

EMERGENCY AND FIRST AID

Pocket Booklet

Your Essential Guide to Immediate Action

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HEART ATTACK



Recognise The Signs



Chest pain or discomfort



Pain spreading to arm, neck, jaw, or back



Shortness of breath



Cold sweat, nausea, or dizziness

DO ✓

- ✓ Stop activity and keep the person seated in a semi-reclined position
- ✓ Loosen tight clothing around the chest
- ✓ Give aspirin to chew if conscious and not allergic

DON'T ✗

- ✗ Allow exertion or walking
- ✗ Give food, fluids, or non-prescribed medication
- ✗ Wait for symptoms to improve
- ✗ Leave the person unattended

Cardiopulmonary Resuscitation

If the person is unresponsive or not breathing normally, start CPR immediately.

Lay the person on a hard, flat surface and place your hands in the lower half of the sternum (between the nipples).



Push hard and fast, 30 compressions at 100–120/min, at least 5 cm deep; allow full chest recoil



Tilt the head back and lift the chin



Give 2 breaths; ensure chest rise



Continue 30 compressions +2 breaths until help arrives or the person starts breathing

02

Early action within minutes can prevent death and severe damage. Call emergency helpline immediately.

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STROKE

Recognise the Signs (B.E. F.A.S.T)



B: Balance loss



E: Eyes (sudden vision loss)



F: Facial droop



A: Arm weakness



S: Slurred speech



T: Time is critical, call for help immediately

DO ✓

- ✓ Keep the person comfortable and still
- ✓ Note time of symptom onset
- ✓ Monitor level of consciousness

DON'T ✗

- ✗ Give food, fluids, or any medication
- ✗ Ignore or dismiss symptoms
- ✗ Leave the person unattended

Airway & Initial Assessment



Recovery Position

If unresponsive but breathing, place them on their side with head raised to keep the airway clear



Glucose Check (if available)

Check blood glucose to rule out hypoglycaemia, which can mimic stroke



Rapid Transfer

Arrange immediate transfer to the nearest hospital

Every minute matters, and early treatment can prevent brain damage. Call emergency services immediately.

HYPOGLYCAEMIA

Recognise the Signs



Sweating, trembling,
palpitations



Hunger,
nausea



Dizziness,
headache



Confusion, irritability,
blurred vision



In severe cases: drowsiness,
seizures, unconsciousness

DO ✓

- ✓ Keep the person seated and calm
- ✓ If conscious and able to swallow, give a sugary food or drink.
- ✓ Observe for worsening symptoms

DON'T ✗

- ✗ Ignore early symptoms
- ✗ Delay giving sugar
- ✗ Give food or fluids if unconscious
- ✗ Leave the person unattended

Rapid Glucose Replacement (15-15 Rule)



01 Check blood glucose
(if available), ≤ 70 mg/dL
confirms
hypoglycaemia



02 Give 15-20 g
fast-acting sugar,
if the patient is
conscious



03 Recheck after
15 minutes; repeat
if needed



04 Once improved,
give a longer-acting
carbohydrate
(snack/meal)

04 If symptoms persist or severe signs occur,
call emergency services immediately.

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DEHYDRATION

Recognise the Signs



Excessive sweating,
pale/clammy skin



Thirst, dry mouth,
reduced/dark urine



Weakness, dizziness,
headache



Nausea,
muscle cramps



In children: irritability,
no tears

DO ✓

- ✓ Move to a cool, shaded place
- ✓ Allow rest and minimise activity
- ✓ Loosen tight clothing
- ✓ Start active cooling (wet cloths/fanning)
- ✓ Observe for worsening symptoms

DON'T ✗

- ✗ Ignore early signs
- ✗ Continue heat exposure
- ✗ Give caffeinated/sugary drinks
- ✗ Force large volumes of fluids rapidly
- ✗ Leave the person unattended

Oral Rehydration



Oral rehydration

Give water/ORS in
small, frequent sips



If ORS is unavailable

Mix 6 tsp sugar + $\frac{1}{2}$
tsp salt in 1 litre of
water



Seek medical help

If symptoms persist, worsen,
or fluids are not tolerated

If confusion or very high body temperature develops, suspect
heat stroke and call emergency services immediately.



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MINOR BURNS

Recognise the Signs



Redness, Pain



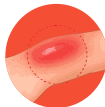
Mild swelling



Superficial blisters



Increased sensitivity
to touch or air



Warm skin at the
affected area

DO ✓

- ✓ Remove from source of heat (flame, hot liquid, steam, or hot surface)
- ✓ Remove tight items near the area
- ✓ Keep the affected area clean and protected

DON'T ✗

- ✗ Apply ice directly
- ✗ Use creams, oils, or home remedies
- ✗ Break blisters
- ✗ Touch with unclean hands
- ✗ Wrap in blanket

Burn Cooling & Dressing



Cooling

Cool under running water for at least 20 minutes, then gently pat dry the area



Dressing

Cover with a sterile, non-adherent dressing; secure loosely

CUTS & WOUNDS

Recognise the Signs



Superficial cuts or abrasions



Deep or gaping wounds



Puncture wounds (e.g., nails, sharp objects)



Wounds with active bleeding

DO ✓

- ✓ Perform hand hygiene before wound care
- ✓ Avoid direct contact with blood; use gloves if available
- ✓ Keep the affected area as still as possible
- ✓ Protect the wound from contamination until covered

DON'T ✗

- ✗ Ignore ongoing or heavy bleeding
- ✗ Apply antiseptic solutions into deep wounds
- ✗ Use cotton directly on open wounds
- ✗ Apply unverified home remedies
- ✗ Don't put bleeding area in mouth for sucking blood out

Wound Care & Bleeding Control



01 Apply and maintain pressure

Use clean cloth/gauze; press firmly for at least 10 minutes



02 Elevate (if appropriate)

Raise the injured area above heart level



03 Reinforce if needed

If blood soaks through, add another layer



04 Clean the wound

Once bleeding stops, rinse with water; clean with antiseptic

For deep, contaminated, puncture wounds or uncontrolled bleeding, seek immediate care; tetanus shot may be needed.



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SPRAINS & FRACTURES

Recognise the Signs



Pain, swelling



Bruising



Tenderness on touch



Limited movement



Difficulty bearing weight

DO ✓

- ✓ Rest the affected area
- ✓ Support/immobilise the joint or muscle
- ✓ Elevate the limb, if possible
- ✓ Remove tight accessories (rings, bands)

DON'T ✗

- ✗ Continue activity or apply pressure
- ✗ Massage or apply heat in early phase
- ✗ Attempt to straighten deformity
- ✗ Avoid manipulation by untrained or unqualified person

R.I.C.E. Protocol



Rest

Avoid movement or weight-bearing



Ice

Apply cold pack for 15–20 minutes, every 2–3 hours



Compression

Apply a firm elastic bandage (not too tight)



Elevation

Keep limb raised above heart level

HEAD INJURY

Recognise the Signs



Severe headache or persistent dizziness



Repeated vomiting



Slurred speech



Loss of consciousness or seizures



Bleeding, swelling, or bruising

DO ✓

- ✓ Keep the person still and calm
- ✓ Support head and neck in neutral alignment
- ✓ Monitor level of consciousness
- ✓ Apply cold compress for local swelling (if conscious)

DON'T ✗

- ✗ Move head/neck unnecessarily
- ✗ Give food or fluids if drowsy/unconscious
- ✗ Apply pressure on suspected skull fracture
- ✗ Give any medication

Airway & Bleeding Control



Airway Protection

If unresponsive but breathing, keep them on their back and stabilise the head and neck



Bleeding Control

Apply gentle pressure with sterile dressing for scalp bleeding

Seek urgent medical care if there is loss of consciousness, repeated vomiting, seizures, or any deterioration.



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CHOKING

Recognise the Signs



Inability to speak,
cough, or breathe



Clutching
the throat



Bluish
lips or skin



Weakness or loss
of consciousness

DO ✓

- ✓ Keep the person upright, if possible
- ✓ Encourage coughing
- ✓ If unable to cough, breathe, or speak, give 5 back blows and abdominal thrusts

DON'T ✗

- ✗ Attempt blind finger sweeps
- ✗ Interfere if coughing effectively
- ✗ Give food or water during choking
- ✗ Shake or slap the person forcefully
- ✗ Leave the person unattended

Back Blows & Abdominal Thrusts



01

Give 5 back blows

Bend them forward.
Deliver 5 firm back blows
between the shoulder
blades



02

Perform 5 abdominal thrusts (Heimlich Maneuver)

Stand behind the person. Place your
arms around their waist. Make a fist and
position it just above the navel. Deliver
quick inward and upward thrusts

**In infants (<1 year), do not perform abdominal thrusts;
give 5 back blows followed by 5 chest thrusts.**

DROWNING

Recognise the Signs



Silent distress
(no call for help)



Gasping at surface,
mouth barely
above water



Vertical body,
little or no kick



Unresponsive or
face-down floating

DO ✓

- ✓ Remove the person safely if possible; use reach/throw aid (rope, stick, float)
- ✓ Keep the person warm; position head slightly back to open airway
- ✓ Begin rescue breathing if not breathing

DON'T ✗

- ✗ Delay starting rescue
- ✗ Attempt dangerous water rescues
- ✗ Lose sight of the person, even briefly
- ✗ Give food or drink

Drowning Resuscitation

01



Rescue Breathing
Tilt head back, lift
chin, pinch nose;
give 2 rescue
breaths

02



CPR (if not breathing)
Start 30 chest
compressions + 2
breaths; continue until
help arrives

03



Recovery Position
If breathing, place
on side with airway
open

04



Rapid Transfer
Shift immediately
to the nearest
hospital, every
minute counts

Prompt action saves lives, start rescue and call emergency services immediately.



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ANIMAL BITE

Recognise the Signs



Bite or scratch breaking the skin



Bleeding or oozing



Pain, redness, or swelling



Puncture marks (tooth wounds)

DO ✓

- ✓ Move away and ensure safety
- ✓ Remove tight items near the wound
- ✓ Let mild bleeding continue briefly
- ✓ Keep the wound uncovered and still

DON'T ✗

- ✗ Don't ignore minor bites or scratches
- ✗ Don't apply irritants (chilli, oil, soil, chemicals)
- ✗ Don't delay medical care

Wound Irrigation & Care



01 Wash the wound immediately

Rinse with soap and running water for 15–20 minutes



02 Control bleeding

Apply gentle pressure with a clean cloth, if needed



03 Apply antiseptic

Use povidone-iodine or chlorhexidine



04 Seek urgent medical care

Rabies vaccination ± immunoglobulin may be required

SNAKE BITE

Recognise the Signs



Fang marks
(1–2 punctures)



Pain, swelling, or
bruising at bite site



Nausea, vomiting,
sweating



Blurred vision,
weakness, or
breathing difficulty

DO ✓

- ✓ Keep the person calm and still
- ✓ Immobilise the bitten limb and keep it below heart level
- ✓ Remove tight items (rings, bangles, clothing)
- ✓ Note the time of the bite (if known)

DON'T ✗

- ✗ Cut, or suck, the wound
- ✗ Apply ice, chemicals, or herbal remedies
- ✗ Use a tourniquet
- ✗ Give alcohol
- ✗ Attempt to catch or handle the snake

Pressure Immobilisation



01 Pressure Immobilisation (if appropriate)

Use a broad, firm bandage starting at the bite site and wrapping along the limb (snug, not tight enough to cut off blood flow)



02 Definitive Care

Antivenom is the only specific treatment (hospital-based)

The patient must be taken to a hospital urgently for evaluation and anti-snake venom (ASV), if required.

INSECT STING

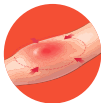
Recognise the Signs



Pain, redness, or swelling at the site



Itching or burning sensation



Swelling beyond the sting site



Allergic signs: hives, facial swelling, breathing difficulty

DO ✓

- ✓ Move away to avoid further stings
- ✓ Remove tight items near the site
- ✓ Keep limb still and elevated
- ✓ Watch for allergic symptoms (30–60 min)

DON'T ✗

- ✗ Don't squeeze or pinch the stinger
- ✗ Don't scratch or rub the area
- ✗ Don't apply home remedies or chemicals
- ✗ Don't ignore breathing difficulty or facial swelling

Local Wound Care



Remove stinger (if present)

Scrape off gently, do not squeeze



Clean the area

Wash with soap and water



Apply cold compress

For 10–15 minutes; repeat as needed



Seek medical help

If severe symptoms occur



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