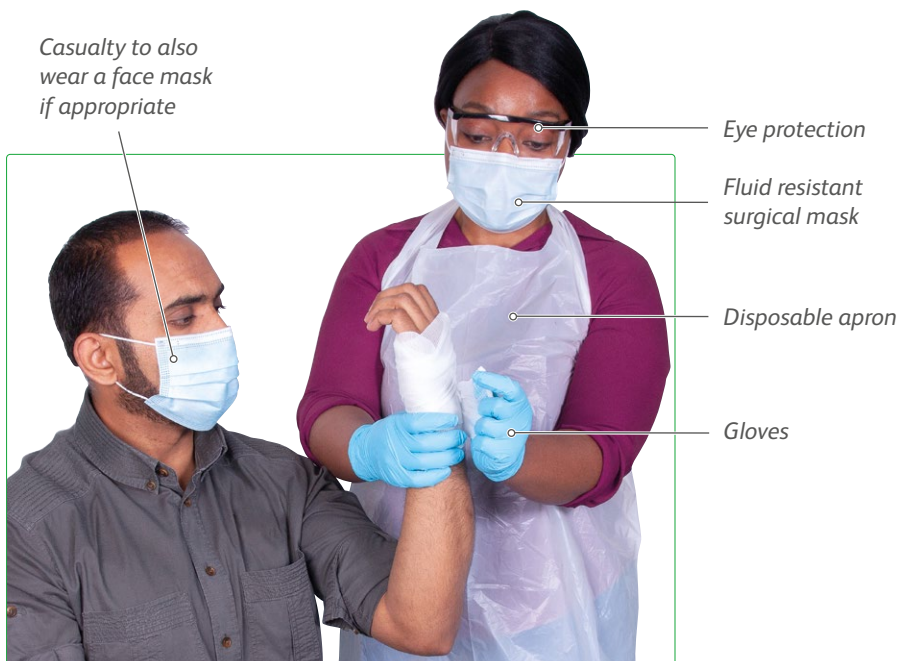


Summary of Key Changes

Personal protective equipment (PPE) – added section

PPE section added which includes a labelled image of a first aider wearing 'level 2 PPE' face mask, eye protection and disposable apron. The casualty should also wear a face mask where appropriate.



First Aid Made Easy 2	Emergency First Aid Made Easy 3	Paediatric First Aid Made Easy 4	Concise First Aid Made Easy 3	CPR & AED Made Easy 31
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Cardiopulmonary resuscitation (CPR)

Greater emphasis has been placed on advising to call 999/112 on a speaker-phone so that CPR can be started while simultaneously talking to the ambulance call handler.

Call 999/112 and send for a defibrillator (AED):

- Ask a helper to call or activate the speaker function on your phone so that you can **start CPR** while talking to the ambulance call handler.

First Aid Made Easy 8	Emergency First Aid Made Easy 9	Paediatric First Aid Made Easy 13, 17, 19	Concise First Aid Made Easy 11	CPR & AED Made Easy 11
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Cardiopulmonary resuscitation (CPR)

Additional advice added when you have to give CPR but are unable to move the casualty off a bed:

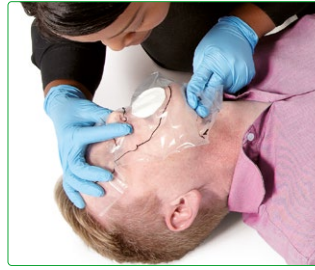
Remove the pillows and kneel on the bed next to the casualty to give CPR (this helps to compress the mattress with your own weight). Increase your overall compression depth to compensate for the mattress compression.

First Aid Made Easy 9	Emergency First Aid Made Easy 9	Paediatric First Aid Made Easy 13	Concise First Aid Made Easy 11	CPR & AED Made Easy 11
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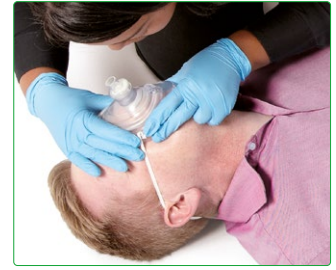
Hygiene during resuscitation

Clarification that a face shield/pocket mask will not fully protect from Covid-19.

- If possible use a protective barrier such as a 'face shield' or 'pocket mask', **however, this will not fully protect you from COVID-19.**



Face shield.



Pocket mask.

First Aid Made Easy

11

Emergency First Aid Made Easy

13

Paediatric First Aid Made Easy

21

Concise First Aid Made Easy

15

CPR & AED Made Easy

16

Choking

Small change to choking **recognition** text:

- suspect choking if someone is suddenly unable to speak, particularly if eating
- if choking is mild, the casualty will be able to speak, cough and breathe

Advice amended from shout for help to:

Shout for someone to call **999/112**, or call on a speaker-phone if you can do this as the same time as giving treatment.

Received chest thrusts now added to reasons to seek immediate medical attention after treatment.



First Aid Made Easy

12, 13

Emergency First Aid Made Easy

17, 18, 19

Paediatric First Aid Made Easy

26, 27, 28

Concise First Aid Made Easy

20, 21

CPR & AED Made Easy

24, 25, 26

AVPU

Pain changed to '**pressure**' to better reflect appropriate actions of a first aider.

P

Pressure

The casualty responds to pressure.

Localises Pressure

The casualty is able to localise where pressure stimulus is being applied.

Responds to (*but does not localise*) Pressure

The casualty responds to pressure stimulus, but is unable to localise it.

First Aid Made Easy

14

Emergency First Aid Made Easy

14

Paediatric First Aid Made Easy

22

Concise First Aid Made Easy

16

CPR & AED Made Easy

22

Recovery position

Additional advice update: The recovery position is intended for an unresponsive, uninjured casualty who is breathing normally and does NOT need CPR.

First Aid Made Easy

15

Emergency First Aid Made Easy

15

Paediatric First Aid Made Easy

23

Concise First Aid Made Easy

17

CPR & AED Made Easy

23

Recovery position – injured casualty

Updated advice: For an **injured** unconscious casualty, keep them still and continually monitor Airway and Breathing. Only use the recovery position if the airway is at risk, (e.g. *fluids in the airway, or you have to leave them to get help and therefore cannot continually monitor breathing*).

First Aid Made Easy	Emergency First Aid Made Easy	Paediatric First Aid Made Easy	Concise First Aid Made Easy	CPR & AED Made Easy
15, 41	15, 30	23, 43	17	23

Anaphylaxis – minor updates

Recognition: A rapid onset and rapid progression – becoming very ill, very quickly.

Treatment: The dose of adrenaline can be repeated after 5 minute intervals if there is no improvement or symptoms return.

First Aid Made Easy	Emergency First Aid Made Easy	Paediatric First Aid Made Easy	Concise First Aid Made Easy	CPR & AED Made Easy
17	35	51	50	–

Asthma treatment – minor updates

- The casualty should take one puff of their reliever inhaler (usually blue) every 30 – 60 seconds for up to 10 puffs. Use a spacer device if available.
- Call 999/112 for emergency help if they feel worse at any point or if they don't feel better after 10 puffs.
- The 10 puff inhaler routine can be repeated after a few minutes if the ambulance hasn't arrived yet.

First Aid Made Easy	Emergency First Aid Made Easy	Paediatric First Aid Made Easy	Concise First Aid Made Easy	CPR & AED Made Easy
18	34	53	49	–

Stroke recognition

Other red flag symptoms added to aid recognition of other stroke symptoms that are may not be identified with the FAST test.

Other red flag symptoms:

- **Balance:** sudden loss of balance, trouble walking, dizziness or loss of coordination.
- **Eyes:** sudden vision loss, double vision or partial loss of vision in one or both eyes.
- Sudden severe headache, nausea or vomiting.

First Aid Made Easy	Emergency First Aid Made Easy	Paediatric First Aid Made Easy	Concise First Aid Made Easy	CPR & AED Made Easy
25	33	–	54	–

Control of bleeding – updated information

- **Pressure** – ‘you may need to press **into** the wound.’
- If a dressing gets saturated with blood, take it off and make sure you are applying direct pressure to the exact point of bleeding. Only re-dress it when the bleeding is controlled.

First Aid Made Easy	Emergency First Aid Made Easy	Paediatric First Aid Made Easy	Concise First Aid Made Easy	CPR & AED Made Easy
29	22	30	22	-

Wound packing

- Emphasis that wound packing is for ‘life-threatening’ bleeding.
- Additional emphasis on using improvised wound packing if necessary.
- Abdomen removed from sites amiable to wound packing.
- Added text: **DO NOT** try to pack a chest wound.

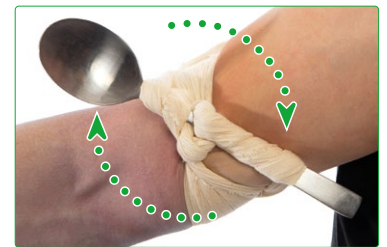
First Aid Made Easy	Emergency First Aid Made Easy	Paediatric First Aid Made Easy	Concise First Aid Made Easy	CPR & AED Made Easy
30	23	31	25	-

Tourniquets – updated section

- Emphasis that tourniquets are for ‘life-threatening’ bleeding from an arm or leg that cannot be controlled by applying manual pressure.
- Place the tourniquet 5–7cm above the wound but not over a joint.
- **DO NOT** release a tourniquet. Only a healthcare professional can do this.



Manufactured tourniquet.



Improvised tourniquet (using a triangular bandage and a spoon).

First Aid Made Easy	Emergency First Aid Made Easy	Paediatric First Aid Made Easy	Concise First Aid Made Easy	CPR & AED Made Easy
30	23	31	25	-

Knocked out tooth – updated section

Knocked out ‘adult’ tooth

- Handle the tooth at the tip, not the root.
- If possible re-implant the tooth back in its socket. Ask the casualty to bite on a clean swab to hold the tooth in place.
- If the tooth is visibly dirty, it can be rinsed under a tap for a maximum of 10 seconds.
- If re-implanting the tooth is not possible wrap it in cling film or store it in cow’s milk.
- Arrange urgent transfer to a dentist.

First Aid Made Easy	Emergency First Aid Made Easy	Paediatric First Aid Made Easy	Concise First Aid Made Easy	CPR & AED Made Easy
32	-	-	-	-

Sprains and Strains update

Maximum time for ice application changed to 20 minutes.

First Aid Made Easy	Emergency First Aid Made Easy	Paediatric First Aid Made Easy	Concise First Aid Made Easy	CPR & AED Made Easy
40	–	42	36	–

Spinal injury

Treatment – Emphasis change to allow a **conscious** casualty to protect their own neck and allow them to exit a vehicle if needed and they are able.

- Keep the casualty in the position you find them unless they are in danger. If necessary (*and they are able*) it's okay to allow a casualty to get themselves out of a vehicle.
- Tell the casualty to keep their head still, explaining that you are concerned about a broken neck. If needed, help them to do this.

Recovery position – Increased emphasis on the need to keep an unconscious breathing casualty still and only use the recovery position if the airway is at risk.

- Hold the head still. Keep the head and neck in line with the upper body.
- Keep the casualty warm and still. **Continually monitor breathing until help arrives.** Only move them if they are in danger.
- If there is an airway emergency (*e.g. the casualty is unresponsive, on their back and there are fluids in the airway*), you may need to turn the casualty onto their side.

Keep the head and neck in line with the spine whilst you turn the casualty

First Aid Made Easy	Emergency First Aid Made Easy	Paediatric First Aid Made Easy	Concise First Aid Made Easy	CPR & AED Made Easy
41	30	43	40, 41	–

Body Temperature

Advice on using a mercury thermometer removed and topic replaced with advice on **recognising infection** in relation to high body temperature.

Recognising infection

Modern, easy to use thermometers are now available, such as disposable strips that are placed on the forehead or thermometers that read a temperature from the ear. In the absence of exposure to excessive heat, a high temperature could be an indicator that a casualty has an **infection**.

First Aid Made Easy	Emergency First Aid Made Easy	Paediatric First Aid Made Easy	Concise First Aid Made Easy	CPR & AED Made Easy
43	–	57	–	–

Heat stroke – updated section

Heat stroke occurs when the core body temperature exceeds 40°C. It is an urgent medical emergency and can lead to severe organ damage and death if the core temperature is not reduced promptly.

The condition often follows prolonged exercise (such as long-distance running) or prolonged exposure to heat (such as being in the sun all day).

Those with impaired heat regulation (such as children and the elderly) are also susceptible in hot weather.

First aid providers at events where heat stroke is likely should have effective cooling facilities immediately available.



Recognition

- Elevated body temperature.
- Confusion, agitation, disorientation.
- Seizures.
- Throbbing headache.
- Lowered levels of response leading to unconsciousness.
- Nausea, vomiting.
- Flushed, hot, dry skin (no sweating).



Treatment

- Remove the casualty from the heat source.
 - **Call 999/112 for emergency help.**
 - Cool the casualty rapidly, using fastest method available. The fastest methods, in approximate order, are:
 1. Whole body immersion from the neck down in cold water (1–26°C).
 2. A cold shower (or garden hose).
 3. Large bags of ice placed on neck, armpits and groin.
- Other cooling methods if these aren't possible include iced sheets or towels, cooling vests or fanning. A specialised ice 'Tarpaulin Assisted Cooling Method' (TACO) can be used with training.



A paddling pool can be used to immerse the casualty in cold water from the neck down.

First Aid Made Easy
45

Emergency First Aid Made Easy
–

Paediatric First Aid Made Easy
59

Concise First Aid Made Easy
–

CPR & AED Made Easy
–

Sepsis and meningitis

Improved layout of recognition table (*ticks added to the meningitis column for the sepsis signs to further clarify that these may occur if meningitis leads to sepsis*).

Recognition of meningitis and sepsis

	Recognition feature	Cause/comment	Meningitis	Sepsis	
Earlier Signs	<ul style="list-style-type: none"> Initial source of infection 	Spreads from a localised infection e.g. a chest infection, infected cut or meningitis		✓	
	<ul style="list-style-type: none"> High temperature (<i>fever</i>) Chills/shivering 	The brain raises the body thermostat to try fight the infection	✓	✓	
	<ul style="list-style-type: none"> Low temperature 	Less commonly the body temperature can become very low	✓*	✓	
	<ul style="list-style-type: none"> Rapid heartbeat/fast pulse 	To try maintain blood pressure	✓*	✓	
	<ul style="list-style-type: none"> Fast breathing 	In response to impaired respiration	✓*	✓	
	Severe Sepsis	<ul style="list-style-type: none"> Severe difficulty in breathing 	Damaged blood flow in the lungs	✓*	✓
<ul style="list-style-type: none"> Pale, mottled skin Blue tinges to skin (<i>cyanosis</i>) 		Reduced blood flow to the skin	✓*	✓	
<ul style="list-style-type: none"> Confused, agitated or delirious Slurred speech Dizzy or faint Sleepy, vacant or difficult to wake 		Reduced blood flow to the brain Pressure on the brain with meningitis	✓	✓	
<ul style="list-style-type: none"> Cold hands and feet Pain in limbs or joints 		Reduced blood flow to the limbs Blockages in blood flow to the limbs	✓*	✓	
<ul style="list-style-type: none"> Rash (<i>anywhere on the body</i>) may start like pin pricks. Does not fade when squashed with a glass tumbler 		Damaged capillaries bleeding under the skin	✓*	✓	
Other signs		<ul style="list-style-type: none"> Stomach pain, diarrhoea 	Reduced blood flow to the intestines (<i>but may be due to a tummy infection</i>)	✓*	✓
		<ul style="list-style-type: none"> Nausea, vomiting 	Common with many infections	✓	✓
Meningitis	<ul style="list-style-type: none"> Severe headache Dislike of bright lights Stiff neck (<i>less common in young children</i>) Seizures 	Swelling of the linings surrounding the brain and spinal cord exerts pressure on the brain. In babies the soft spot on the head may become tense or bulging	✓		

Symptoms in red are less common with minor illness, giving a stronger clue to sepsis (or meningitis).

*With meningitis, these are signs that the infection has spread into the bloodstream, causing sepsis.

First Aid Made Easy

50

Emergency First Aid Made Easy

—

Paediatric First Aid Made Easy

55

Concise First Aid Made Easy

—

CPR & AED Made Easy

—

Age definition for resuscitation – updated section

Resuscitation age definitions:

Baby or infant Under 1 year

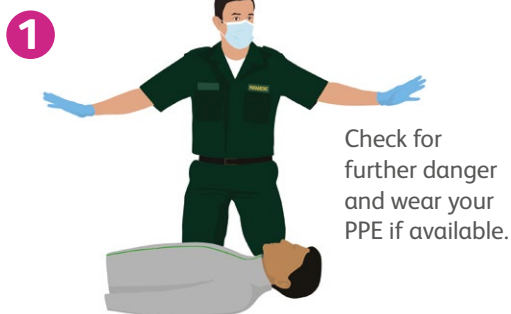
Child 1 to 18 years*

Adult Beyond 18 years*

*If age is in doubt, it's okay to follow the child sequence.

First Aid Made Easy	Emergency First Aid Made Easy	Paediatric First Aid Made Easy	Concise First Aid Made Easy	CPR & AED Made Easy
–	–	11	–	–

COVID-19 CPR adaptations – added section



DO NOT place your face near the casualty's mouth.
DO NOT tip the head back to open the airway.



First Aid Made Easy	Emergency First Aid Made Easy	Paediatric First Aid Made Easy	Concise First Aid Made Easy	CPR & AED Made Easy
64	40	64	64	32