



Helping to protect lives in our community

First Aid Guide

Including defibrillator information



Keep this booklet in a safe place for future reference


www.theheartofweston.org

Introduction

The Heart of Weston is a local charity set up in loving memory of brothers Chris and Steve Phillips, who both tragically died of a sudden cardiac arrest aged 28 and 29 respectively. The charity has been established to help to protect others living in Weston, as Chris and Steve would have wanted.

The aims of the charity are:

- Maintain the defibrillator situated at Weston Village Hall
- Provide heart screening
- Provide general first aid training

This booklet has been produced by The Heart of Weston charity with advice from Dr Sarah Nightingale. It provides information on how to identify and begin to manage common emergencies, including how to access and use the local defibrillator. If any of these emergencies occur **this booklet does not replace the need for seeking appropriate help from the emergency services**. Where appropriate, YouTube videos have been suggested to accompany this booklet. See the  symbol for links to these.

If you are faced with an emergency first dial 999. If you need support while you wait for the ambulance to arrive you can call:

Dr Sarah Nightingale: 01889 272658 / 07891 530520

Doreen Hynam: 01889 207383

Jane Phillips: 01889 271213

Jackie Williams: 07966 732953

Sue Nott: 01889 270425

Lesley Wilson: 01889 270353

Roger Till: 01889 279019

With thanks to all our supporters including...

Sarah Nightingale, John Cooper and The Heart of Weston Committee



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The material in this booklet has been sourced from Dr Sarah Nightingale, John Cooper (Chase Medics), NHS Choices, the Resuscitation Council UK, the British Heart Foundation and St Johns Ambulance.

Cardiac arrest, CPR and the defibrillator

A cardiac arrest is where the heart stops beating and so blood stops pumping around the body to the organs. Cardio-pulmonary resuscitation (CPR) is performed to manually pump the heart while it is not beating so that the organs do not die. Effective CPR more than doubles the chance of someone surviving a cardiac arrest (Resuscitation Council (UK).) Sometimes the reason that the heart stops beating is because it has started “fibrillating” which is where the rhythm becomes chaotic and disorganised. In this case – early defibrillation saves lives.

One of the main aims of The Heart of Weston charity is to improve the survival chances of our community in the event of a cardiac arrest. By following the steps below you can help to do that. Many people think that CPR and defibrillation is complex and should only be done by professionals – this is not true! **Anybody can perform CPR and use an Automatic External Defibrillator (AED) such as the one purchased for the village.**

Our community AED is located on the wall of Weston Village Hall and can be accessed using a code given when you call for an ambulance. There is also a public access defibrillator at Salt Village Hall.

In the event of finding someone collapsed – here’s what you can do:

Step 1

- Check for response – gently shake the casualty’s shoulders and shout “HELLO, CAN YOU HEAR ME? CAN YOU OPEN YOUR EYES FOR ME?”
- Open the airway by performing a head tilt/chin lift (as shown)





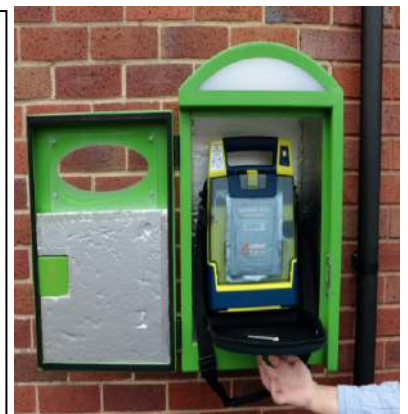
Step 2

- Check if the casualty is breathing
 - Look – to see if their chest is moving
 - Listen – for breath sounds
 - Feel – for their breath on your cheek
- If they are not breathing call 999 for an ambulance (or get someone to do this for you)



Step 3

- Send someone to get the defibrillator (AED) from the box on the village hall wall – the ambulance service will give you the code when you make the 999 call



Step 4

- Start CPR
- Do continuous chest compressions hard and fast in the centre of the chest
- If you are trained to do rescue breaths do 30 compressions to 2 rescue breaths



A note about chest compressions...

Place the heel of one hand over the breast bone in the centre of the chest between the nipples and put your other hand over the top and lock your fingers. Kneel so that your arms are straight over the chest and start compressions. Aim for 100-120 compressions per minute (2 every second) at a depth of 5-6cm. Chest compressions are tiring so try to swap over with helpers regularly!



Step 5

- Once the defibrillator (AED) arrives get one person to continue CPR while you open the box and turn it on
- Follow the instructions given by the defibrillator (AED)
- Attach the pads to the right shoulder and left side – the pads have a picture on showing these positions

Step 6

- Stop CPR to analyse rhythm – do not touch the casualty
- Shock if advised – **ensure nobody is touching the casualty**
- Continue CPR
- Repeat steps 4-6 until help arrives, until signs of life or until you are too exhausted to continue



- 🎥 www.youtube.com/watch?v=ILxjxB4zNk – hands only CPR
- 🎥 www.youtube.com/watch?v=MeHeg8I7xuY – CPR with rescue breaths
- 🎥 www.youtube.com/watch?v=O1h2pPNPAoE – AED

Don't forget that although this may look and sound scary – the idea of an automatic external defibrillator is that anyone can use it. It tells you exactly what to do when you open the box and turn it on. Early CPR and use of an AED can boost the chances of survival of a cardiac arrest from 10% to 50%.

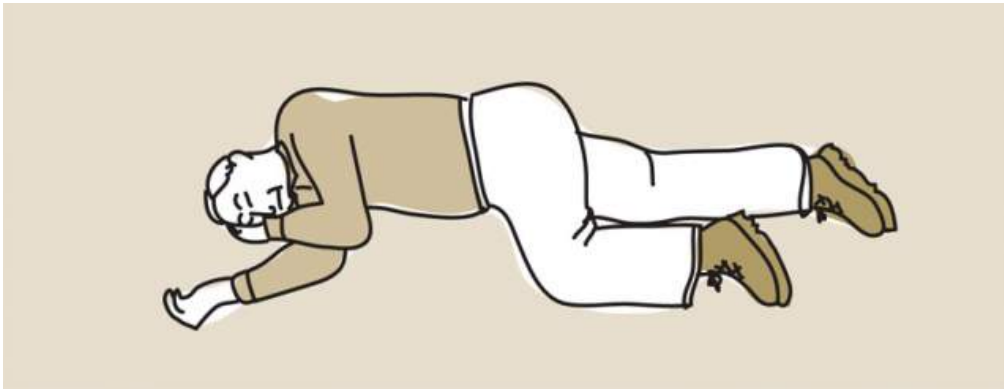
If you want more training, either on a formal course or informally, contact Jane Phillips on 01889 271213 or email janephillips26@gmail.com

Recovery position

If you find someone collapsed or unconscious but otherwise unhurt and breathing normally you should place them in the recovery position. It is a safe position for the casualty while you wait for help to arrive. If at any time they stop breathing you should start CPR (see page 4).

If you think there may be a spinal injury do not move the casualty – dial 999

Put the casualty on their side as shown below with their head tilted slightly back to keep the airway open.



 www.youtube.com/watch?v=uCDa-AhrjHo



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For each Aloe Vera item purchased from Jackie a donation will be made to The Heart of Weston. Please mention 'HEART' when ordering.

Heart attack

A heart attack is a serious emergency where the blood supply to the heart is suddenly blocked. Symptoms often include:

- Central crushing chest pain
- Pain in arms, neck or jaw
- Shortness of breath
- Nausea or vomiting
- Sweating and clammy skin
- Overwhelming sense of anxiety or impending doom

It is important to remember that not everyone feels the classic central crushing chest pain and heart attacks are often mistaken for indigestion.

If you suspect a heart attack dial 999 – treatment is time-critical. The quicker the casualty reaches hospital, the more heart can be saved.

What you can do:

- Call 999 for an ambulance
- Stay calm and reassure the casualty
- Sit the casualty down
- Get the casualty to slowly chew and then swallow 300mg aspirin, unless they are allergic to aspirin
- If the casualty has been prescribed “GTN” they should have their prescribed dose now
- If the casualty becomes unconscious and stops breathing start CPR (see page 4)



 www.youtube.com/watch?v=Vts09Vkk6Q8

Stroke

A stroke is a “brain attack” and happens when blood supply to an area of the brain is cut off. You can use the word “FAST” to help you remember what to do if you suspect a stroke:



If you suspect a stroke dial 999 – treatment is time-critical. The quicker the casualty reaches hospital, the more brain can be saved.

What you can do:

- Call 999 for an ambulance
- Stay calm and reassure the casualty
- Sit the casualty down

If the symptoms go away it may have been a Transient Ischaemic Attack (TIA), also known as a “mini-stroke”. It’s still important to see a doctor as this may have been a warning sign before a bigger stroke.

 www.youtube.com/watch?v=yXONEHmupy0

Bleeding

Minor bleeding:

- Allow some bleeding to take place as this will help to clean the wound. Then wash with warm water and soap, apply a dressing to keep it clean, and monitor for signs of infection. These include redness, heat, pain, swelling or discharge from the wound.

 www.youtube.com/watch?v=hXtFqFxFR-Do

Major bleeding:

- Call 999 for an ambulance
- Stay calm and reassure the casualty
- Sit or lie the casualty down
- Wear gloves if possible
- Elevate the injured area above the level of the heart
- Apply direct pressure to the wound using clean dressings or bandages
- **Do not remove any object from the wound – apply pressure and dressings around the object**
- If the casualty becomes unconscious and stops breathing start CPR (see page 4)



 www.youtube.com/watch?v=BQRqUxB5pn0

Choking

Choking occurs when an object blocks the upper airway, either partially or completely. It is frightening for the casualty and can be life-threatening.

What you can do:

- Stay calm and reassure the casualty
- Do not try and remove the object
- Encourage the casualty to cough
- If this doesn't work give 5 back slaps – these should be firm blows to the centre of the back between the shoulder blades with the heel of your hand
- If this doesn't work give 5 abdominal thrusts (**do not do this in babies**)
 - a. Stand behind the casualty and put your arms around their abdomen
 - b. Lock your hands together as shown in the picture
 - c. Place your thumbs just below the breast bone
 - d. Pull your arms towards you in an “in and up” motion
- Carry out the back slaps and abdominal thrusts 3 times and if the object is not dislodged, call 999 for an ambulance
- In babies – just give back slaps
- If the casualty becomes unconscious and stops breathing start CPR (see page 4)



Encourage coughing




Give 5 back slaps



Give 5 abdominal thrusts



Give back slaps to babies

 www.youtube.com/watch?v=Wuo893OC0yE – adults/children

 www.youtube.com/watch?v=nBsUyDiF_4U – babies

Burns

A burn is a skin injury caused by heat, electricity, chemicals, friction or radiation.

What you can do:

- If the burn is serious call 999 for an ambulance
- Stay calm and reassure the casualty
- Remove the heat source
- Cool the area with gently running cold water for 10-15 minutes
- Keep the casualty warm with blankets
- Do not pop any blisters that have formed
- Remove any clothing/jewellery nearby but **do not remove any objects sticking to the wound**
- Loosely cover the burn with cling film
- **Do not apply any creams/butter/home remedies**
- If an ambulance is not required attend the nearest minor injuries unit/walk-in centre/A&E
- If the casualty becomes unconscious and stops breathing start CPR (see page 4)



 www.youtube.com/watch?v=Ns1DPvXVO6I

Drowning


Drowning is an uncommon but serious emergency.

What you can do:

- **Do not put yourself in danger – only attempt to rescue a drowning person if you are not putting yourself at risk**
- Call 999 for an ambulance – and other emergency help if needed for rescue
- Stay calm and reassure the casualty
- When the casualty is out of the water assess their breathing
- If the casualty is not breathing give 5 rescue breaths if you know how to do this and then start CPR (see page 4)
- If the casualty is breathing put them in the recovery position (see page 7)
- Keep the casualty warm with blankets

ALERT THE LOCAL RESPONDER COMMUNITY WITH GOODSAM

The GoodSAM App is a tool to help the public get emergency assistance from the local community. In remote areas and even in inner cities, this can be quicker than statutory emergency services.



DOWNLOAD THE GoodSAM ALERTER APP TODAY!

This free app available at the AppStore or Google Play allows you to send for nearby help at the same time as calling for an ambulance. Look on the AppStore or Google Play for more information

Any trained professionals (doctors, nurses, paramedics etc.) in the village should download the GoodSAM responder app if you want to be involved.

Poisons

Poisoning can be accidental or deliberate (self harm or harm to others).

What you can do:

- Stay calm and reassure the casualty
- Find out what was swallowed, how much and when
- Keep the container(s) as this is useful for medical staff
- Find out if any of the substance went into the eyes or onto the skin
 - If so, rinse with warm or cool water and remove any contaminated items of clothing/jewellery etc.
- If there are signs of serious poisoning such as vomiting, drowsiness, unconsciousness, seizures/fits/convulsions, restlessness, agitation, breathing problems or dizziness call 999 for an ambulance or attend A&E
- If there are no signs of serious poisoning call 111 for advice
- If the casualty becomes unconscious and stops breathing start CPR (see page 4)



Contents of a good first aid kit

A basic first aid kit should contain:

- Plasters in a variety of different sizes and shapes
- Small, medium and large gauze dressings
- Sterile eye dressings
- Eye wash/eye bath
- Triangular bandages
- Crepe bandages
- Safety pins
- Disposable sterile gloves
- Tweezers
- Scissors
- Sterile cleansing wipes
- Distilled water for cleaning wounds
- Sticky tape
- Thermometer (preferably digital)
- Creams for skin rashes and insect bites/stings
- Antiseptic cream
- Painkillers such as paracetamol, ibuprofen or aspirin
- Cough medicine
- Antihistamine tablets

Basic first-aid kits can be bought from your local pharmacy or supermarket. Medicines should be checked regularly to make sure they are within their use-by dates. It may be useful to keep this first aid booklet with your first aid kit.

Taken from NHS choices. Available from Chase Medics

The Heart of Weston 100 Club

A really easy way to get involved

This is how it works: Anyone over 16 can sign up for £12 a year to The Heart of Weston 100 Club. You'll be allocated a unique 100 Club membership number, which will be entered into a prize draw each month. Half the amount raised through the 100 Club each month will be returned as prize money and half will boost funds to maintain the defibrillator, provide heart screening for 14-35 year olds, ECGs for adults and general first aid training for adults and children.

A single subscription is only £12 a year

You can have as many subscriptions as you wish

Why not ask your friends and family to join as well?

NEXT STEP:

Visit www.theheartofweston.org and print off an application form.

If anyone in the community would like to get involved with fundraising, donating to the charity or joining the 100 Club, please contact:

Jane Phillips - 01889 271213, email janephillips26@gmail.com
Willowdene, Boat Lane, Weston, ST18 0HU

Sue Nott - 01889 270425, email susanjnott@gmail.com
2 Outwoods Close, Weston, ST18 0JR

Lesley Wilson – 01889 270353, wilsonlesley@hotmail.com Manor Close, Weston, ST18 0JP

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