## FIRST RESPONSE

# FIRST AID MANUAL WITH AUDIO INSTRUCTIONS



IntelligentFirstAid |

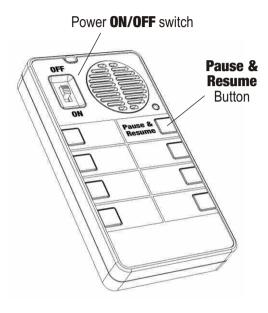


The audio device included with this manual will provide audible instructions to assist you with First Aid procedures.

#### **How to Use**

- 1. Slide the Power Switch down to the **ON** position. Follow the audio instructions and refer to the pages in this manual.
- 2. Press the **First Checks** green button to begin.
- Once the first checks are complete, select one of the procedure buttons.
- **4.** Pause the audio at any time by pressing the **Pause & Resume** button.
- Resume the audio by pressing the **Pause & Resume** button again. NOTE: The audio will resume from the beginning of the sentence in which it was paused.
- **6.** You can restart the audio from the beginning at any time by pressing the procedure button. A different procedure can also be started at any time by pressing the required button.

For assistance and technical support, please call our helpline on 01794 278327.



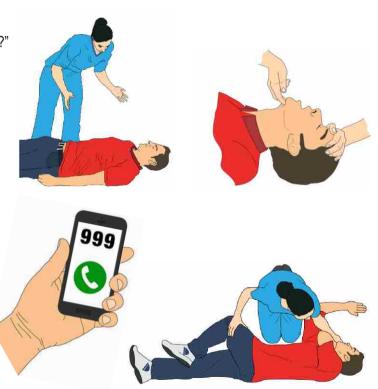
#### **Disclaimer**

The procedures and protocols contained in this product are compliant with the Resuscitation Council (UK) guidelines 2015. This product is not intended to replace the need for professional help. The user assumes all risk of liability.

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### FIRST CHECKS

- Ensure area is safe and check casualty for response.
  Gently shake shoulders and ask loudly, "Are you alright?"
- Open the airway. Place hand on forehead and gently tilt head back with fingertips under chin.
- Check for breathing. Look, listen and feel for normal breathing, for no more than 10 seconds.
- Call for help, **999** or **112**. If two people are present, one treats casualty and one calls for help.
- If casualty is not breathing, start CPR immediately.
- If casualty is breathing and unconscious, consider rolling them onto their side and keep airway open.
- First Checks complete, assess casualty and press a procedure button to continue.



### **CPR ADULT**

- If two people are present, send one for an AED, (Defibrillator), if available nearby.
- Place the heel of one hand on the sternum, between the nipples. Place your second hand directly on top of the first hand.
- Position yourself vertically above the chest and with your arms straight.
- Press down on the sternum, approximately 5cm, and then allow chest to rise. Repeat 30 compressions using a rhythm of 120 times per minute.





- After 30 compressions, open the airway by tilting the head back and check for obstructions. Pinch the soft part of the nose and keep the head tilted back.
- Blow steadily into mouth whilst watching the chest rise and repeat for a second breath.
- Repeat 30 compressions and 2 breaths, using the same rhythm, until professional help arrives.

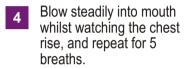
### CPR CHILD

If two people are present, send one for an AED, (Defibrillator), if available nearby.

Open the airway by tilting the head back and check for obstructions.



Pinch the soft part of the nose and keep the head tilted back.







- Place the heel of one hand on the sternum between the nipples.

  Position yourself vertically above the chest and with your arm straight.
- Press down on the sternum, approximately one third of the chest depth, and then allow chest to rise. Repeat 30 compressions using a rhythm of 120 times per minute.
- Repeat to deliver 2 breaths.
- Repeat 30 compressions and 2 breaths, using the same rhythm, until professional help arrives.

### BLEEDING

- To control bleeding, put gloves on and have casualty sit or lie down.
- Apply direct pressure on the wound with a sterile dressing.
- Elevate and support the injured limb.

  Cover the dressing with a rolled bandage.
- If further bleeding occurs, apply a second sterile dressing on top of the first.
- If further bleeding occurs, remove all dressings and apply a new dressing and additional pressure.
- For severe bleeding, seek immediate medical attention.
- Go to page 8 and press the Yellow button to check casualty for shock.







### **SHOCK**

Shock can accompany any injury.

Signs and symptoms of shock include pale, cold and clammy skin.

The casualty may feel like vomiting and their breathing will be fast and shallow.

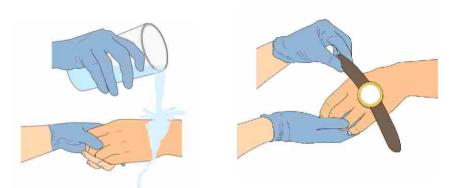
There may be feelings of thirst, weakness, anxiety and confusion.

- Manage shock by laying the casualty down and elevating the legs to approximately 30cm, providing injuries are not compromised.
- Reassure the casualty to keep them calm and monitor responsiveness.
- Keep the casualty warm and do not give food or drink.



### **BURNS**

- Put gloves on and hold the burned area under cool running water for a minimum of 20 minutes.
- Remove jewellery, but do not remove anything that is stuck to the affected area.
- Cover all burned areas with cling film or use a sterile dressing that is not fluffy.
- Do not apply any form of cream to the affected area. Do not apply any form of adhesive dressing. Do not burst any blisters that form.
- Go to page 8 and press the Yellow button to check casualty for shock.





### **CHOKING**

Ask casualty if they are choking and look for response.

Encourage casualty to cough.

If casualty is unable to cough, lean them well forward and support the chest with one hand.

Give a sharp blow between the shoulder blades with the heel of your other hand.

Repeat up to 5 times and check to see if each blow has cleared the airway.



If the airway is still blocked, perform abdominal thrusts.

Stand behind casualty, put your arms around their upper abdomen and lean them forward.

Clench a fist and place it between the navel and the ribcage.

Grasp your fist with the other hand and pull sharply inwards and upwards.



- Repeat up to 5 times and check to see if each thrust has cleared the airway.
- If the airway is still blocked, call 9-9-9 and continue alternating 5 back blows and 5 abdominal thrusts until help arrives.
- If casualty becomes unresponsive, support them carefully to the ground and begin CPR.

#### **How to Install Batteries**

Slide the power switch to the OFF position. The battery compartment is located on the rear of the device. Use a screwdriver to remove the screw. Install new batteries with the correct polarity as below. Refit the cover and the screw.

#### **Battery Type**

AAA 1.5V Alkaline Batteries x 3, (not included).

#### **Safety Information**

- 1. Not suitable for children under 3 years.
- 2. Do not let children play with batteries.3. Use only new batteries of the stated size and type.4. Do not mix old and new batteries.
- 5. Do not recharge, heat or dispose of batteries in a fire.

#### **Warranty & Support**

Please keep this document for future reference. 12 months warranty is provided. Opening the case will invalidate your warranty.

Produce AAA AAA

For assistance and technical support, please call our helpline on 01794 278327.

#### IntelligentFirstAid



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