Really Good First Aid - Simple Cas Card

ASK

- What happened? How are you feeling? Do you mind if we have a look?

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?	

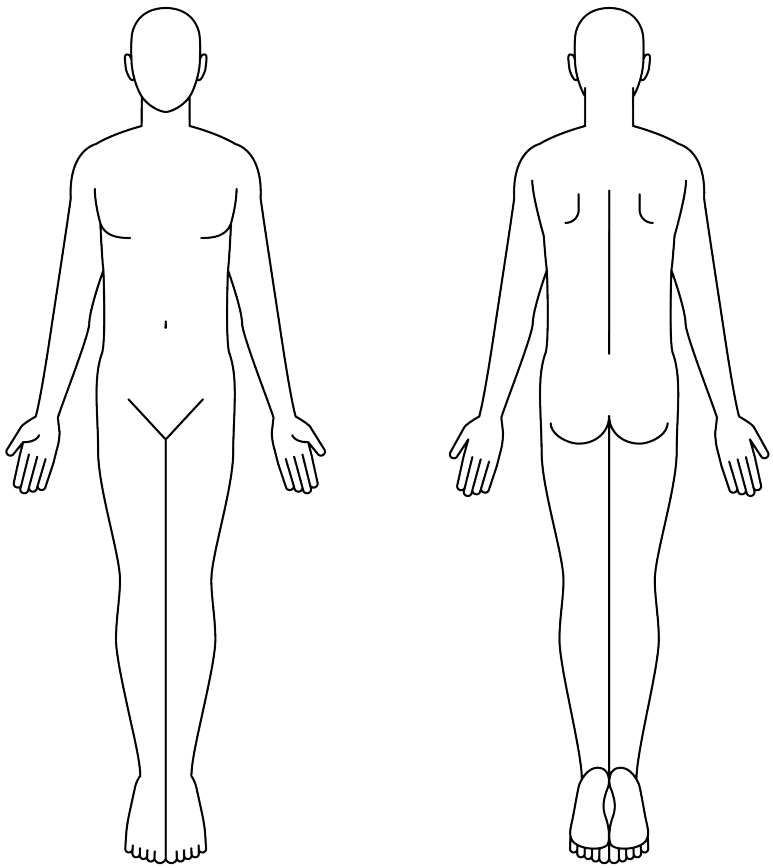
Time (24 hour clock)							
Breathing Rate	Rate (per min)						
	character						
Pulse Rate	Rate (per min)						
	character						
Temperature	Warm/dry						
	Hot/wet						
	Hot/dry						
	Cold/wet						
	Cold/dry						
Colour							
Consciousness	A						
	V						
	P						
	U						

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

Incident & Casualty Details

Date	Time	Location
Name		Address
Telephone		
ICE name **I**n **C**ase of **E**mergency		ICE number
History of incident		
Name of First Aider		Tel of First Aider

Indicate injury site on diagrams and add any comments



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