

# FIRST AID CHECK LIST

## THE QUICK REFERENCE GUIDE

This document lists the signs and symptoms of people suffering accidents or medical conditions that may threaten their health. Its purpose is to quickly help identify the cause of those signs (or symptoms) and give the best First Aid treatment required, for situations where the cause may not be obviously apparent. It is NOT a replacement for good First Aid training or medical assistance. If you suspect a dangerous condition then call the emergency services.

HOW TO USE: Observe the signs and symptoms that the patient is showing. Each sign has a condition listed beneath it. Go to **SECTION TWO - Page 13** and see the entire list of signs for that condition.

One sign by itself may not indicate that condition, but if the patient has two or more signs that point to the same one, it is more likely that this condition is the cause. Follow the TREATMENT instructions while waiting for help to arrive.

If the person is unconscious see **SECTION THREE - Page 17**

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## SECTION ONE

### Signs and Symptoms

#### ABDOMINAL PAIN

- 1 - ALLERGIC REACTION
- 2 - SHOCK

#### ACETONE BREATH

- 1 - DIABETIC: HYPERGLYCAEMIA

#### AGGRESSION

- 1 - ALCOHOL/DRUG POISONING
- 2 - HYPOTHERMIA

#### ALCOHOL SMELL

- 1 - ALCOHOL/DRUG POISONING

#### ANXIETY

- 1 - ASTHMA
- 2 - ANGINA
- 3 - ALLERGIC REACTION
- 4 - HEART ATTACK

#### ARMS AND LEGS PAINFUL

- 1 - MENINGITIS

#### ARMS AND LEGS WEAK

- 1 - MENINGITIS

#### ASHEN COMPLEXION

- 1 - HEART ATTACK

#### BLOTCHY RED SKIN

- 1 - ANAPHYLACTIC SHOCK

#### BLUE FACE / LIPS

- 1 - ASTHMA
- 2 - HEART ATTACK

#### BREATHING DEEP

- 1 - ALCOHOL/DRUG POISONING (DEEP AND NOISY BREATHING)
- 2 - DIABETIC: HYPERGLYCAEMIA (DEEP HEAVY BREATHING)

#### BREATHING DIFFICULT

- 1 - ASTHMA
- 2 - ANGINA
- 3 - ALLERGIC REACTION
- 4 - HEART ATTACK

#### BREATHING FAST SHALLOW

- 1 - SHOCK

#### BREATHING HEAVY

- 1 - DIABETIC: HYPERGLYCAEMIA (DEEP HEAVY BREATHING)

#### BREATHING NOISY

- 1 - ALCOHOL/DRUG POISONING (DEEP AND NOISY BREATHING)

**BREATHING SHALLOW**

1 - ALCOHOL/DRUG POISONING (WHEN UNCONSCIOUS)

**BREATHING SLOW**

1 - HYPOTHERMIA

**CHEST PAIN**

1 - ANGINA  
2 - HEART ATTACK

**CLAMMY COLD PALE SKIN**

1 - SHOCK

**CLUMSINESS**

1 - HYPOTHERMIA

**COLD HANDS AND FEET**

1 - MENINGITIS

**COLD FEET AND HANDS**

1 - MENINGITIS

**COLD SKIN**

1 - DIABETIC: HYPOGLYCAEMIA  
2 - HYPOTHERMIA  
3 - SHOCK  
4 - MENINGITIS

**CONFUSION**

1 - DIABETIC: HYPOGLYCAEMIA  
2 - DIABETIC: HYPERGLYCAEMIA  
3 - CONCUSSION  
4 - STROKE  
5 - ALCOHOL/DRUG POISONING

**CONVULSIONS**

1 - EPILEPSY

**CO-ORDINATION POOR**

1 - ALCOHOL/DRUG POISONING

**CRAMPS**

1 - DEHYDRATION  
2 - HEAT EXHAUSTION

**DAZED**

1 - DIABETIC: HYPERGLYCAEMIA  
2 - CONCUSSION

**DEEP BREATHING**

1 - ALCOHOL/DRUG POISONING (DEEP AND NOISY BREATHING)  
2 - DIABETIC: HYPERGLYCAEMIA (DEEP HEAVY BREATHING)

**DIFFICULTY BREATHING**

1 - ASTHMA  
2 - ANGINA  
3 - ALLERGIC REACTION / ANAPHYLACTIC SHOCK  
4 - HEART ATTACK

**DIFFICULTY TALKING**

1 - ASTHMA  
2 - HYPOTHERMIA (slurred speech)

**DIZZY**

1 - CONCUSSION  
2 - HEATSTROKE  
3 - STROKE  
4 - HEART ATTACK

**DOOM FEELING**

1 - HEART ATTACK

**DROOPING ON ONE SIDE OF FACE**

1 - STROKE

**DROWSINESS**

1 - MENINGITIS

**DRY SKIN**

1 - DIABETIC: HYPERGLYCAEMIA

**EYES PUFFY**

1 - ANAPHYLACTIC SHOCK

**EXCITABLE**

1 - STIMULANT DRUG POISONING

**EYES: PUPILS UNEQUAL, SLUGGISH RESPONSE TO LIGHT**

1 - CONCUSSION

**FACE FLUSHED**

1 - HEATSTROKE

2 - ALCOHOL/DRUG POISONING

**FACE / NECK SWOLLEN**

1 - ANAPHYLACTIC SHOCK

**FAINTNESS**

1 - DIABETIC: HYPOGLYCAEMIA

2 - FAINTING

**FAST PULSE**

1 - DIABETIC: HYPERGLYCAEMIA

2 - ANAPHYLACTIC SHOCK

3 - HEAT EXHAUSTION

4 - HEATSTROKE

**FAST SHALLOW BREATHING**

1 - SHOCK

**FEAR**

1 - ASTHMA

2 - ANGINA

3 - ALLERGIC REACTION

4 - HEART ATTACK

**FEELING AFRAID**

1 - ASTHMA

2 - ANGINA

3 - ALLERGIC REACTION

4 - HEART ATTACK

**FEELING AGGRESSIVE**

1 - ALCOHOL/DRUG POISONING

2 - HYPOTHERMIA

**FEELING DIZZY**

1 - CONCUSSION

2 - HEATSTROKE

3 - STROKE

4 - HEART ATTACK

**FEELING OF DOOM**

1 - HEART ATTACK

**FEELING DROWSY**

1 - MENINGITIS

**FEELING FEAR**

1 - ASTHMA

2 - ANGINA

3 - ALLERGIC REACTION

4 - HEART ATTACK

**FEELING IRRITABLE**

1 - ALCOHOL/DRUG POISONING

2 - HYPOTHERMIA

**FEELING LETHARGIC**

1 - HYPOTHERMIA

**FEELING SICK**

1 - DEHYDRATION

2 - FAINTING

3 - CONCUSSION

4 - SHOCK

5 - HEART ATTACK

**FEET AND HANDS COLD**

1 – MENINGITIS

**FLUSHED FACE**

1 – HEATSTROKE

2 - ALCOHOL/DRUG POISONING

**HALLUCINATING**

1 - STIMULANT DRUG POISONING

**HANDS AND FEET COLD**

1 – MENINGITIS

**HEADACHE**

1 - CONCUSSION

2 - HEATSTROKE

3 – HEAT EXHAUSTION

4 - STROKE

5 – MENINGITIS

**HEART PALPITATIONS**

1 - DIABETIC: HYPOGLYCAEMIA

**HEAVY BREATHING**

1 - DIABETIC: HYPERGLYCAEMIA (DEEP HEAVY BREATHING)

**HIGH TEMPERATURE**

1 – HEATSTROKE

2 – MENINGITIS

3 – STIMULANT DRUG POISONING

**HOT SKIN**

1 – HEATSTROKE

2 – MENINGITIS

3 – STIMULANT DRUG POISONING

**HUNGER**

1 - DIABETIC: HYPOGLYCAEMIA

**HYPERACTIVE**

1 - STIMULANT DRUG POISONING

**IRRITABILITY**

1 - ALCOHOL/DRUG POISONING

2 - HYPOTHERMIA

**ITCHY RASH, RED – FADES WHEN PRESSED**

1 - ALLERGIC REACTION

**ITCHY RED RASH – FADES WHEN PRESSED**

1 - ALLERGIC REACTION

**LEFT ARM PAIN, TRAVELLING FROM CHEST**

1 – HEART ATTACK

**LEGS AND ARMS PAINFUL**

1 – MENINGITIS

**LEGS AND ARMS WEAK**

1 – MENINGITIS

**LETHARGY**

1 - HYPOTHERMIA

**LIGHT SENSITIVE**

1 – MENINGITIS

**LIMB PAIN**

1 – MENINGITIS

**LIMBS WEAK**

1 – MENINGITIS

**LOSS OF CONSCIOUSNESS**

1 – FAINTING

2 – STROKE

3 - HYPOTHERMIA

4 - EPILEPSY

5 – SHOCK

6 - ALCOHOL/DRUG POISONING

**LOSS OF CO-ORDINATION**

1 - ALCOHOL/DRUG POISONING

**LOSS OF MEMORY**

1 – CONCUSSION

**LOW LEVEL OF RESPONSE**

1 - DIABETIC: HYPOGLYCAEMIA

**MEMORY LOSS**

1 – CONCUSSION

**MOIST PALE SKIN**

1 – DIABETIC: HYPOGLYCAEMIA

2 – HEAT EXHAUSTION

3 – SHOCK

**MOTTLED SKIN**

1 – MENINGITIS

**'NAIL VARNISH REMOVER' BREATH**

1 - DIABETIC: HYPERGLYCAEMIA

**NAUSEA**

1 – DEHYDRATION

2 – FAINTING

3 - CONCUSSION

4 – SHOCK

5 – HEART ATTACK

**NECK / FACE SWOLLEN**

1 - ANAPHYLACTIC SHOCK

**NECK STIFF**

1 – MENINGITIS

**NOISY BREATHING**

1 - ALCOHOL/DRUG POISONING (DEEP AND NOISY BREATHING)

**PAIN IN ARMS AND LEGS**

1 – MENINGITIS

**PAIN IN CHEST**

1 – ANGINA

2 – HEART ATTACK

**PAIN IN LIMBS**

1 – MENINGITIS

**PAIN IN LEGS AND ARMS**

1 – MENINGITIS

**PALE MOIST SKIN**

1 – DIABETIC: HYPOGLYCAEMIA

2 – HEAT EXHAUSTION

3 – SHOCK

**PALE SKIN**

1 – FAINTING

2 - DIABETIC: HYPOGLYCAEMIA

3 – HEAT EXHAUSTION

4 – HYPOTHERMIA

5 – SHOCK

**PANIC**

1 – HEART ATTACK

**PARALYSIS DOWN ONE SIDE**

1 – STROKE

**'PEAR DROPS' BREATH**

1 - DIABETIC: HYPERGLYCAEMIA

**PUFFY EYES**

1 - ANAPHYLACTIC SHOCK

**PULSE FAST**

- 1 - DIABETIC: HYPERGLYCAEMIA
- 2 - ANAPHYLACTIC SHOCK
- 3 - HEAT EXHAUSTION
- 4 - HEATSTROKE

**PULSE SLOW**

- 1 - FAINTING

**PULSE STRONG**

- 1 - DIABETIC: HYPOGLYCAEMIA
- 2 - HEATSTROKE

**PULSE WEAK**

- 1 - HEAT EXHAUSTION
- 2 - HYPOTHERMIA
- 3 - SHOCK (rapid then weak)
- 4 - ALCOHOL/DRUG POISONING (WHEN UNCONSCIOUS)

**PUPILS UNEQUAL, SLUGGISH RESPONSE TO LIGHT**

- 1 - CONCUSSION

**RASH, ITCHY RED - FADES WHEN PRESSED**

- 1 - ALLERGIC REACTION

**RASH, RED ITCHY - FADES WHEN PRESSED**

- 1 - ALLERGIC REACTION

**RASH RED / PURPLE SPOTS THAT DO NOT FADE WHEN PRESSED**

- 1 - MENINGITIS

**RED / PURPLE SPOTS THAT DO NOT FADE WHEN PRESSED**

- 1 - MENINGITIS

**RED RASH, ITCHY - FADES WHEN PRESSED**

- 1 - ALLERGIC REACTION

**RELAXATION OF MUSCLES AFTER ATTACK**

- 1 - EPILEPSY

**RESTLESSNESS**

- 1 - HEATSTROKE
- 2 - SHOCK

**RIGID BODY**

- 1 - EPILEPSY

**SENSITIVITY TO BRIGHT LIGHT**

- 1 - MENINGITIS

**SHALLOW BREATHING**

- 1 - ALCOHOL/DRUG POISONING (WHEN UNCONSCIOUS)

**SHIVERING**

- 1 - HYPOTHERMIA

**SICK FEELING**

- 1 - DEHYDRATION
- 2 - FAINTING
- 3 - CONCUSSION
- 4 - SHOCK
- 5 - HEART ATTACK

**SIGHING**

- 1 - SHOCK

**SKIN BLOTCHY RED**

- 1 - ANAPHYLACTIC SHOCK

**SKIN CLAMMY COLD PALE**

- 1 - SHOCK

**SKIN COLD**

- 1 - DIABETIC: HYPOGLYCAEMIA
- 2 - HYPOTHERMIA
- 3 - SHOCK
- 4 - MENINGITIS

**SKIN DRY**

- 1 - DIABETIC: HYPERGLYCAEMIA

**SKIN HOT**

- 1 – HEATSTROKE
- 2 – MENINGITIS
- 3 – STIMULANT DRUG POISONING

**SKIN MOIST PALE**

- 1 – DIABETIC: HYPOGLYCAEMIA
- 2 – HEAT EXHAUSTION
- 3 – SHOCK

**SKIN MOTTLED**

- 1 – MENINGITIS

**SKIN PALE**

- 1 – FAINTING
- 2 - DIABETIC: HYPOGLYCAEMIA
- 3 – HEAT EXHAUSTION
- 4 – HYPOTHERMIA
- 5 – SHOCK

**SKIN PALE MOIST**

- 1 – DIABETIC: HYPOGLYCAEMIA
- 2 – HEAT EXHAUSTION
- 3 – SHOCK

**SKIN SWEATY**

- 1 - DIABETIC: HYPOGLYCAEMIA
- 2 - HEART ATTACK

**SKIN WAXY**

- 1 – HEART ATTACK

**SLOW BREATHING**

- 1 - DIABETIC: HYPOGLYCAEMIA

**SLOW PULSE**

- 1 – FAINTING

**SLURRED SPEECH**

- 1 - HYPOTHERMIA

**SMELL OF ALCOHOL**

- 1 - ALCOHOL/DRUG POISONING

**SPEECH SLURRED**

- 1 – HYPOTHERMIA
- 2 – ASTHMA

**STIFF NECK**

- 1 – MENINGITIS

**STRONG PULSE**

- 1 - DIABETIC: HYPOGLYCAEMIA
- 2 - HEATSTROKE

**SUDDEN LOSS OF CONSCIOUSNESS**

- 1 - EPILEPSY

**SWEATING**

- 1 - DIABETIC: HYPOGLYCAEMIA
- 2 - HEART ATTACK

**SWOLLEN FACE / NECK**

- 1 - ANAPHYLACTIC SHOCK

**TALKING DIFFICULT**

- 1 – ASTHMA
- 2 – HYPOTHERMIA (slurred speech)

**THIRST**

- 1 - DEHYDRATION
- 2 - DIABETIC: HYPERGLYCAEMIA
- 3 - SHOCK

**TIRED**

- 1 – ASTHMA
- 2 - HYPOTHERMIA

**UNRESPONSIVE**

1 - DIABETIC: HYPOGLYCAEMIA

**VOMITTING**1 - ALLERGIC REACTION  
2 - MENINGITIS**WAXY SKIN**

1 - HEART ATTACK

**WEAKNESS**

1 - DIABETIC: HYPOGLYCAEMIA

**WEAK ARMS AND LEGS**

1 - MENINGITIS

**WEAK LIMBS**

1 - MENINGITIS

**WEAK LEGS AND ARMS**

1 - MENINGITIS

**WEAK PULSE**1 - HEAT EXHAUSTION  
2 - HYPOTHERMIA  
3 - SHOCK (rapid then weak)  
4 - ALCOHOL/DRUG POISONING (WHEN UNCONSCIOUS)**WHEEZING**

1 - ALLERGIC REACTION / ANAPHYLACTIC SHOCK

**WHEEZY COUGH**

1 - ASTHMA

**YAWNING**

1 - SHOCK

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**SECTION TWO**  
Conditions**ALCOHOL/DRUG POISONING***SIGNS & SYMPTOMS:*smell of alcohol  
loss of co-ordination  
confusion  
flushed face  
deep, noisy breathing  
unconscious: shallow breathing  
unconscious: weak pulse**TREATMENT:**1. CALL AMBULANCE  
2. IDENTIFY DRUGS TAKEN  
3. KEEP WARM  
4. MONITOR**ALLERGIC REACTION***SIGNS & SYMPTOMS:*itchy red rash or raised areas of skin  
breathing difficulties  
abdominal pain  
vomiting  
diarrhoea**TREATMENT:**1. MAKE COMFORTABLE  
2. WATER  
3. GIVE PATIENT HIS OWN MEDICATION**ANAPHYLACTIC SHOCK***SIGNS & SYMPTOMS:*anxiety  
breathing difficulties  
wheezing  
blotchy red skin  
swollen face/neck  
puffy eyes  
fast pulse**TREATMENT:**1. CALL AMBULANCE  
2. SIT FORWARD, ARMS SUPPORTED**ANGINA***SIGNS & SYMPTOMS:*pain in middle of chest, sometimes spreading to jaw or arms  
pain that eases with rest  
breathlessness**TREATMENT:**1. TAKE MEDICATION ("GTN") - 2 SPRAYS OR 1 TABLET  
2. WAIT 15 MINS, IF NOT RESOLVED REPEAT A FURTHER TWO TIMES

anxiety

3. IF NOT RESOLVED AFTER THIRD DOSE CALL  
AMBULANCE  
4. (MAY BE HEART ATTACK)

## ASTHMA

### SIGNS & SYMPTOMS:

difficulty breathing  
wheezy cough  
anxiety  
signs of distress  
bluish tinge to lips and face  
tiredness  
difficulty talking

### TREATMENT:

1. SIT FORWARD, ARMS SUPPORTED.  
2. IF UNRESOLVED GIVE PATIENT'S OWN MEDS, THEN  
CALL AMBULANCE.

## CONCUSSION

### SIGNS & SYMPTOMS:

blow to head  
short period of being dazed or confused  
dizziness  
nausea  
brief loss of memory  
headache

### TREATMENT:

1. SIT OR LIE DOWN  
2. MONITOR  
3. CHECK PUPILS ARE EQUAL AND REACTING TO LIGHT,  
NOT SLUGGISH  
4. DO NOT ALLOW SLEEP FOR SIX HOURS FOLLOWING  
INJURY  
5. HOSPITAL CHECK-UP IS STRONGLY ADVISED

## DEHYDRATION

### SIGNS & SYMPTOMS:

thirst  
nausea  
muscle cramps

### TREATMENT:

1. NON-FIZZY COOL WATER/DRINK (**NOT** COLD/WITH ICE)

## DIABETIC: HYPERGLYCAEMIA

### SIGNS & SYMPTOMS:

dry skin  
deep/heavy breathing  
fast pulse  
acetone breath (pear drops/nail varnish remover)  
extreme thirst  
dazed  
confused

### TREATMENT:

1. CALL AMBULANCE

## DIABETIC: HYPOGLYCAEMIA

### SIGNS & SYMPTOMS:

sweating  
cold, clammy, pale skin  
strong pulse  
heart palpitations  
hunger  
weakness  
faintness  
confusion  
low level of response  
shallow breathing

### TREATMENT:

1. SUGAR OR SWEET DRINK  
2. REST

## DRUG/ALCOHOL POISONING

### SIGNS & SYMPTOMS:

smell of alcohol  
loss of co-ordination  
confusion  
flushed face  
deep, noisy breathing  
unconscious: shallow breathing  
unconscious: weak pulse

### TREATMENT:

1. CALL AMBULANCE  
2. IDENTIFY DRUGS TAKEN  
3. KEEP WARM  
4. MONITOR

## EPILEPSY

### SIGNS & SYMPTOMS:

sudden loss of consciousness  
rigid body  
convulsive jerking movements  
relaxation of muscles at end of attack

### TREATMENT:

1. PROTECT HEAD IF SAFE FOR YOU TO DO SO  
2. (IF NOT, MOVE FURNITURE OUT OF THE WAY)  
3. ALLOW FIT TO PASS THEN CHECK FOR INJURIES  
4. REASSURE DURING RECOVERY

## FAINTING

### SIGNS & SYMPTOMS:

feeling faint

### TREATMENT:

1. IF UNCONSCIOUS: RECOVERY POSITION

weak  
giddy  
nausea  
very pale skin  
slow pulse  
loss of consciousness

2. IF COMING ROUND: RAISE LEGS ABOVE HEART  
3. FRESH AIR  
4. REASSURE

## HEART ATTACK

### *SIGNS & SYMPTOMS:*

pain in chest, crushing, may spread to left arm or jaw  
panic, feeling of impending doom  
ashen / waxy skin  
sweaty  
blue around lips  
breathless  
nausea  
dizzy

### **TREATMENT:**

1. CALL AMBULANCE  
2. SIT FORWARD, ARMS SUPPORTED  
3. ASPRIN  
4. ANY OTHER MEDICATION PATIENT HAS  
5. MONITOR

## HEAT EXHAUSTION

### *SIGNS & SYMPTOMS:*

cramp-like pains  
headache  
pale, moist skin  
fast, weak pulse  
slightly raised temperature

### **TREATMENT:**

1. CALL AMBULANCE  
2. COOL PATIENT DOWN  
3. NON-FIZZY WATER/DRINK  
4. REST

## HEATSTROKE

### *SIGNS & SYMPTOMS:*

restlessness  
headache  
dizzy  
flushed and very hot skin  
fast, strong pulse  
raised body temperature

### **TREATMENT:**

1. COOL PATIENT DOWN  
2. KEEP COOL/WET  
3. MONITOR

## HYPOTHERMIA

### *SIGNS & SYMPTOMS:*

aggression (early stage)  
very cold, pale skin  
loss of consciousness  
shivering  
clumsiness  
irritability  
slurred speech  
slow breathing  
weak pulse  
lethargy

### **TREATMENT:**

1. WARM  
2. REST  
3. SHELTER

## MENINGITIS

### *SIGNS & SYMPTOMS:*

flu-like illness  
high temperature  
cold hands and feet  
limb pain  
mottled skin  
headache  
stiff neck  
vomiting  
sensitivity to bright light  
drowsiness  
rash of small red/purple spots that do not fade when pressed with glass

### **TREATMENT:**

1. CALL AMBULANCE  
2. COOL FOREHEAD  
3. KEEP COOL

## SHOCK

### *SIGNS & SYMPTOMS:*

pale, cold, clammy skin  
nausea  
rapid then weak pulse  
fast shallow breathing  
restlessness  
yawning  
sighing  
thirst  
gradual loss of consciousness  
swelling at site of injury - internal bleeding  
tenderness of abdomen

### **TREATMENT:**

1. CALL AMBULANCE  
2. RECOVERY POSITION  
3. IF BLEEDING, RECOVERY POSITION INJURED SIDE DOWN TO PREVENT BLOOD FLOODING LUNG ON GOOD SIDE  
4. TRY TO ELEVATE BLEEDING AREA  
5. KEEP WARM  
6. DO NOT GIVE THEM ANYTHING TO EAT OR DRINK

## STIMULANT DRUG POISONING

### *SIGNS & SYMPTOMS:*

heatstroke symptoms  
excitable  
hyperactive  
hallucinations  
exhaustion

### **TREATMENT:**

1. CALL AMBULANCE
2. IDENTIFY DRUGS TAKEN
3. KEEP PATIENT COOL

## STROKE

### *SIGNS & SYMPTOMS:*

severe sudden headache  
dizziness  
confusion  
loss of consciousness  
paralysis down one side  
weak limbs  
drooping on one side of face

### **TREATMENT:**

CALL AMBULANCE  
TILT HEAD TO WEAKER SIDE TO DRAIN SALIVA

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## SECTION THREE Unconscious Casualty

### **UNCONSCIOUS - BREATHING**

~ Place in **Recovery Position** - on front, hand under cheek, one leg drawn up

### **UNCONSCIOUS - NOT BREATHING**

- ~ Keep airway open - lie patient on back, tilt head back
- ~ Begin rescue breaths - hold nose closed when breathing into his mouth
- ~ 30 chest compressions then 2 rescue breaths, repeat