

two breaths with 30 chest compressions.³ The elbows should be straight and a rocking motion of the torso of the rescuer should be used to deliver effective compressions whilst minimising fatigue. In children, less force is required. It is very important that interruption of chest compressions is avoided whenever possible.⁴

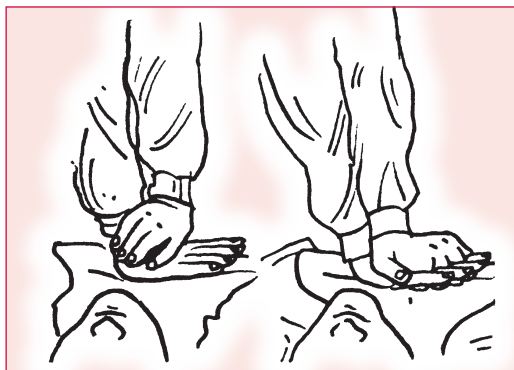
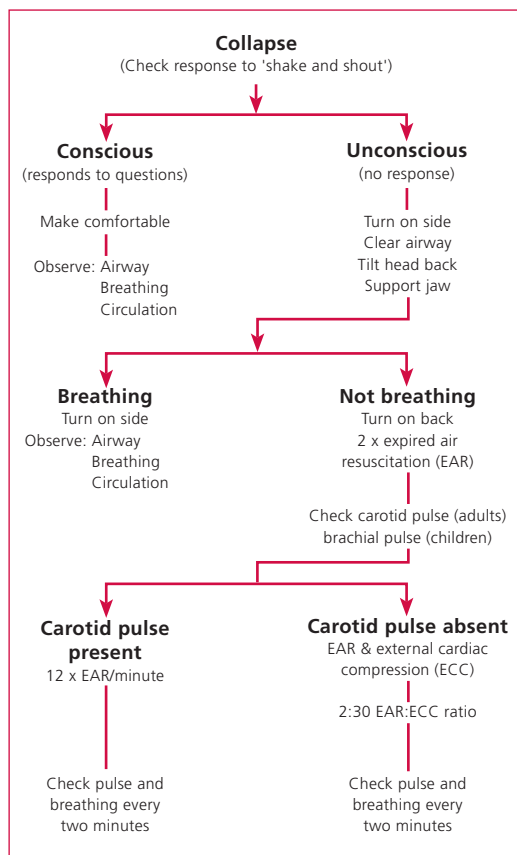


Figure F.2 Basic life-support technique



Guide to basic first aid

Accident victims

Any person involved in a high-velocity impact accident or the victim of any penetrating trauma (e.g. shooting or stabbing) needs ambulance and/or medical assessment.

First aid consists of maintaining the airway and breathing (see Figure F.2) and stopping external bleeding by the application of direct pressure to wounds. If the patient is unconscious, protect the neck to avoid spinal cord damage, although keeping the airway open takes precedence over spinal immobilisation. Jaw thrust is the preferred method for keeping the airway open. Head tilt and jaw lift should only be used if jaw thrust is ineffective.

Amputated parts

All amputated parts should be wrapped in saline soaked gauze then placed in a clean container. This container should be sealed and placed in another container of iced water while transport to hospital is arranged. Do not place ice directly against the amputated part and do not immerse the part in saline.

Bites and stings

In the event of bites by snakes, funnel-web spiders or blue-ringed octopus, immobilise the limb and apply a firm pressure bandage over the whole length of the limb in order to reduce lymph flow.⁵ The exception is in the event of a red-back spider bite: in this case, a pressure bandage should *not* be applied as this only makes the pain worse.⁶ The blue-ringed octopus (and some snakes) kill by causing muscle paralysis. Expired air resuscitation alone may be all that is required to keep the person alive until ambulance or medical help arrives. Symptoms arising from minor stings (bees, wasps, and so on) may be relieved by the application of ice or proprietary preparations. Medical attention should be sought for allergic reactions or multiple stings (more than 20 in an adult).

Burns

See 'Burns' in 'Wound management', Section D.

Chest pain

Cardiac pain is often dull or crushing in nature and may radiate to the arms, jaw, upper abdomen or back. Immediate medical attention should be sought if pain is suspected to be of cardiac origin and is new in onset, or increasing in duration, frequency or severity.⁷ Suspected cardiac chest pain not relieved by two doses