

Really Good First Aid

ASK

- What happened?
- How are you feeling?
- Do you mind if we have a look?
- I've got a monitoring card that will remind me to ask for some important information; do you mind if I use it?

Letter	Information	Questions to ask	Casualty reply
S	Signs Symptoms	Do you mind if I make a record? How are you feeling? Can we look at the injury?	
A	Allergies Age	Is this the first time this has occurred?	
M	Medication	Have you recently taken any medication?	
P	Past history	When did you last visit the doctor or hospital?	
L	Last time.. Eaten/Drank, took medication, went to the toilet	What have you eaten recently?	
E	Events	What happened?	

Time (24 hour clock)				
Pulse	Rate (per min)			
	character			
Breathing	Rate (per min)			
	character			
Temperature	Warm/dry			
	Hot/wet			
	Hot/dry			
	Cold/wet			
	Cold/dry			
Colour				
Consciousness	A			
	V			
	P			
	U			

Pulse character can be described as strong(s) weak(w) bounding(b) regular(r) irregular(i)
Breathing character can be described as deep(d) shallow(s) wheezy(w) bubbly(b) noisy(n)

Really Good First Aid Incident & Casualty Details

Date	Time	Location	
Name		Address	
Telephone			
ICE name In Case of Emergency		ICE number	
History of incident			
Name of First Aider		Tel of First Aider	

Indicate injury site on diagrams and add any comments

