



**ALPHA**  
First Aid Supplies  
First Aid Training

## Acute Conditions Guide

### ASTHMA

**SIGNS AND SYMPTOMS**

- Shortness of breath with possible wheezing
- Rapid breathing
- Severe chest tightness
- Unable to speak more than one or two words per breath
- Distress or feeling frightened
- Drawing in of, and around, the throat and ribs
- Blue colour around the lips (Cyanosis)





**MANAGEMENT**

- Rest and reassure the casualty
- If conscious, 4 puffs of their reliever medication should be given every 4 minutes
- A spacer should be used if available (as above)
- Leaning with arms supported on a table or hands held above the head may assist in breathing
- If there is no immediate response to the medication, contact Emergency Services 000 (or 112 mobile)
- If Breathing stops, start Expired Air Resuscitation

### EPILEPSY

**MANAGEMENT**

- Protect from Danger
- Place something soft under head, if necessary
- Loosen tight clothing, especially around the neck
- Roll onto side when seizure stops, maintain Airway
- Reassure until fully recovered




Call an ambulance 000 (or 112 mobile) if:

- The seizure lasts longer than 4 minutes
- Another seizure follows quickly
- Injury has occurred
- The casualty is not known to have seizures/epilepsy
- The seizure has occurred in water
- The casualty has diabetes
- The casualty is pregnant
- The casualty is an infant or child (with no fever)

**DO NOT**

- DO NOT PUT ANYTHING IN THEIR MOUTH
- DO NOT RESTRAIN
- DO NOT MOVE CASUALTY UNLESS IN DANGER
- DO NOT APPLY CPR

### DIABETES

**SIGNS AND SYMPTOMS**

- Constantly tired
- Excessive thirst
- Weakness, fatigue or blurred vision
- Numbness or tingling in feet or toes
- Blurred vision
- Feeling and looking unwell
- Confusion, dizziness, commonly mistaken for drunkenness
- Rapid breathing, Rapid Pulse
- Irritable or Aggressive
- Acetone smell on the breath (similar to nail polish remover or alcohol).

Low Sugar

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**HYPOGLYCAEMIA**

High Insulin

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Low Insulin

↓

**HYPERGLYCAEMIA**

High Sugar

↑



**MANAGEMENT (IF CONSCIOUS)**

- Give sugar by mouth (ie. lollies, water with sugar stirred in, fruit juice)
- See how the casualty responds
- If you see a rapid improvement, continue giving sugar
- If there is no improvement, stop giving sugar and contact emergency services
- DO NOT give insulin injections
- If the casualty is unconscious, DO NOT give anything by mouth, but call emergency services
- Monitor the Airway, Breathing and Circulation

Delay in giving sugar to a casualty who is Hypoglycaemic (low blood sugar levels) can become life threatening very quickly, and the casualty can slip into a diabetic coma.

Extra sugar for a casualty who is Hyperglycaemic (high blood sugar levels) will not become life threatening in the short-term.

CONTACT EMERGENCY SERVICES 000 ( OR 112 MOBILE )



Phone: (07) 3341 8033 Fax: (07) 3841 1864  
Country Freecall: 1800 647 400 Email: sales@alphafirstaid.com.au

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