



First aid essentials

In many emergencies the first minutes matter most, before professional help arrives. This page covers the basics: stopping heavy bleeding, the recovery position, when to call for help, and why to take a proper CPR course.

CHECKLIST

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| ☐ Absorbent compress dressings | ☐ CPR breathing barrier with one way valve |
| ☐ Assorted adhesive bandages | ☐ Emergency blanket |
| ☐ Sterile gauze pads and roller bandages | ☐ Instant cold compress |
| ☐ Adhesive cloth tape | ☐ Triangular bandages |
| ☐ Antiseptic wipes | ☐ Tweezers and a non glass thermometer |
| ☐ Non latex gloves | ☐ First aid instruction leaflet and emergency numbers |

BEFORE

- Take a first aid course or learn the basic skills from online videos.
- Download a free first aid app to learn and practise first aid.
- Keep a first aid kit at home and another in the car.
- Find out where first aid kits are kept at your workplace.
- Check the kit regularly and replace used or expired items.
- Add emergency phone numbers and any personal medicines to your kit.

DURING

- Heavy bleeding: press firmly on the wound with any cloth you have.
- Call emergency services, or ask someone nearby to call, and keep pressing until help arrives.
- If an object is stuck in a wound, leave it in and press around it.
- If they seem pale, cold or dizzy, lay them down, raise their feet and keep them warm.
- Unresponsive but breathing: tilt the head back, turn them on their side and call for help.
- Unresponsive and not breathing: call for help, then push hard on the centre of the chest.
- If a defibrillator is available, switch it on and follow its spoken instructions.
- Treat noisy, irregular or gasping breathing as not breathing.

AFTER

- Stay with the person until help arrives.
- Call back if their condition or your location changes.
- Turn on lights, or car hazard lights, so responders can find you.
- Gather their medicines and tell paramedics about any known allergies.

IN THE UAE

In the UAE dial 998 for an ambulance and 999 for police from anywhere; hospitals give stabilising emergency treatment free.

MY NOTES

Sources: British Red Cross, Bleeding heavily (<https://www.redcross.org.uk/first-aid/learn-first-aid/bleeding-heavily>); British Red Cross, Unresponsive and breathing (<https://www.redcross.org.uk/first-aid/learn-first-aid/unresponsive-and-breathing>); British Red Cross, Unresponsive and not breathing (<https://www.redcross.org.uk/first-aid/learn-first-aid/unresponsive-and-not-breathing>); NHS (UK), When to call 999 (<https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-call-999/>); British Red Cross, Learn first aid (<https://www.redcross.org.uk/first-aid/learn-first-aid>); American Red Cross, Make a First Aid Kit (<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>); UAE Government Portal (u.ae), Handling emergencies (<https://u.ae/en/information-and-services/justice-safety-and-the-law/handling-emergencies>)
General guidance in our own words. Always follow your local authorities.