

How to do a primary survey on an adult or a child



Easy read booklet 1

Who we are and what this booklet is about



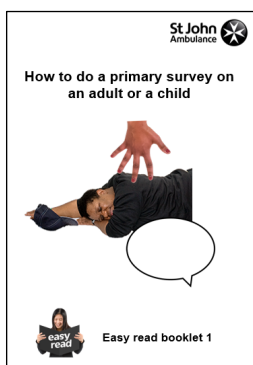
We are **St John Ambulance**. We are a charity that gives **first aid** and teaches other people how to give first aid.



First aid is when you help someone with a health problem until a medical expert like a doctor or paramedic can help them.



We have 8 booklets to help you learn how to give first aid.



This booklet tells you how to do a **primary survey** on an adult or child.

How to do a primary survey



A **primary survey** is when you first check someone who is very unwell to find out how you should help them.



If someone is **unconscious**, you should do a primary survey.



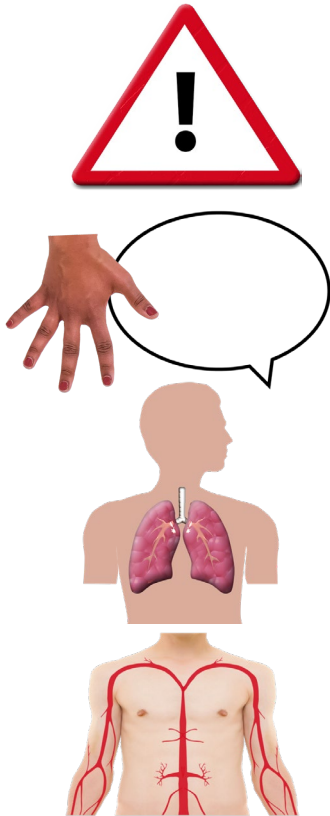
Unconscious means they are not awake and will not wake up if you touch them or talk to them.

5

There are 5 steps you should follow to find out how to help someone who is unconscious.

DR ABC

There are 5 letters to help you remember these 5 steps. **DR ABC.**



DR ABC stands for

Danger

Response

Airway

Breathing

Circulation



Step 1 Danger

You should look around for anything that could hurt you. You need to make sure it is safe for you to help.



If someone else is with you, ask them to look and move anything that could hurt you or be in your way. For example, a spilled drink or a sharp object.



Step 2 Response

A **response** is when someone moves their body or talks when you touch them or talk to them.



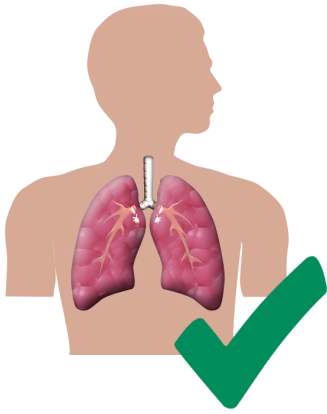
First, try talk to them.
Tell them your name and ask them **what is your name?**



If they do not move or talk, kneel down beside them and give their shoulders a gentle shake.



Say in 1 ear at a time,
hello can you hear me?
Open your eyes.



If they move normally or talk, this means they are breathing.



If they do not move or talk, check if they respond to a small amount of pain.



Put your thumb and finger together to give the squishy bit at the top of their shoulder a pinch.



Their response will help you decide what to do next.

Their response



They will respond in 1 of 5 ways.

ACVPU

There are 5 letters to help you remember these 5 ways. **ACVPU**.



ACVPU stands for

- 1 Alert
- 2 Confusion
- 3 Voice
- 4 Pain
- 5 Unresponsive



Alert

Alert means the person is awake and can talk to you.



Confusion

Confusion means the person is awake but confused.



Voice

Voice means the person will respond when you talk to them.



Pain

Pain means the person will respond to a small amount of pain.



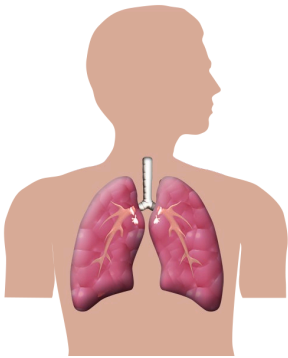
Unresponsive

Unresponsive means the person will not respond to anything.

Unresponsive



If the person is unresponsive, you need to check their **airway**.



Your **airway** is how you breathe. Your airway lets air go from your mouth, through your throat, into your lungs.

Step 3 Airway



You need to open their airway so they can breathe normally.

To do this, put 1 hand on their forehead and 2 fingers under their chin.



Then tilt their head back so the front of their neck is showing.

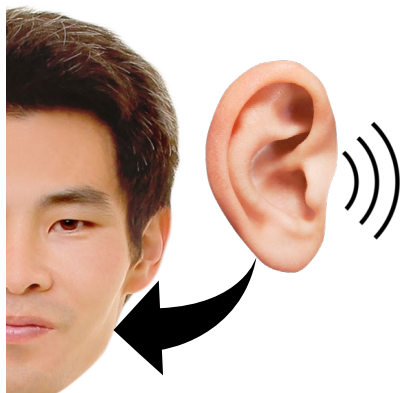


Step 4 Breathing

Now their airway is open, you need to check if their breathing is normal.



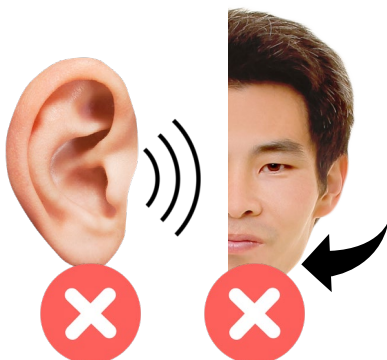
Kneel down and put your ear over their nose and your cheek over their mouth.



You might be able to hear them breathing or feel their breath on your cheek.



Stay where you are and look down at their chest for 10 seconds. Look to see if their chest goes up and down.



Their breathing is not normal if

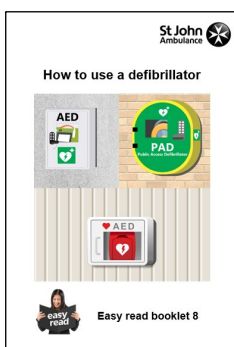
- you cannot hear or feel them breathing.
- their chest does not go up and down.
- they only gasp every now and then.



If their breathing is not normal you need to call **999** or **112**.



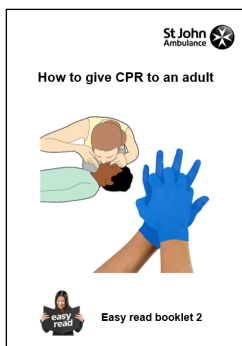
If someone is with you, ask them to call **999** or **112** and to bring you a **defibrillator**.



Booklet 8 tells you what a **defibrillator** is and how to use it.



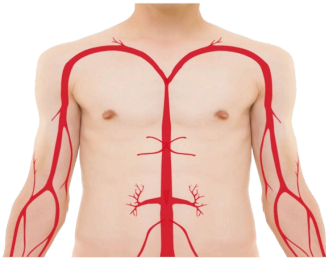
If you are alone, do not worry about the defibrillator. Call **999** or **112** and put them on speakerphone so you can start **CPR**.



Booklet 2 tells you how to do **CPR**.



If you are Deaf, you can use **Emergency Video Relay Services** to call **999** or **111**. **VRS** for short.

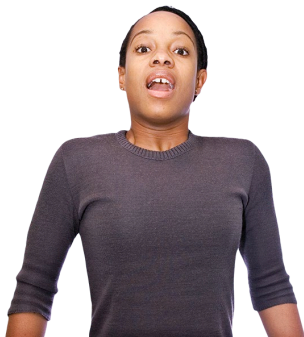


If their breathing is normal, check their **circulation**. **Circulation** means how blood moves around your body.



Step 5 Circulation

Check if they are bleeding. If they are they might go into **shock**.



Shock is when the body does not have enough oxygen because a lot of blood has been lost. Oxygen moves around the body through blood.



Try to stop the bleeding. Press a piece of material, like a piece of clothing against the bleeding.

Thank you for reading booklet 1

Thank you to A2i for the words
www.a2i.co.uk (reference 368711)