

December 2007

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As always please feel free to copy and distribute this newsletter as necessary to ensure maximum distribution amongst your first aid staff.

News from Aid Training

It has once again been a very hectic end of year for Aid Training. We have just been accredited by Edexcel for the delivery of the advanced First Person on Scene range of medical courses.

In addition the BIIAB has approved us for Door Supervisor courses.

Due to the increasing amount of external awarding bodies that we now use, Heather Robinson has joined us as Centre Coordinator.

In October we once again exhibited at the Police Tactical Medicine conference in Birmingham

Seasons Greetings

All at Aid Training would like to take this opportunity to wish you Seasons Greetings and a very happy 2008.

Thank you for your custom in 2007—we look forward to working with you again in 2008.



Safe and practical training in fire extinguisher use

Fire Safety Training

Since the introduction of the Regulatory Reform (Fire Safety) Order 2005 an increasing emphasis has been placed on suitable staff training—with a lot of companies/organisations falling short—in one LEA 80% of establishments were found to be non-compliant based on a lack of training. We have a full range of courses designed to cover every need. They range from Basic Fire Safety training that is suitable for all employees to Fire Marshal training. All courses include practical extinguisher training on a safe-gas operated rig - where a suitable area is available.

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The Primary Survey

The primary survey is the foundation, or building block, on which all first aid is based. A thorough understanding of it will allow the first aider to deal with most emergency situations in a balanced, logical way.

All medical and emergency staff follow the same basic routine of:

Danger-	to you, the casualty and others
Response-	quickly established by “shake and shout”
Airway-	opened by tilting the head back
Breathing-	is checked for, for a maximum of 10 seconds
Circulation-	is present if the casualty is breathing normally-includes a quick visual check for, and control of any obvious bleeding

This can be remembered as DRABC or Doctor ABC.



1. Check for **Danger** then check for **Response**



2. If unresponsive shout for “help”



3. Open the **Airway**



4. Check for **Breathing** for a maximum of 10 seconds



5. If breathing normally **Circulation** is present check for and control obvious bleeding

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The Secondary Survey

This is only done once the primary survey is complete and any life saving interventions are done. It is important to note that in certain circumstances the first aider may never move past the primary survey and onto the secondary survey. This is especially true when there are life saving interventions to make during the primary survey.

There are three factors that go to help make a diagnosis:

History and external clues

- The forces involved
- Casualties age and state of health
- The environment
- Warning bracelets
- Medicines and inhalers

Symptoms-what the casualty can tell you

- Pain
- Loss of sensation/movement
- Dizziness/faintness
- Nausea
- Anxiety

Signs-what you can see, feel, hear or smell

- Bleeding
- Bruising
- Swelling
- Deformity
- Vomit
- Noisy breathing
- Alcohol



Try and get a good history

Another part of the secondary survey is a **detailed examination** of the casualty looking for other injuries. It is important to remember that local, workplace guidelines may be in place to assist the first aider at this point as to what they are allowed to do. In general you should follow the principles listed below:

- It is only performed once any vital actions have been done
- You may need to remove clothing-but no more than is absolutely necessary
- Do not move the casualty more than is necessary
- Always start at the head and move down in a logical sequence

See over for a detailed look at the examination

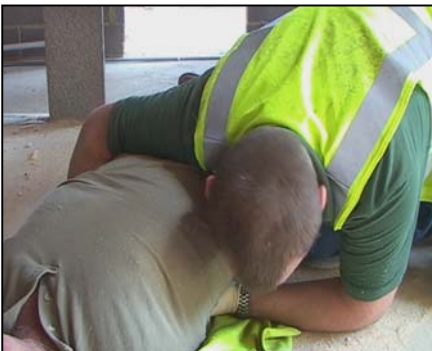
Examining a Casualty



1. Start at the head



2. (a and b) Work logically down the casualty



3. Don't forget the back



4. Check the entire casualty



5. Consider medical alert bracelets and other "clues"

At all times your **treatment priorities** are based on:

- Airway, Breathing and Circulation
- Control bleeding
- Treat large wounds and burns
- Immobilise bone and joint injuries
- Treat other conditions
- Check A.B.C's regularly

All of the pictures on these pages are taken from our forthcoming "Essential First Aid" DVD—it will be out soon and promises to be a good way to keep first aid trained staff current in their skills.

The Recovery Position

The recovery position is used for all unconscious casualties who **are** breathing and who are going to be left alone for any period of time, for example while the first aider goes for assistance. In addition, any casualty who has an airway that may be at risk should be placed in this position. Care should be taken when rolling casualties with major injuries and in cases of suspected spinal trauma.

The recovery position:

- Helps prevent the tongue from blocking the throat
- Aids drainage



1. The nearest hand is placed in the "how" position, the other hand is across the face supporting the head



2. Bend the opposite leg and roll the casualty towards you



3. Ensure an open airway



4. Check for breathing



5. Bring the leg up to support the casualty



6. It is now safe to leave the casualty if you have to get help. Return ASAP and check ABCs

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www.aid-training.co.uk

For further information about any of the topics discussed in this newsletter please contact the office.

We continue to offer exceptional value for money with our “no nonsense-down to earth” training. If you require further training or refreshing please call for availability.

As always please feel free to copy and distribute this newsletter as necessary .

Our range of training courses include:

First Aid Appointed Person
Four day First Aid at Work
Anaphylaxis
Automated External
Defibrillation
First Person on Scene

Fire Safety Basic
Fire Marshal

Conflict Management and Personal Safety

Health and Safety
COSHH
Manual Handling
Foundation

This is by no means an exhaustive list of our courses—if you have a training requirement please feel free to enquire—the chances are that we can help you.

AID Training & Operations Ltd shall not be held responsible for any injury or incident arising out of use or misuse of the application of information contained in their training material.



High risk training for the rail industry



Basic Life Support training for school staff