Ms V’s 25 First Aid Topics

1. Aims of first aid

**Overview of How to Assess Your Casualties needs**

1. Prioritising your casualties (TRIAGE)
2. The primary survey (DRsABtpC)
3. The secondary survey (top to toe 12)
4. Reasons for being unconscious – FISHSHAPED
5. The recovery position

**Overview of Circulatory System related First Aid**

1. Cardiac Arrest and CPR
2. Heart Attack and Angina
3. Bleeding
4. Shock
5. Infection/illness/infantile convulsions (meningitis and other illnesses such as croup or measles)

**Overview of the Nervous System related First Aid**

1. Head injuries (concussion and compression)
2. Stroke
3. Epilepsy/Seizures

**Overview of the Respiratory System related First Aid**

1. Choking/Airway Hypoxia
2. Asthma and Hyperventilation

**Overview of the Skin, Bones and other Organ related First Aid**

1. Burns and Scalds (inc. electric Shock)
2. Poisoning and Allergies (including Anaphylaxis)
3. Dermatitis and eczema
4. Bites and Stings
5. Broken Bones, strains and sprains
6. Diabetes

**Overview of Outdoor related First Aid**

1. Hypothermia
2. Heat exhaustion
3. Drowning