



**St John**  
Ambulance



# Student First Aid Booklet



Name: \_\_\_\_\_



**HEART  
START**

## First Aid Diary Log

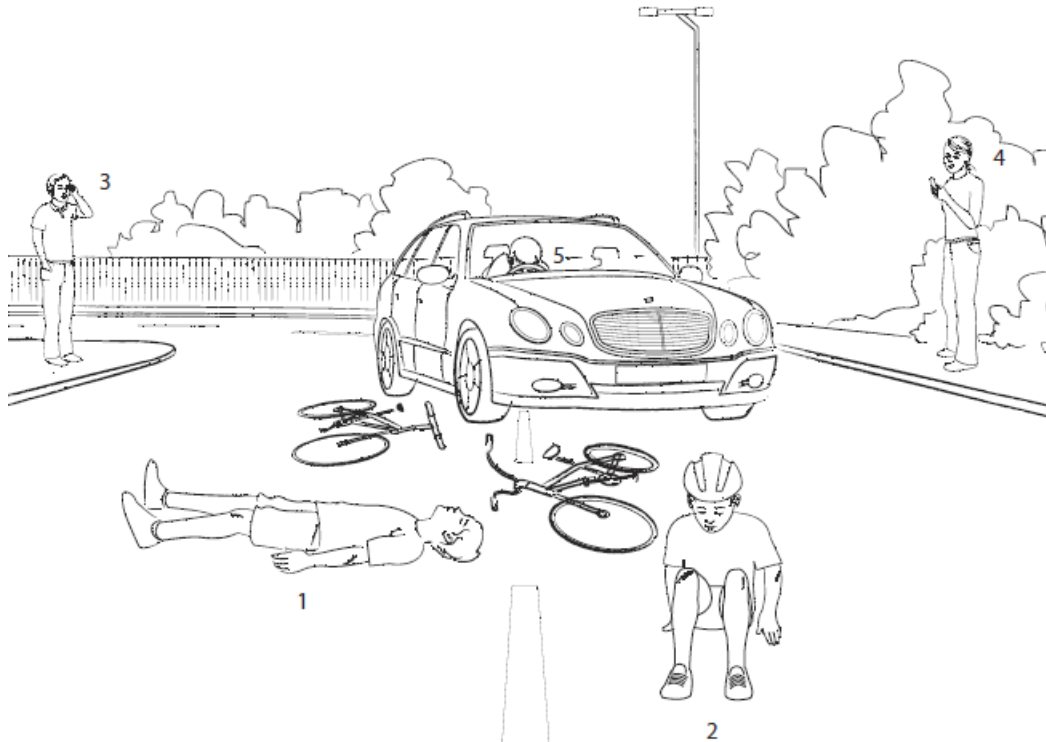
Page	Topic	What I learnt	Date and Sign
1	Emergency Call		
2	Primary Survey		
3-4	Recovery Position		
5-6	Bleeding + Shock		
7-8	Muscle, Joints and Ligament Injuries		
9-10	Choking		
11-12	Choking		
13	CPR		

\_\_\_\_\_ has completed the above mentioned first aid topics and passed all assessments.

Signed/Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Making an Emergency Call

Please colour in the t-shirts of the CASUALTIES in **BLUE** and the BYSTANDERS in **GREEN**



What would you say to each person? (Above picture)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What are the two numbers you can use to call the emergency services in the UK?

1. \_\_\_\_\_
2. \_\_\_\_\_

Please colour in the boxes below for the information you should give the operator when making an emergency call.

- ☐ Your name.
- ☐ The casualty's name.
- ☐ The age of the casualty, if it is known.
- ☐ Your telephone number.
- ☐ The height of the casualty.
- ☐ The number of casualties.
- ☐ The type of accident.
- ☐ What the casualty is wearing.
- ☐ Information about any hazards.
- ☐ That you are a first aider.
- ☐ The sex of the casualty.

## Primary Survey

Complete the mnemonic below used to remember the Primary Survey and explain each point.



.....  
 \_\_\_\_\_



.....  
 \_\_\_\_\_



.....  
 \_\_\_\_\_



.....  
 \_\_\_\_\_

Please match up the Key Words and Definitions below (draw a line to link up the pairs).

**Risk**

Being free from risk, danger or injury.

**Danger**

Someone that is hurt or killed in an accident.

**Prevention**

Actual damage or pain to someone's body.

**Safety**

Something that is likely to cause injury or accident.

**Injury**

Chance that something dangerous might happen.

**Hazard**

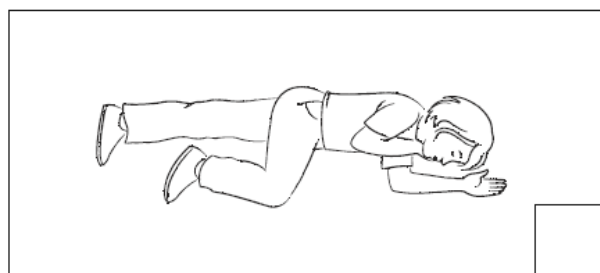
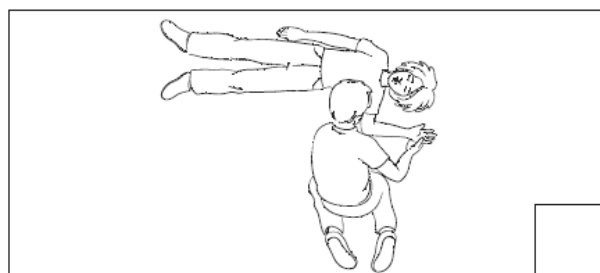
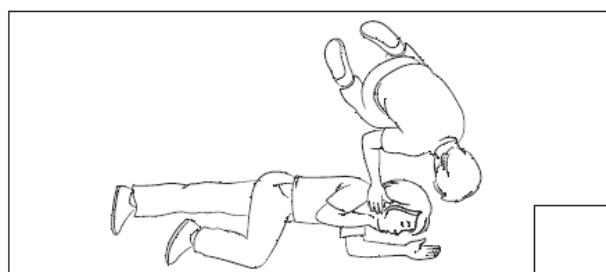
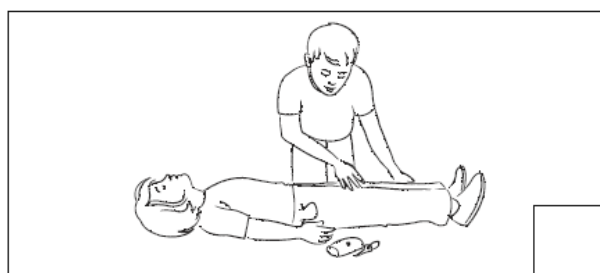
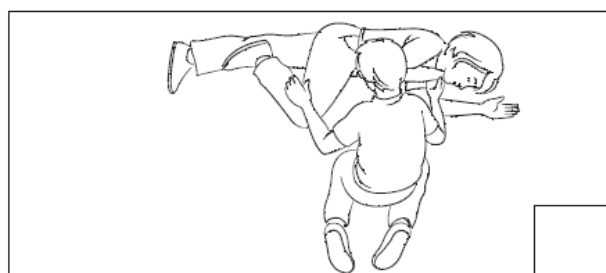
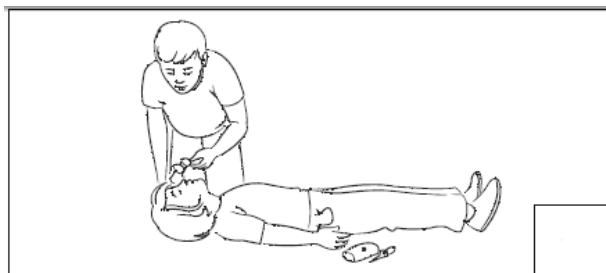
Planning to make sure that something dangerous does not happen.

**Casualty**

Something that may cause someone to get hurt or become ill.

## Recovery Position

Please colour in & put the pictures in the correct order writing the number in the box (1-10).



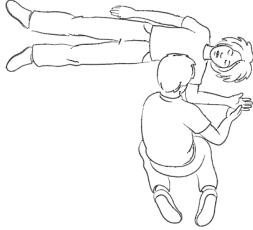
My top tips and reminders: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Recovery Position (continued)

Please colour in and write a brief instruction for each part of the Recovery Position.



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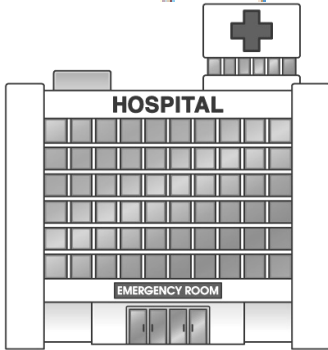
[This is me doing the recovery position](#)

*Please stick a photo of you doing  
the Recovery Position here*

## Bleeding

Please colour in the pictures for correct answers.

1 What are the two most important things we need to do as first aiders to help someone who is bleeding heavily?



Get to hospital



Keep warm



Stop bleeding



Cover with dressing

2 What are the two best ways to stop or slow the bleeding?



Press firm direct on wound



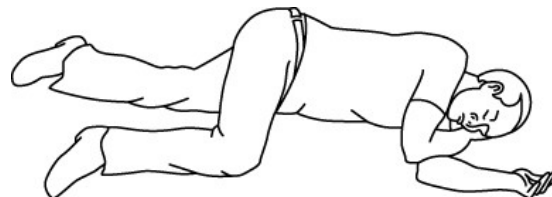
Put dressing on wound



Raise injury above heart



Elevate both legs



Put in recovery position

3 You check the wound and notice there is a piece of glass sticking in it. What do you do?



Pull it out quickly



Put a bandage directly over the object



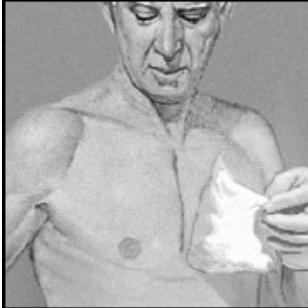
Leave object in, packing either side and bandage



## Bleeding (continued)

Please colour in the pictures for correct answers.

4 If blood soaks through a dressing what should you do?



Take dressing off and apply a clean one



Keep injury raised



Put another dressing over top



Tie plastic bag over it

5 If the casualty is in shock, what symptoms would they show?



Nausea



Grey-blue skin



Shallow breathing



Weakness



Thirst

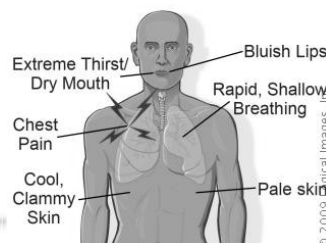
6 It is common for someone who has lost lots of blood to also have which of these conditions?



Blood poisoning



Haemophilia



Shock



Headache



Asthma



## Muscle, Joint and Ligament Injuries

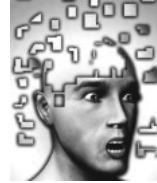
Colour in the correct signs and symptoms of a Sprain or Strain?



Pain at location



Chest Pain



Memory Loss



Bruising



Instability



Bleeding



Lack of movement



Swelling

What is the treatment for a Sprain or Strain?



**R**

\_\_\_\_\_

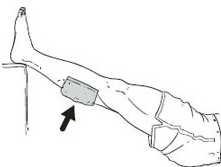


\_\_\_\_\_



**C**

\_\_\_\_\_



**E**

\_\_\_\_\_

What should you do if you sprained your ankle?

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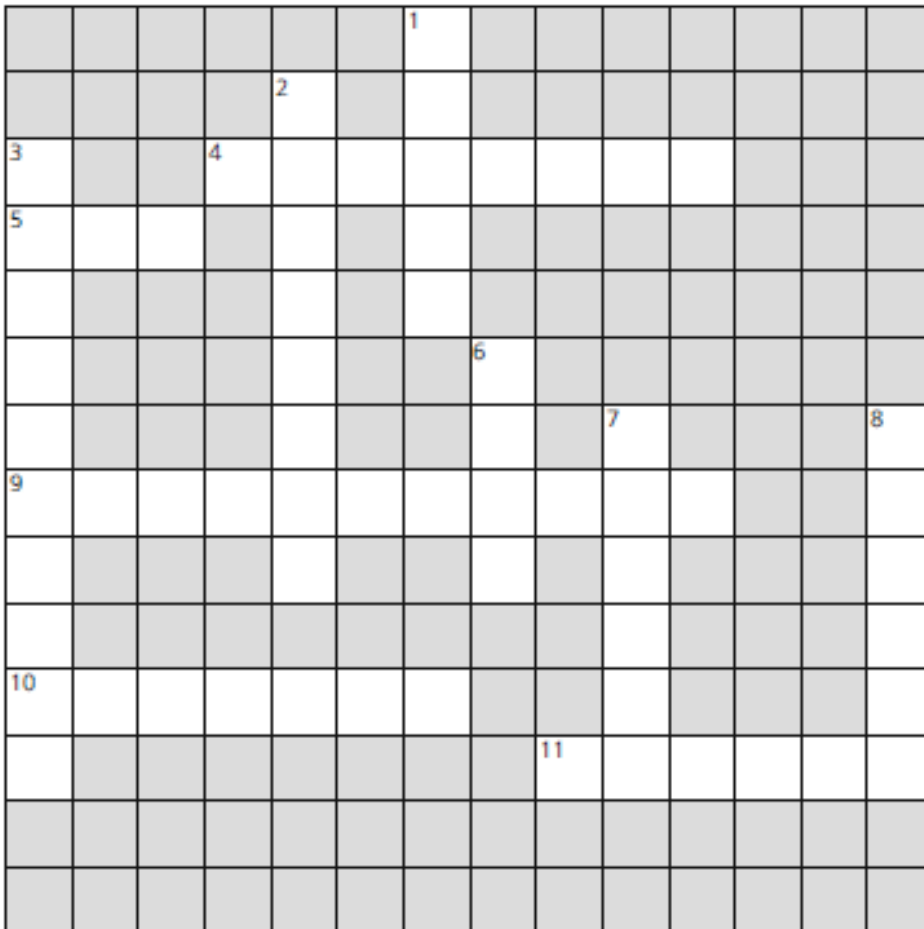


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## Muscle, Joint and Ligament Injuries

Please complete the cross word puzzle below.



### Across

- 4 You may see this if someone sprains or strains a muscle, or fractures a bone (8)
- 5 You should apply this to a sprain or strain (3)
- 9 The 'C' in RICE (11)
- 10 Another word for raise (7)
- 11 An injury which occurs when a muscle is overstretched (6)

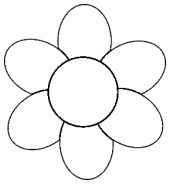
### Down

- 1 You can use this to support someone's arm if it is broken (5)
- 2 Another word for a bone that has been broken (8)
- 3 This is what we call a joint that has moved out of place (10)
- 6 You should always allow a casualty with a bone, muscle or joint injury to do this (4)
- 7 If you suspect someone has a broken bone, you should advise them not to do this (4,2)
- 8 A common form of ligament injury (6)



## Choking

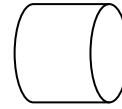
Colour in the shape for what you will see if someone is choking?



Panicking



Difficulty breathing



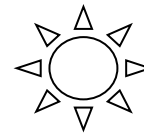
Beat boxing



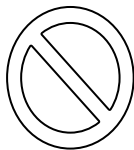
Face turning red or purple



Smiling



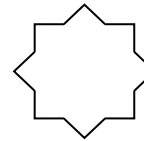
Grasping throat



Lips turning blue



Pointing at mouth or throat



Laughing

Explain the diagrams below and how you would treat a Choking casualty

"Can you cough"?




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Back Blows




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Abdominal Thrusts



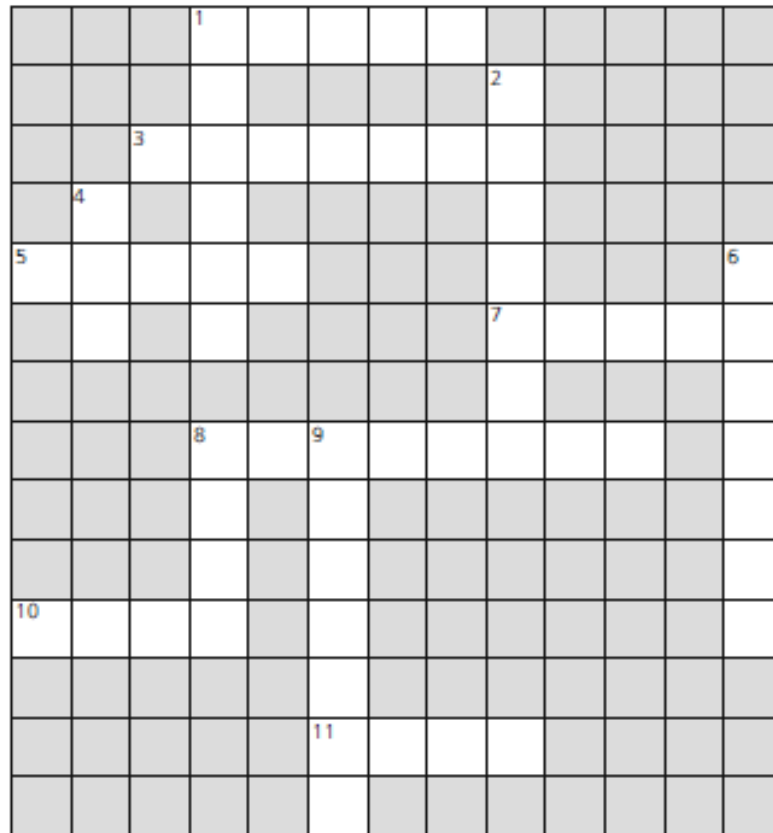

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## Choking (continued)

Please complete the cross word puzzle below.



### Across

- 1 The number of cycles of back blows and abdominal thrusts you may carry out before calling for an ambulance (5)
- 3 Someone who is choking will find this difficult or impossible to do (7)
- 5 Someone who is choking can't do this (5)
- 7 You should ask someone who is choking to do this (5)
- 8 The name given to the action of hitting someone on the back when they are choking (4,4)
- 10 The maximum number of back blows you should give in one cycle (4)
- 11 Do not give young children these as they can choke on them (4)

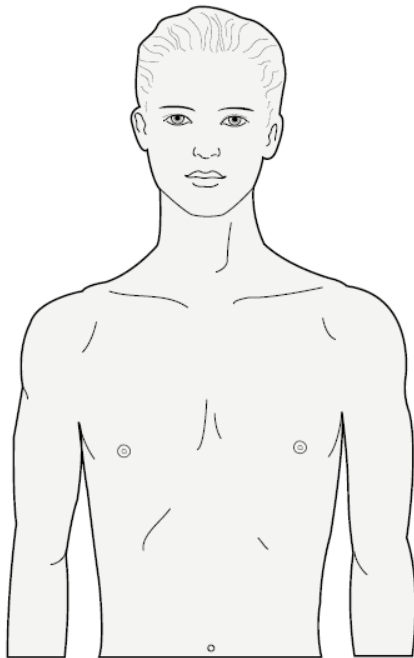
### Down

- 1 If someone is choking, they may point to this part of their body (6)
- 2 The type of advice sought if abdominal thrusts are used (7)
- 4 What you should do if a choking person becomes unconscious (3)
- 6 Abdominal \_\_\_\_\_ (7)
- 8 The colour of a choking person's lips (4)
- 9 Someone who has an object blocking their airway is said to be... (7)

## Chest Pains

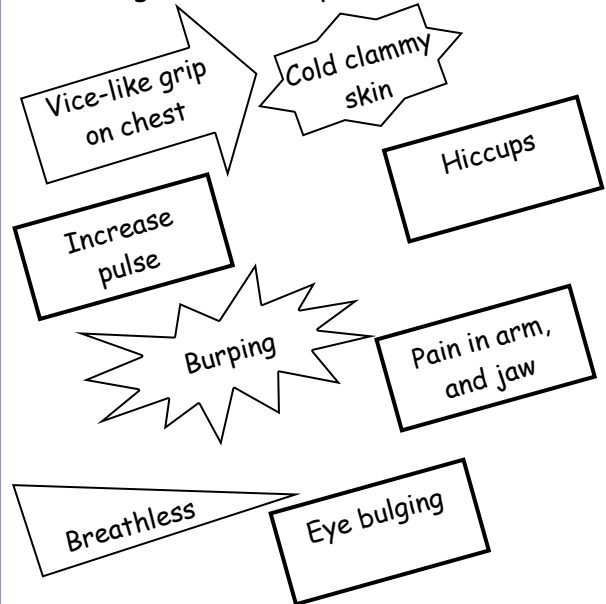
Please shade in the following below:

- show where the heart is
- show where the pain from a heart attack may be experienced.



### Signs & Symptoms

Colour in the symptoms of someone that is suffering from chest pains.



Colour in and label the diagram below for treatment of someone suffering from chest pains.

As the 1st Aider:

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Casualty:

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Legs:

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Feet:

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Pain:

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## Chest Pains (continued)

Colour in the TICK or CROSS depending on which statement you think are TRUE or FALSE.



1 The risk of a heart attack is increased by eating a fatty diet and being overweight.



2 A lot of exercise is dangerous for the heart as it may pump too fast.



3 Smoking is dangerous to the lungs but not to the heart.



4 When someone has a heart attack they always collapse and become unconscious.



5 Someone having a heart attack looks very pale, and possibly blue, in the face.



6 Someone having a heart attack may have a lot of pain in the chest and sometimes also in the arms.



7 If someone is unconscious and breathing, you should put them in the recovery position.



true

8 If possible, the first aider should stay with the casualty and ask someone nearby to dial 999 or 112 for an ambulance.



9 The function of the heart is to pump blood around the body.



10 When you call for an ambulance, you should never tell the emergency operator that you think it may be a heart attack in case you are wrong.



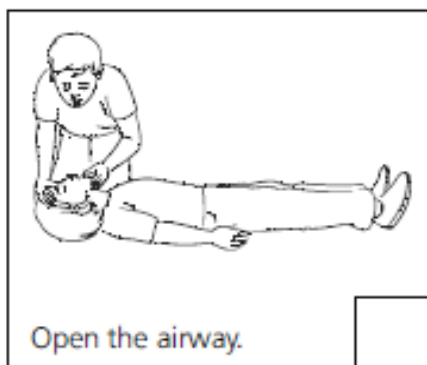
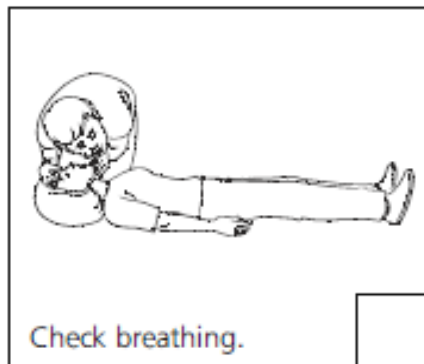
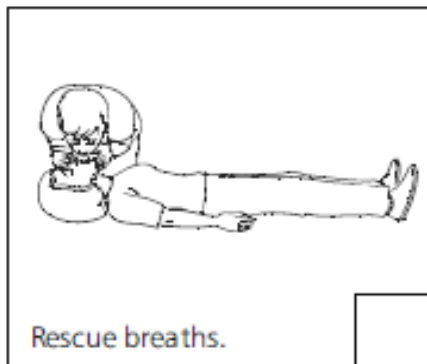
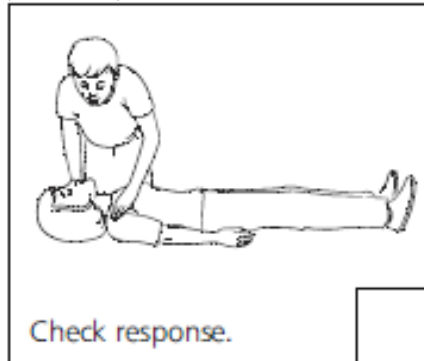
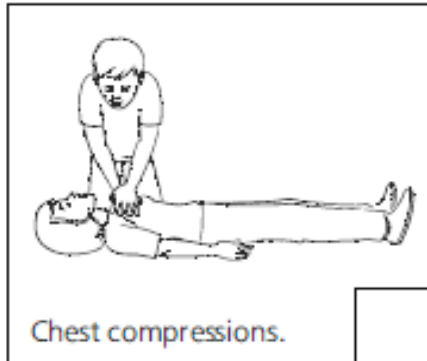
11 As a first aider, your main priorities in a heart attack case, if the casualty is conscious, are to make the casualty comfortable and to get them to hospital urgently.





## Cardio Pulmonary Resuscitation

Please colour in and put the pictures below in the correct order.



How many  
compressions  
should you do?



How many  
Rescue breaths  
should you do?



This is me doing my CPR Assessment