

+ **MEDICAL EMERGENCIES**

Inverness Men's Shed Postcode IV2 3HD

Chest pain? possible heart attack:

1. chew one 300mg aspirin tablet (beside defibrillator on the wall in the main meeting room).
2. call 999 with address and postcode **IV2 3HD**.
3. when ambulance arrives, tell them about aspirin.

Facial weakness? possible stroke:

1. call 999 and mention 'possible stroke' and address with postcode **IV2 3HD**.

Choking but conscious? possibly airway obstruction:

Give five sharp blows between the shoulder blades.

Unconscious: not breathing? very likely cardiac arrest:

1. try to get response. Not breathing for 10 seconds? call "Help; phone 999 immediately"; postcode is **IV2 3HD**.
2. begin chest compressions while someone brings the defibrillator from the wall in the main meeting room.
3. compressions: two per second on the chest bone.
4. continue chest compressions while the defibrillator is collected, opened and prepared.
5. when ready, cut clothing to expose, shave? and dry the clammy chest, then apply the pads and *follow the automated voice instructions* from the defibrillator.
6. if tiring, share chest compressions and continue until the ambulance arrives or the person begins to respond.

