

First Aid E-Booklet

**Your comprehensive guide
to emergency situations**

Offers step-by-step instructions to respond effectively in critical moments. However, it is recommended to seek medical attention during emergency situations.

Specially brought
to you by our
**Accident &
Emergency
Department**

Types of Emergency Situations

01



CPR

02



Heart Attack

03



Stroke

04



**Swallowed
Foreign Objects**

05



**Foreign Objects
in Eye, Nose,
or Ear**

06



**Allergic
Reaction**

07



Poisoning

08



Burns

09



**Smoke/
Chemical
Inhalation**

10



Head Injury

11



**Choking
(Adult, Child)**

12



**Fall
(Adult, Elderly,
and Child)**

13



**Dislocation/
Broken Bones**

14



Cuts

15



**Seizure
Attack**

16



Fainting

17



Fever

18



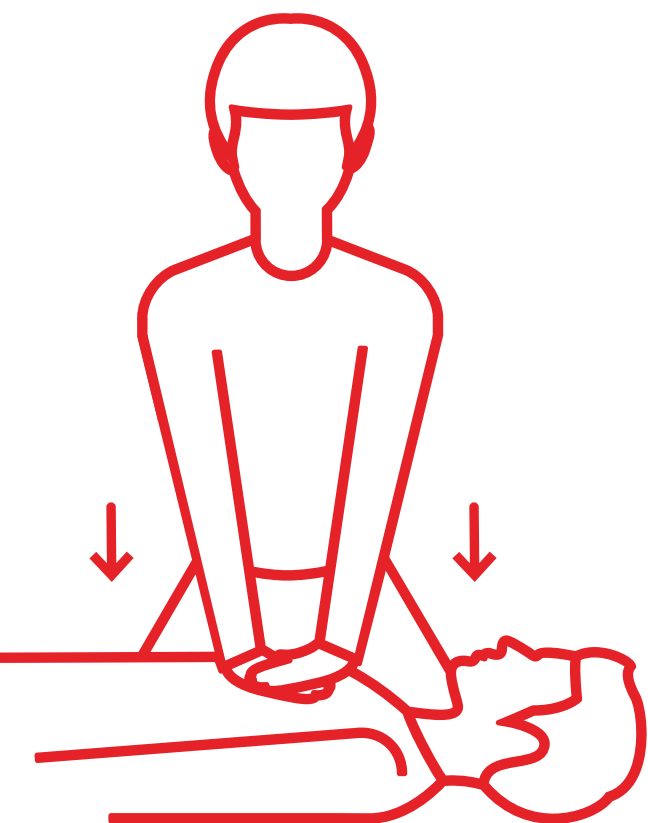
**Food
Poisoning**

CPR

When it comes to performing Cardiopulmonary Resuscitation (CPR), it is crucial to act quickly and effectively to provide life-saving support.



Immediate Action:



- 1.** Put the person on his or her back on a flat surface.
- 2.** Kneel next to the person's chest or shoulder.
- 3.** Place the heel of your palm over the centre of the person's chest, between the nipples.
- 4.** Place your other hand on top of the first hand. Keep your elbows straight and position your shoulders directly above your hands.
- 5.** Push straight down on (compress) the chest. Use your body weight (not just your arms) when doing compressions.

Continue CPR until medical assistance arrives or when the person regains consciousness.



When performing CPR, it is crucial to maintain a consistent rhythm and depth of compressions. It is recommended to undergo CPR training from certified providers.

Heart Attack

In the event of a heart attack, swift action is crucial for a person's survival. Identifying the signs and taking immediate steps can significantly improve their chances of survival.



Key Symptoms:



Chest tightness or pain that can radiate to the jaw and extend to one or both arms.



Sudden collapse.



Difficulty in breathing or gasping for air.



Bluish discoloration of the lips.



Profuse sweating, particularly when accompanied by other symptoms.

Immediate Action:



1. Seek medical attention immediately.



2. Be calm and ensure that the person is positioned comfortably while awaiting assistance.



3. Inquire about the individual's use of any chest pain medication and assist them in administering it if necessary.



4. Immediately perform CPR if the person is unconscious or pulseless.

Stroke

Recognising the signs of a stroke and taking immediate action can save lives and prevent long-term complications.



Remember the **BEFAST** guide:

Be vigilant in recognising these symptoms that may indicate a stroke.



Balance:

Experience difficulty balancing or sudden onset of a severe headache.



Eyes:

Encounter blurred vision.



Facial:

Look for facial weakness or numbness.



Arm:

Check for arm weakness or loss of balance/lack of coordination.



Speech:

Listen for slurred speech or difficulty in understanding speech.



Time:

Note the time when any of the symptoms first appeared.

Immediate Action:

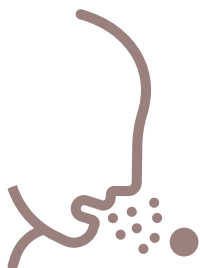


BEFAST to seek medical attention immediately if one or more symptoms are present.

Swallowed Foreign Objects

If someone has swallowed a foreign object, it is essential to assess the situation and take appropriate action.

Immediate Action:



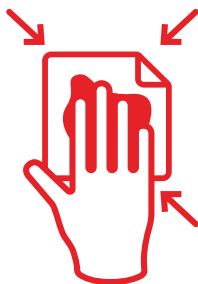
1. Assess for breathing difficulties, excessive coughing, or signs of distress. Inquire about their ability to speak, any pain or discomfort.
2. If forceful coughing occurs, allow natural expulsion of the object. Encourage continued coughing and intervene only if airway clearance becomes impossible.
3. Do not induce vomiting due to the potential risks of object lodging or harming of the oesophagus/airway.
4. If the person is unable to breathe, experiencing severe pain, or their condition worsens, seek medical attention immediately.



Foreign Objects in the Eye, Nose, or Ear

Encountering a foreign object in the eye, nose, or ear can be alarming, but it is crucial to handle the situation appropriately.

Immediate Action:



- 1.** Stay calm: It is important to stay calm to avoid causing further distress to the person.
- 2.** Seek medical attention immediately.
- 3.** Do not attempt to remove object as it may cause more harm.
- 4.** Use a clean cloth to wrap around the injured area if there is bleeding.

Allergic Reaction

Identifying the signs of an allergic reaction is crucial in providing timely assistance.

Key symptoms:



Red, itchy rash or raised areas of the skin (hives).



Red, itchy eyes.



Wheezing and/or difficulty in breathing.



Swelling of the hands, feet, and/or face.



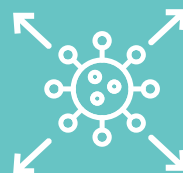
Abdominal pain, vomiting, and diarrhoea.

Immediate Action:



1.

Assess the individual's signs and symptoms. Ask if he/she has any known allergies.



2.

Remove the trigger if possible, or move the individual away from the trigger.



3.

Allow the individual to take his/her own medication for a known allergy.



4.

Seek medical attention immediately.



Poisoning

In the event of drug/chemical poisoning, it is crucial to act swiftly and appropriately.

Immediate Action:



1. Identify the drug/chemical/substance involved.
2. Determine the entry point and quantity of the substance ingested.
3. If the poison comes into contact with the skin or eyes, rinse the affected area thoroughly with water.
4. Seek medical attention immediately.

Burns

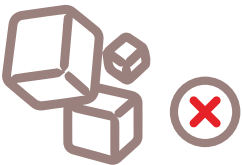
When faced with burn injuries, it is important to respond promptly and seek appropriate medical attention.



What NOT to do:



Avoid applying toothpaste or other chemicals.

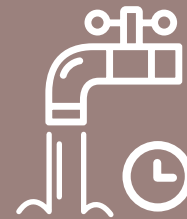


Do not apply ice.



Do not rinse under freezing water.

Immediate Action:



1. Immediately soak or place the affected area under cool running water for 15 to 30 minutes.



2. Cover the burn with a clean gauze or cloth to protect it.

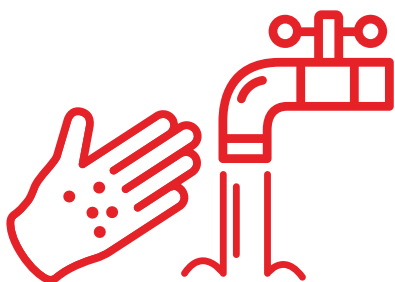
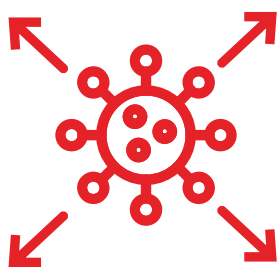


3. Seek medical attention to ensure proper assessment and treatment.

Smoke/Chemical Inhalation

When faced with smoke or chemical inhalation, it is crucial to take swift action to ensure the safety and well-being of the affected individual.

Immediate Action:



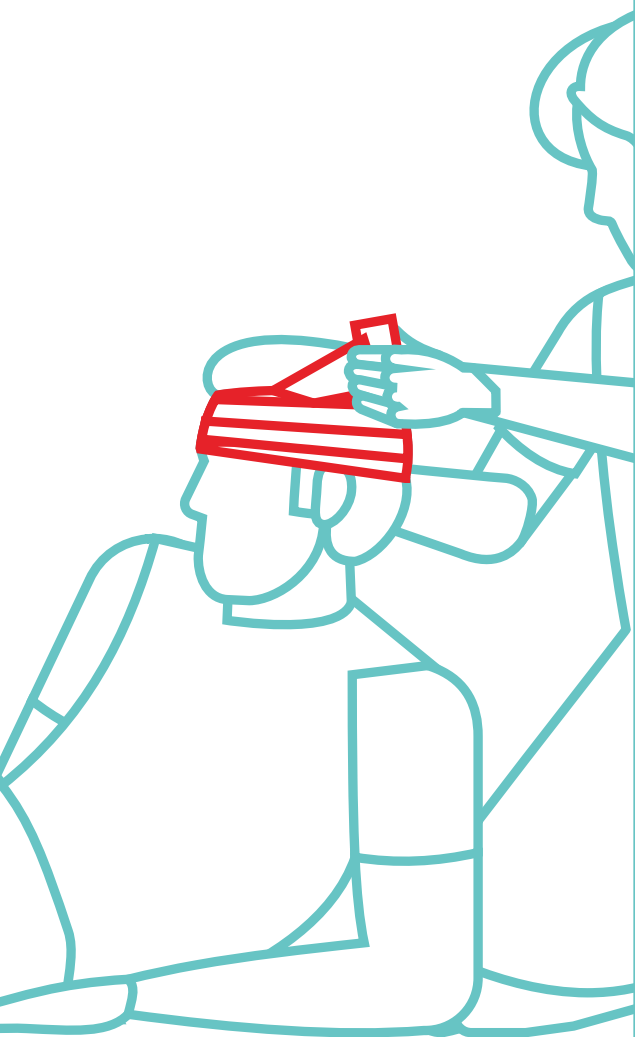
- 1.** Move away from the source. Seek fresh air by opening windows/doors or going outside.
- 2.** Seek medical attention immediately.
- 3.** If exposed to other areas such as skin, wash and rinse thoroughly with clean water.
- 4.** Share detailed information about the smoke or chemical inhalation upon receiving medical attention.

Head Injury

In the event of a head injury/trauma, follow these steps to provide initial care.



Immediate Action:



1. Apply direct pressure to the wound.



2. Put a dressing or a clean gauze pad over the wound. Apply firm, direct pressure with your hand to control the bleeding.



3. Secure the dressing over the wound with a roller bandage to help maintain direct pressure on the injury.



4. Avoid sudden or excessive neck movements if the patient is unconscious or experiencing neck pain to prevent further injury, as there may be an associated neck injury.



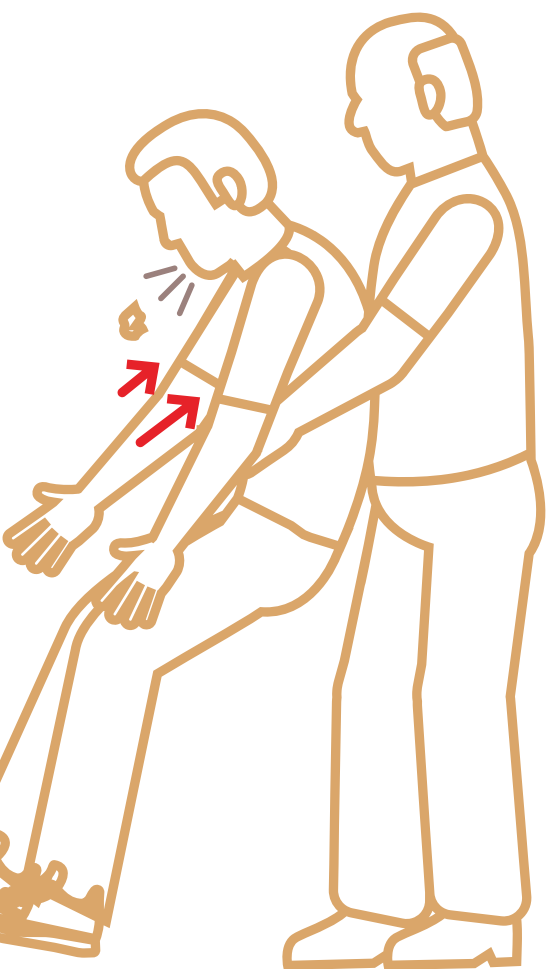
5. Seek medical attention immediately.

Choking (Adult)

When faced with a choking emergency, follow these steps to assist the person in need.

Immediate Action:

Adult



1. Encourage the person to try to cough to remove the obstruction.
2. Perform abdominal thrusts by standing behind the individual, placing both arms around their body. Position one fist between the navel and the bottom of the breastbone, then grasp your fist with your other hand. Pull sharply inward and upward until the object is dislodged.
3. If object is still stuck, seek medical attention immediately.

Repeat step 2 while help is on the way.



If individual loses consciousness, begin CPR immediately.

Choking (Child)

When faced with a choking emergency, follow these steps to assist the person in need.

Immediate Action: Child



- 1.** Check child's mouth - Turn the child face up along your other forearm, supporting his/her back and head. Check the mouth. Pick out any obvious obstructions.
- 2.** If the child is unable to cough or breathe, lay him/her face down along your forearm (head low), and support his/her body and head. Give up to five back blows between the shoulder blades with the heel of your hand. If choking persists, perform abdominal thrusts. (Refer to page 11, step 2.)
- 3.** For child below age 1, give up to FIVE chest compressions - Place two fingertips on the lower half of the child's breastbone, in the nipple line. Give up to five compressions. Recheck the mouth.
- 4.** Seek medical attention - Repeat steps 1 to 3 until the object is expelled.
- 5.** Perform CPR if the child loses consciousness.

Fall

Prompt action after a fall is crucial for safety. Regardless of age, follow these steps.



Immediate Action:

Adult, Child & Elderly



- 1.** Assess the person's condition and advise them to stay still if in severe pain or unable to move.
- 2.** Check for signs of serious injury (e.g., severe bleeding, loss of consciousness, difficulty in breathing). If none are present, help the person get up slowly and find a comfortable position.
- 3.** Apply ice packs or cold compresses to areas of swelling to reduce pain and inflammation.
- 4.** Monitor the person for any changes in their condition, such as dizziness, confusion, or worsening pain.
- 5.** Seek medical attention immediately.

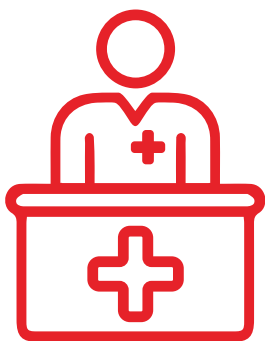


For elderlies, it is important to continue monitoring their condition or seek medical attention for assessment.

Dislocation/ Broken Bones

Dislocation

Immediate Action:



Seek medical attention immediately.

Broken Bones

Immediate Action:

R.I.C.E therapy stands for:



1.

Rest:

It is important to avoid mobilising the person if they are in pain.



2.

Ice:

Apply ice packs for 20-30 minutes to the affected area.



3.

Compression:

Use a gentle compression bandage to help reduce swelling.



4.

Elevation:

Elevate the injured limbs above the level of the heart.



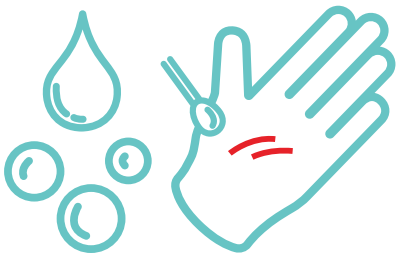
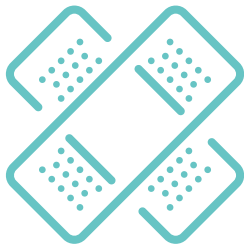
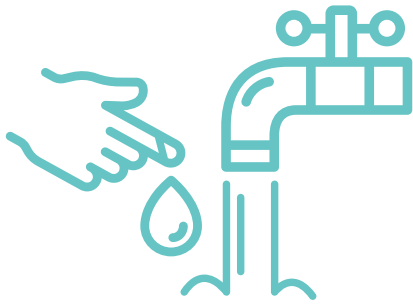
5.

Seek medical attention immediately.

Cuts

Take immediate action for cut care by following these steps.

Immediate Action:



1. Clean the wound: Rinse gently under running water or use alcohol-free wipes if dirty.

2. Pat dry and cover: Gently dry the wound with a clean cloth or sterile gauze, then protect it with sterile gauze to prevent contamination.

3. Clean the area: Wash the skin around the wound gently with soap and water, using separate swabs for each stroke. Dry the area and cover with sterile dressing.



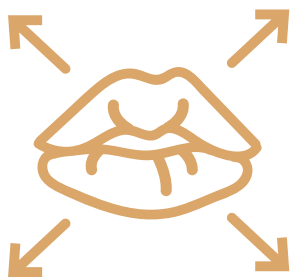
If the wound worsens, seek medical attention immediately.

Seizure Attack

Stay calm and provide supportive assistance during seizures.

What NOT to do:

Avoid restraining the person and refrain from inserting any objects into the mouth.



Immediate Action:



1. Keep calm: Stay composed and reassure those around you.



2. Ensure safety: Create a safe environment by clearing the area of any potential hazards that could cause injury.



3. Protect the head: Safely reposition the person to lie on their left to clear the airway and prevent aspiration.



4. Time the seizure: Note start time and observe movements/symptoms. This aids medical professionals in evaluation.



5. Monitor breathing: Ensure normal breathing and clear airway. If breathing is difficult, or absent after seizure, seek medical attention immediately. Perform CPR while awaiting for help.

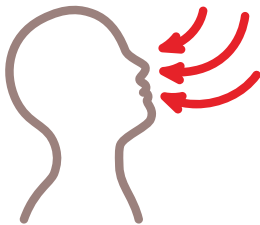
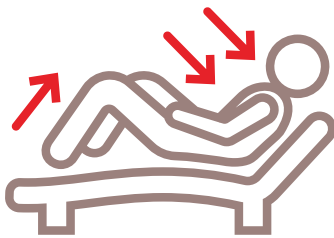


6. Post-seizure care: After the seizure, seek medical attention immediately for assessment.

Fainting

If the person does not regain consciousness and is not breathing normally, begin CPR immediately.

Immediate Action:



1. When the person feels like fainting, advise them to lie down and raise their legs to improve blood flow to the brain.
2. Ensure the person has plenty of access to fresh air.
3. As the person recovers, help them sit up gradually. If the person feels like fainting again, advise them to lie down.
4. Seek medical attention once the person recovers and feels better.

Fever

Manage fever by caring for your body and monitoring symptoms.



Immediate Action:



- 1. Rest and hydrate:** allow your body to rest and drink fluids to stay hydrated, as fever can increase fluid loss through sweating.
- 2. Consider over-the-counter medication:** If needed, follow recommended dosage of medications like Paracetamol to control symptoms.
- 3. Seek medical attention:** If fever persists, worsens, or is accompanied by worrisome symptoms (e.g., confusion, difficulty breathing, severe pain), seek medical attention immediately.

Consult your doctor if:

Fever lasts over three days despite home treatment.

Temperature exceeds 40°C (104°F).

Shivering, involuntary shaking, or chattering of teeth occur.

Symptoms progressively worsen.

Unusual symptoms such as confusion, hallucinations, severe headaches, rapid heart rate, drowsiness, vomiting, neck stiffness, skin rash, chills, appearance of muscle spasms or unresponsiveness to painkillers.

Recent overseas travel.

Food Poisoning

Recover from food poisoning with these steps.



Immediate Action:



1. Stay hydrated: Drink fluids like water, broths, or electrolyte solutions to prevent dehydration from vomiting or diarrhoea.
2. Allow your body to recover by resting and avoiding strenuous activities.
3. Initially, avoid solid foods and start with bland, easy-to-digest options like crackers, toast, or boiled rice.
4. Once symptoms improve, slowly reintroduce mild, low-fat foods like boiled vegetables, lean proteins, or soups.
5. Avoid caffeine, alcohol.
6. Consult healthcare professionals/pharmacists before using medications like anti-diarrhoeal drugs or antacids.



Seek medical attention if symptoms persist or worsen for proper evaluation and care.



First Aid E-Booklet



This first aid e-booklet does not
replace professional medical advice.
Seek medical attention immediately
during emergency situations.

SMCV A&E Department: +603 9772 9111

Malaysia Emergency Response Services: 999

Familiarise yourself with
these life-saving guides and
you may save a life.

