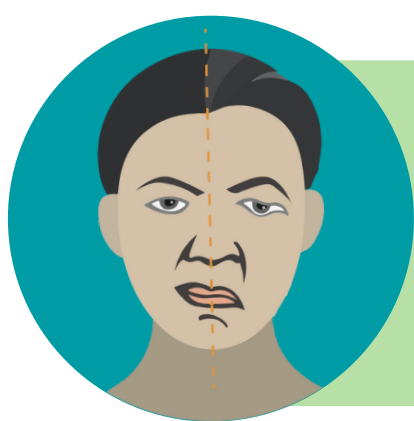


RECOGNISE A STROKE

# F.A.S.T.

Call the ambulance or seek medical treatment immediately if your loved one presents these signs



## Face drooping

Check for an even smile on your loved one

## Arm weakness

Get your loved one to raise both their arms and keep them up



## Speech Difficulty

Listen for slurred or unclear speech in your loved one

## Time to call 995

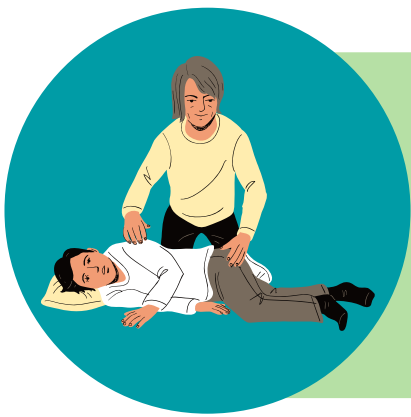
Rush your loved one to the hospital immediately, if they present any of the above symptoms



# TIPS FOR MUSCLE OR TISSUE INJURY

# R.I.C.E.

Seek medical treatment if pain persists or does not heal within 2 weeks



## Rest

Rest the injured area and avoid movement to prevent more blood flow

## Ice

Apply an ice pack to the injured area without direct contact with the skin to decrease inflammation and pain



## Compression

Wrap the injured area with an elastic bandage to provide support and reduce the blood flow which limits swelling



## Elevation

Elevate the area to lower pressure in blood vessels to minimise swelling and bleeding



# SIGNS OF A HEART ATTACK

# S.T.O.P.

Call the ambulance or seek medical treatment immediately if your loved one presents these signs



## Shortness of breath

Difficulty in breathing and a feeling of suffocation

## Tightness in chest

A feeling of weight or pressure pressing against one or several spots around the chest area



## Other symptoms

Present other symptoms such as cold sweat, fatigue, weakness or a loss of consciousness

## Pain in body

Pain in parts of the body such as the chest, throat, neck, jaw, arms or back



# FIRST AID FOR MENTAL HEALTH

# A.L.G.E.E.

If you or someone you know is in immediate harm, call 24-hour emergency medical services at 995 or approach your nearest A&E.



## Assess

Assess for risk of suicide or self-harm in your loved one

## Listen

Listen to your loved one non-judgmentally



## Give

Give reassurance, support and information to your loved one to provide them with some comfort



## Encourage

Encourage your loved one to seek appropriate professional help



## Encourage

Encourage self-help and provide your loved one with other support strategies



IDENTIFY A CARDIAC ARREST

# N.O.R.B.

Call the ambulance or seek medical treatment immediately if your loved one presents these signs



## **NO-R: No Response**

Tap on the shoulder for a response from your loved one



## **NO-B: No Breathing**

No breath taken by your loved one when tilting their head up for more than five seconds

SPOT AND MANAGE A CHOKE

# BAC, BAC TO BAA

Call the ambulance or seek medical treatment immediately if the lodged item cannot be removed



## **BAC:**

### *Breath and Cough*

Breathing is difficult or obstructed and is unable to cough forcefully

## **BAC:**

### *Blue and Consciousness*

Turning blue on lips, nails and fingertips  
About to lose consciousness



## **TO:**

### *Talk*

Not able to talk and speak

## **BAA:**

### *Back, Abdominal, Abdominal*

- Give 5 back blows to the back between the shoulder blades
- Perform 5 abdominal thrusts right above their belly button
- Repeat until the lodged item is out

