 compressions or until help arrives  
120perminute; (Staying Alive, Nellie the elephant)

**Kiss of Life every 30 compressions**

Open Airways

Pinch Nose, cover mouth, breathe steadily

2 Rescue breaths take 5 seconds

Make sure chest rises and falls

Continue cycle of compressions/breaths

Aspirin (300mg) Only with Casualty's Permission

### Sprain /Strain

Rest

Keep Cold

Compression

Elevation

### Fracture

Don't move the casualty until injury  
immobilised, unless in danger.

Don't let the casualty eat or drink.

### Bleeding

Apply direct pressure to the wound.

Elevate the Injury.

### Stroke

Call the Emergency Services ASAP.