

CASAI

**THE AIMS OF FIRST AID,
INCIDENT ACTION PLAN, INITIAL
ASSESSMENT AND THE
RECOVERY POSITION**

The Aims of First Aid

The aims of first aid (the three Ps) are to:

Preserve the casualty's life.

Prevent worsening of the condition.

Promote the casualty's recovery.

Emergency Aid

Emergency aid depends on the ABC of life:

Airway — must be open so oxygen can enter the body.

Breathing — must take place so oxygen can enter the bloodstream via the lungs.

Circulation — heart must beat to ensure blood travels around the body and is not lost through the result of injury.

The initial assessment of the casualty consists of:

**DANGER
RESPONSE
AIRWAY
BREATHING
CIRCULATION**

**Remember this
as Dr ABC!**

Recovery Position

All unconscious casualties must be placed in the recovery position. This is to:

Stop the tongue from blocking the throat.

Allow fluid to drain from the mouth and reduce the risk of inhaling stomach contents.

The aim is to keep head, neck and back aligned, while bent limbs keep the body propped in a comfortable and secure position. If you are forced to leave the casualty, the recovery position will minimise the risks.

Beware of neck or spinal injury. Take more care and use extra help if this is suspected.