

Medical Emergency

• Stay calm • Stop • Think



Some patients may be unresponsive and breathing normally, and will need protection to avoid further harm. Others will need urgent cardiopulmonary resuscitation (CPR) to maintain life.

1 Call out for assistance or send for help immediately

Ask someone to get a phone/AED (Automated External Defibrillator) if needed.

2 DIAL 0800 823 637 for UC Security and state "MEDICAL EMERGENCY"

Tell them:

- your exact location with building name and room
- type of medical emergency, for example, possible cardiac arrest, sudden death, accident, psychotic episode, seizure.

3 Provide emergency assistance

Continue providing help until an ambulance and qualified medical assistance arrives.

The "DR ABCD" is the method used to assess what emergency care is needed (see next section).

4 Follow the DR ABCD method

Dangers – Check for dangers before entering the area.

Response – Check for response levels and vital signs of the injured person.

✓ Ask a simple question, grasp or squeeze their shoulders.

✗ Avoid moving any sick or injured patient (unless they're in life-threatening danger).

Provide first aid. Follow ABCD steps.

Airway – Check airway is clear. Open the airway by tilting the head back and lifting the chin.

Breathing – Check for breathing and heartbeat. If none, then apply CPR (cardiopulmonary resuscitation) see in the next section and shown in the pictures below.

Compression – CPR helps to keep the blood pumping so that heart and brain cells do not die due to lack of oxygen.

- Give 30 chest compressions (at a rate of 100–120 per minute) followed by 2 breaths.
- Once CPR has started, continue until the ambulance arrives or you receive paramedics' instructions.
- Chest compressions are the most important part of CPR. If you are not able to give breaths to a patient, you should still perform chest compressions.

Defib – Apply AED (Automated External Defibrillator), if available.



1 2 Call emergency number



3 4 Check vital signs



4 Airway



4 CPR



4 CPR/Defib



4 Repeat steps 4 until help arrives

Building name/location _____

Current address _____

Location of first aid kit _____

Nearest location of AED (Automated External Defibrillator) _____

MEDICAL EMERGENCY