

First Aid Shock

Trauma or Fluid loss

- Keep the casualty quiet, reassured and comfortable.
- Keep the casualty warm by a light covering but do not overheat.
- Do NOT give anything to eat or drink to the casualty as this may cause complications if medical attention is required.

First Aid Electric Shock

Do not touch the casualty until the current is switched off. If the current cannot be switched off, stand on some dry insulating material and use a wooden or plastic implement to free the casualty from the electrical source. If breathing has stopped, start mouth-to-mouth respiration and continue until the casualty starts to breathe or until medical help arrives.

Mouth-to-Mouth Respiration

- Lie the casualty flat if possible.
- Ensure no obstructions are in the mouth (remove dentures, etc.).
- Ease constrictions at the neck, chest and waist.
- Place a rolled jacket or pad under the shoulders to arch the neck.
- Pinch the casualty's nostrils and draw the chin forward to open the mouth.
- Take a moderately deep breath and breathe steadily into the casualty's mouth (chest will rise).
- Lift your own head and allow the casualty to exhale (see chest deflate).
- Repeat this cycle at a rate of 6 to 8 per minute.
- Continue until the casualty resumes breathing unaided or until qualified medical services take over, however long this takes.
- If breathing resumes, place the casualty in the Open Airway (Recovery) Position and treat as an unconscious casualty.

Emergency resuscitation charts are available, at cost, from the Occupational Health Unit, <mailto:Occupational.Health@ed.ac.uk>. A copy of this chart should be displayed prominently wherever there is a foreseeable risk of an accident resulting in an unconscious casualty.

Open Airway (Recovery) Position



Burns and Scalds

Burns and scalds, however large or small and from whatever cause (including chemicals) should be cooled by flushing with copious amounts of cold water for at least 10 - 15 minutes (longer if necessary). The affected area should then be covered with a dry sterile dressing or cling film (this does not stick to burns and prevents air and airborne contaminants coming into contact with the burn).

Never apply any lotions, ointments or anything similar to a burn or scald.
COLD WATER ONLY.

Do not burst blisters or attempt to remove charred materials from a burn.
Always obtain medical attention.

Eyes

Foreign bodies (including chemicals) in the eye should be flushed out using clean cool water for at least 10 - 15 minutes. Sterile eye wash bottles of the sealed cap type may be used if tap water is not immediately available. Casualties with eye injuries should always be sent to the hospital with the eye covered by a pad.

Wherever possible the casualty should be taken to the Princess Alexandra Eye Pavilion, Chalmers St. The Eye Pavilion is open Mon - Fri, 8.30am - 5.00pm. Outwith these hours, the casualty should be taken to the Accident and Emergency Department, new Royal Infirmary, Little France, Old Dalkeith Rd.