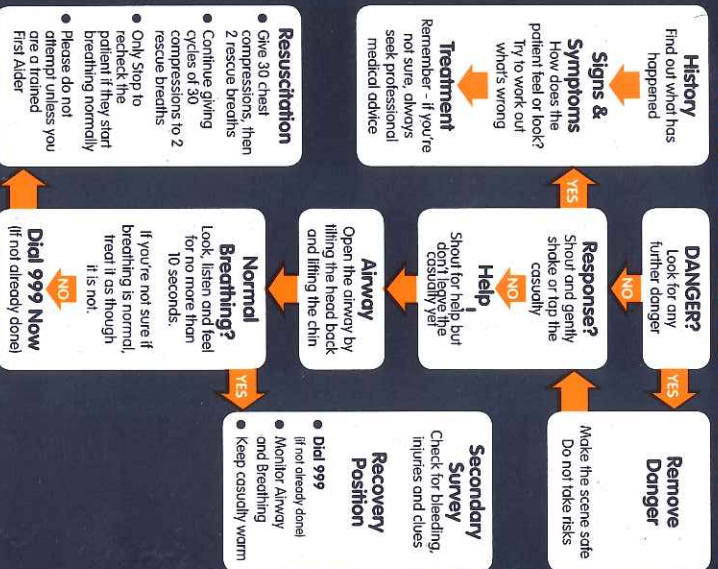


EMERGENCY ACTION PLAN



SECONDARY SURVEY

If a casualty is unconscious and you are concerned about the airway for any reason (e.g. vomiting), place them in the recovery position immediately. The Secondary Survey should be done quickly and systematically, first checking for major bleeding and then broken bones.

Bleeding

- Do a quick head to toe check for bleeding.
- Check the hidden area such as under the arch of the back.
- Control any major bleeding that you find.

Head and Neck

- Clues to injury could be bruising, swelling, deformity or bleeding.
- Check the whole head and face.
- Feel the back of the neck.
- Has the patient had an accident that might have injured the neck?

Shoulders and Chest

- Place your hands on opposite shoulders and compare them.
- Run your fingers down the collar bones checking for signs of a fracture.
- Gently squeeze and rock the ribs.

Abdomen and Pelvis

- Push the abdomen with the palm of your hand to check for abnormality or response to pain.
- Gently check the pelvis for signs of a fracture.
- Look for incontinence or bleeding.

Legs and Arms

- Feel each leg for the signs of a fracture.
- Feel each arm for the signs of a fracture.
- Look for other clues (medic alert bracelets, needle marks etc).

THE RECOVER

When an unconscious person has dangers that can compromise their airway, you should place them in the recovery position. This is done by placing the casualty in the back of the throat. If the mouth and keep the airway open.

The Tongue

Touching the tongue if the patient vomit

- By placing the casualty in the back of the throat. If the mouth and keep the airway open.
- Remove the patient's glasses.
- Kneel beside the patient and their legs are straight.
- Make sure the airway is still open.
- Place the arm nearest you out to the side, elbow bent with palm up.
- Bring the patient's far arm across their chest.
- With your other hand, grasp the knee and pull it up, keeping the knee bent at right angles.
- Keeping their hand pressed down on the leg to roll them towards you.
- Adjust the upper leg so that the knee are bent at right angles.
- Tilt the head back to make sure the airway is open.
- Adjust the hand under the chin to make sure the airway is open.
- Dial 999 for an ambulance if you are not a trained first aider.
- Check breathing regularly. Monitor the patient if possible.
- If the patient is in the recovery position for a long period of time, turn them onto their side every 30 minutes.