



Emergency Medical Survival — Pocket Guide

QUICK REFERENCE • UK EDITION 1.0

A condensed summary of the Emergency Medical Survival Master Guide. Read the full guide first, and take a first aid course. Keep this with your first aid kit.

RULE 1

Safe • responsive • breathing?

Not responsive and not breathing normally: start CPR. Gasping is not breathing.

RULE 2

Call early, say the word

999 on speaker. "Arrest", "anaphylaxis", "stroke", "sepsis". Phones down: send a runner with a note.

RULE 3

How they look beats any number

Count breathing, write it down, act on the trend. Worried? Get help.

NOT BREATHING NORMALLY: CPR

ADULT

- 999 on speaker; send for an AED.
- Centre of chest, **5–6 cm, 100–120/min**, full recoil.
- **30 : 2**, or compressions only.
- Swap every 2 minutes.

CHILD • BABY

- Trained: **5 breaths first**, then 15 : 2.
- Only adult-trained: 30 : 2 is fine.
- Depth $\frac{1}{3}$ of the chest: 5 cm child, 4 cm baby.
- Baby: **two thumbs**, hands round the chest.

AED

- Use at **any age**, including babies.
- "No shock advised" = **keep pressing**.
- Drowning: **5 breaths first**.
- Cold or drowned: keep going much longer.

CHOKING

- Coughing well: **encourage coughing, nothing else**.
- Can't cough, breathe or speak: **5 back blows → 5 abdominal thrusts**, repeat, 999.
- Baby under 1: 5 back blows → **5 chest thrusts** (never abdominal).
- Unresponsive: CPR. Afterwards: always get checked.

SEVERE BLEEDING

- **Hard direct pressure**; don't lift to look. Add more on top.
- Deep wound: **pack it**, press 3–10 minutes.
- Limb still bleeding: **tourniquet high and tight**, write the time, **never loosen**.
- Lie flat, keep warm, watch for shock (fast pulse, pale, clammy).

ANAPHYLAXIS

- Hoarse voice, swollen throat, wheeze, pale or faint, after a trigger.
- **Adrenaline pen into the outer thigh, now**.
- **Lie flat, legs up. Never stand or walk**.
- 999. Second pen after 5 minutes if not better. Watch 12–24 h.

RECOVERY POSITION

- For breathing but not alert: near arm out, far hand to cheek, far knee up, roll towards you.
- Tilt the head back so the mouth drains.
- Check breathing every minute.
- Pregnant: on the left side.

COLLAPSED, CONFUSED OR INJURED

💡 COLLAPSE

- **Seizure:** time it, cushion the head, nothing in the mouth, then recovery position. 999 if over 5 minutes, a first one, in water, or injured.
- **Stroke (BE-FAST):** Balance, Eyes, Face, Arm, Speech, Time. 999, **note the time last normal**, nothing by mouth, no aspirin.
- **Low sugar** (under 4): fast sugar if able to swallow, re-check at 15 minutes. Can't tell? Treat as low.
- **Opioids** (pinpoint pupils, slow breathing): **breaths first**, naloxone, stay with them.
- **Heart attack** (awake, chest pain): 999, sit still, chew aspirin 300 mg if suitable.

😵 FAINT • 🤯 HEAD

- **Faint:** lie flat, legs up, **don't sit them up**. Get up in stages over 15 minutes or more.
- **Faint red flags:** during exertion, while lying down, no warning, or chest pain: 999.
- **Head injury, go to hospital:** knocked out, vomiting twice, drowsy or confused, seizure, weakness, fluid from nose or ears, on a blood thinner.
- Watch every 30 minutes for 4 hours; then rouse every 2–3 hours overnight.

🔥 BURNS

- **20 minutes** of cool running water.
- Rings off. **Cling film**, laid on, not wrapped.
- Keep the person warm.
- No ice, butter or creams.
- Bigger than their palm, face, hands, genitals, joints, or smoke: get help.

☀️ HEAT STROKE

- **Hot + confused** = heat stroke.
- **Cool now:** cold water immersion, held, head out.
- Or wet + fan + ice to neck, armpits, groin.
- Stop at about 39 °C or when their mind clears.
- Ear and forehead thermometers read low.

❄️ HYPOTHERMIA

- Shivering stopped = worse.
- **Handle gently**, keep flat.
- Out of wet clothes; insulate **under** and over.
- **Warm the trunk**, not the limbs. No hot bath.
- Not dead until warm and dead.

🦋 POISONING

- Keep the packet. **Never make them vomit**. Sips of water only.
- **Paracetamol overdose:** hospital now, even if well.
- **Button battery** (child): A&E now. Honey 10 ml every 10 minutes if over 1 year.
- **Carbon monoxide:** several people with headaches. Everyone out. The oximeter reads falsely normal.

💢 BREAKS • 💧 WOUNDS • ⚡ ELECTRIC

- **Break:** support as found, splint the joint above and below, check fingers or toes (warm? feeling? moving?).
- **Wound:** pressure, then plenty of running water, cover. **Don't close bites** or dirty wounds.
- **Electric:** power off first. CPR if needed. Look for two burns.
- **Crush** over 15 minutes: get help before release, unless the chest is trapped.

VITAL SIGNS: HOW SICK ARE THEY?

Adult	Normal	Watch: re-check, get advice	Emergency
Breathing	12–20	9–11 or 21–24	Under 8, or 25+
Pulse	60–100	50–59 or 101–130	Under 40, or over 130
SpO₂	96–100%	94–95%	Under 92%, or blue lips
BP (top number)	110–139	100–109, or 180+	90 or less, or 40 below their usual
Temperature	36.1–37.9 °C	35.1–36.0 or 38.0–39.0	39.1+ with other signs, or 35.0 or below
Alertness	Alert	New confusion	Voice or pain only, or unresponsive

UNDER 5: BEHAVIOUR FIRST

- **Red:** no response to you, won't stay awake, weak or high-pitched cry, grunting, breathing over 60, mottled or blue, skin stays pinched, non-fading rash, bulging soft spot.
- **Fast breathing:** over 60 (0–5 months), 50 (6–12 months), 40 (1 year+).
- **Under 3 months with 38 °C+ = emergency.**
- Count wet nappies. 8–12 hours without one is significant.

SEPSIS: SAY THE WORD

- Slurred speech or confusion; extreme shivering; no urine all day; severe breathlessness; "I feel like I'm going to die"; mottled or ashen skin.
- Children: also floppy, hard to wake, cold hands and hot body, under 36 °C.
- A rash is late or absent. **Don't wait for it.**

RUNNER'S NOTE WHEN PHONES ARE DOWN (MIST)

- Exact address, and how to find you.
- **M:** what happened, and when. **I:** injuries found.
- **S:** signs (awake? breathing rate? pulse? colour?), and better or worse.
- **T:** treatment given, with times. Plus medicines and allergies.
- Send two people. One person always stays with the casualty.

FLUIDS & PAIN

- **ORS:** 1 L boiled-and-cooled water + 6 level tsp sugar + ½ level tsp salt. Small sips.
- **Paracetamol** (adult): 1–2 × 500 mg, 4+ hours apart, max 8 in 24 hours.
- **Ibuprofen** (adult): 1–2 × 200 mg with food, max 6 in 24 hours. Not if dehydrated, pregnant, or with stomach ulcers or kidney problems; ask a pharmacist if asthmatic.
- Children: use the dose on the packet for their age.

NO HELP COMING: THE ESSENTIALS

- **Keep them warm,** insulated from the ground. Cold worsens bleeding and shock.
- **Observations** every 15–30 minutes if unstable, then every 1–4 hours. **Write them down.**
- **Fluids** 1.5–2 L a day (adult) if alert and able to swallow. Nothing by mouth if drowsy.
- **Turn** anyone who can't move every 2–3 hours. Deep breaths hourly; move the legs.
- A tourniquet **stays on.** Keep trying every way to reach help.

WAIT, OR TAKE THEM TO HELP?

- **Move them** if they need hospital and no ambulance is coming: heart attack, stroke, sepsis, anaphylaxis after adrenaline, uncontrolled bleeding, a big burn, a broken thigh, a child getting worse.
- **Wait** (and send for help): cardiac arrest (CPR can't be done in a car), possible spinal injury, severe hypothermia.
- In the car: breathless sitting up; shocked or anaphylaxis lying flat; drowsy on their side.

OBSERVATION CHART: COPY FOR EACH PATIENT

Time	Breaths/min	Pulse	SpO ₂	Temp	BP	AVPU	Urine?	Notes, medicines given

OUR HOUSEHOLD MEDICAL INFORMATION

Name	Date of birth · NHS no.	Conditions	Medicines & doses	Allergies (what happened)

KEY NUMBERS

GP surgery

Pharmacy

Nearest A&E

Nearest defibrillators

Neighbours with medical skills

999 / 112 · 111 · Samaritans 116 123 · Gas 0800 111 999 · Power cut 105

KIT CHECK

- ★ Tourniquet ×2, haemostatic gauze, trauma bandage
- ★ Gloves, CPR face shield, foil blankets, cling film
- ★ Pulse oximeter, ear thermometer, spare batteries
- ★ Paracetamol, ibuprofen, ORS, antihistamines
- ★ 30 days of prescriptions; 2 adrenaline pens if needed
- ☐ Dressings, Steri-Strips, splint, tick remover, 20 ml syringe, needle + cotton
- ☐ BP monitor, glucose meter, naloxone if relevant