

## First Aid Bingo

24 questions taken from Sections One to Three of the “yellow” St. John Ambulance “First On the Scene” activity book

1. First action to perform at the scene? Assess Responsiveness	2. A person has good air exchange A person can speak
3. A person has no air exchange The facial colour is bluish	4. The aim of first aid for a minor open wound is to: Control bleeding and prevent infection.
5. To protect yourself from infection when giving first aid Use disposable gloves and a face mask/shield.	6. When doing a scene survey Assess hazards and make area safe.
7. Life threatening injury Person diving into a shallow pool and hitting his head.	8. A casualty tells you he feels cold A symptom
9. A man tells you that he slipped on the ice History	10. A casualty’s skin is cold and clammy A sign
11. Airway, breathing & circulation Steps of the primary survey	12. Inadequate circulation to the body tissues Shock
13. Signs of Shock Skin is white, moist and cold. Breathing is slow. Pulse is fast.	14. For a conscious casualty, fee and legs raised about 30 cm. Shock position
15. A brief loss of consciousness caused by a temporary shortage of oxygen to the brain Fainting	16. A person is deprived of oxygen in the air Breathing emergency
17. Very slow and shallow breaths or very fast and shallow breaths Signs of ineffective breathing	18. A person having 14 breaths a minutes Sign of effective breathing
19. When AR is required and the mouth cannot be opened Use mouth-to-nose method	20. Blow air in casualty’s nose; prevent air leakage by using your thumb to close the mouth and allow air to escape between breaths by opening the mouth. Mouth-to-nose method of AR.
21. Lay the person down with legs elevated, ensure a supply of fresh air and loosen tight clothing First aid for someone who feels faint	22. Cause of shock Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies.
23. Check for a carotid pulse To check circulation	24. The force that causes the injury and the way it is applied to the body Mechanism of injury

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Assess Responsiveness <sup>1</sup>	Assess hazards and make area safe. <sup>6</sup>	Steps of the primary survey <sup>11</sup>	Fainting <sup>15</sup>	Mouth-to-nose method of AR. <sup>20</sup>
A person can speak <sup>2</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>	Shock <sup>12</sup>	Breathing emergency <sup>16</sup>	First aid for someone who feels faint <sup>21</sup>
The facial colour is bluish <sup>3</sup>	A symptom <sup>8</sup>	<b>FREE</b>	Signs of ineffective breathing <sup>17</sup>	Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>
Control bleeding and prevent infection. <sup>4</sup>	A symptom <sup>9</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	Sign of effective breathing <sup>18</sup>	To check circulation <sup>23</sup>
Use disposable gloves and a face mask/shield. <sup>5</sup>	A sign <sup>10</sup>	Shock position <sup>14</sup>	Use mouth-to-nose method <sup>19</sup>	Mechanism of injury <sup>24</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
A person can speak <sup>2</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>	Shock <sup>12</sup>	Breathing emergency <sup>16</sup>	First aid for someone who feels faint <sup>21</sup>
The facial colour is bluish <sup>3</sup>	A symptom <sup>8</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	Signs of ineffective breathing <sup>17</sup>	Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>
Control bleeding and prevent infection. <sup>4</sup>	A symptom <sup>9</sup>	<b>FREE</b>	Sign of effective breathing <sup>18</sup>	To check circulation <sup>23</sup>
Use disposable gloves and a face mask/shield. <sup>5</sup>	A sign <sup>10</sup>	Shock position <sup>14</sup>	Use mouth-to-nose method <sup>19</sup>	Mechanism of injury <sup>24</sup>
Assess Responsiveness <sup>1</sup>	Assess hazards and make area safe. <sup>6</sup>	Steps of the primary survey <sup>11</sup>	Fainting <sup>15</sup>	Mouth-to-nose method of AR. <sup>20</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
The facial colour is bluish <sup>3</sup>	A symptom <sup>8</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	Signs of ineffective breathing <sup>17</sup>	Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>
Control bleeding and prevent infection. <sup>4</sup>	A symptom <sup>9</sup>	Shock position <sup>14</sup>	Sign of effective breathing <sup>18</sup>	To check circulation <sup>23</sup>
Use disposable gloves and a face mask/shield. <sup>5</sup>	A sign <sup>10</sup>	<b>FREE</b>	Use mouth-to-nose method <sup>19</sup>	Mechanism of injury <sup>24</sup>
Assess Responsiveness <sup>1</sup>	Assess hazards and make area safe. <sup>6</sup>	Steps of the primary survey <sup>11</sup>	Fainting <sup>15</sup>	Mouth-to-nose method of AR. <sup>20</sup>
A person can speak <sup>2</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>	Shock <sup>12</sup>	Breathing emergency <sup>16</sup>	First aid for someone who feels faint <sup>21</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Control bleeding and prevent infection. <sup>4</sup>	A symptom <sup>9</sup>	Shock position <sup>14</sup>	Sign of effective breathing <sup>18</sup>	To check circulation <sup>23</sup>
Use disposable gloves and a face mask/shield. <sup>5</sup>	A sign <sup>10</sup>	Steps of the primary survey <sup>11</sup>	Use mouth-to-nose method <sup>19</sup>	Mechanism of injury <sup>24</sup>
Assess Responsiveness <sup>1</sup>	Assess hazards and make area safe. <sup>6</sup>	<b>FREE</b>	Fainting <sup>15</sup>	Mouth-to-nose method of AR. <sup>20</sup>
A person can speak <sup>2</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>	Shock <sup>12</sup>	Breathing emergency <sup>16</sup>	First aid for someone who feels faint <sup>21</sup>
The facial colour is bluish <sup>3</sup>	A symptom <sup>8</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	Signs of ineffective breathing <sup>17</sup>	Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Use disposable gloves and a face mask/shield. <sup>5</sup>	A sign <sup>10</sup>	Steps of the primary survey <sup>11</sup>	Use mouth-to-nose method <sup>19</sup>	Mechanism of injury <sup>24</sup>
Assess Responsiveness <sup>1</sup>	Assess hazards and make area safe. <sup>6</sup>	Shock <sup>12</sup>	Fainting <sup>15</sup>	Mouth-to-nose method of AR. <sup>20</sup>
A person can speak <sup>2</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>	<b>FREE</b>	Breathing emergency <sup>16</sup>	First aid for someone who feels faint <sup>21</sup>
The facial colour is bluish <sup>3</sup>	A symptom <sup>8</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	Signs of ineffective breathing <sup>17</sup>	Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>
Control bleeding and prevent infection. <sup>4</sup>	A symptom <sup>9</sup>	Shock position <sup>14</sup>	Sign of effective breathing <sup>18</sup>	To check circulation <sup>23</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Assess hazards and make area safe. <sup>6</sup>	Steps of the primary survey <sup>11</sup>	Fainting <sup>15</sup>	Mouth-to-nose method of AR. <sup>20</sup>	Assess Responsiveness <sup>1</sup>
Person diving into a shallow pool and hitting his head. <sup>7</sup>	Shock <sup>12</sup>	Breathing emergency <sup>16</sup>	First aid for someone who feels faint <sup>21</sup>	A person can speak <sup>2</sup>
A symptom <sup>8</sup>	Signs of ineffective breathing <sup>17</sup>	<b>FREE</b>	Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>	The facial colour is bluish <sup>3</sup>
A symptom <sup>9</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	Sign of effective breathing <sup>18</sup>	To check circulation <sup>23</sup>	Control bleeding and prevent infection. <sup>4</sup>
A sign <sup>10</sup>	Shock position <sup>14</sup>	Use mouth-to-nose method <sup>19</sup>	Mechanism of injury <sup>24</sup>	Use disposable gloves and a face mask/shield. <sup>5</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Steps of the primary survey <sup>11</sup>	Fainting <sup>15</sup>	Mouth-to-nose method of AR. <sup>20</sup>	Assess Responsiveness <sup>1</sup>	Assess hazards and make area safe. <sup>6</sup>
Shock <sup>12</sup>	Breathing emergency <sup>16</sup>	First aid for someone who feels faint <sup>21</sup>	A person can speak <sup>2</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>
Signs of ineffective breathing <sup>17</sup>	Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>	<b>FREE</b>	The facial colour is bluish <sup>3</sup>	A symptom <sup>8</sup>
Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	Sign of effective breathing <sup>18</sup>	To check circulation <sup>23</sup>	Control bleeding and prevent infection. <sup>4</sup>	A symptom <sup>9</sup>
Shock position <sup>14</sup>	Use mouth-to-nose method <sup>19</sup>	Mechanism of injury <sup>24</sup>	Use disposable gloves and a face mask/shield. <sup>5</sup>	A sign <sup>10</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Fainting <sup>15</sup>	Mouth-to-nose method of AR. <sup>20</sup>	Assess Responsiveness <sup>1</sup>	Assess hazards and make area safe. <sup>6</sup>	Steps of the primary survey <sup>11</sup>
Breathing emergency <sup>16</sup>	First aid for someone who feels faint <sup>21</sup>	A person can speak <sup>2</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>	Shock <sup>12</sup>
Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>	The facial colour is bluish <sup>3</sup>	<b>FREE</b>	A symptom <sup>8</sup>	Signs of ineffective breathing <sup>17</sup>
Sign of effective breathing <sup>18</sup>	To check circulation <sup>23</sup>	Control bleeding and prevent infection. <sup>4</sup>	A symptom <sup>9</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>
Use mouth-to-nose method <sup>19</sup>	Mechanism of injury <sup>24</sup>	Use disposable gloves and a face mask/shield. <sup>5</sup>	A sign <sup>10</sup>	Shock position <sup>14</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Mouth-to-nose method of AR. <sup>20</sup>	Assess Responsiveness <sup>1</sup>	Assess hazards and make area safe. <sup>6</sup>	Steps of the primary survey <sup>11</sup>	Fainting <sup>15</sup>
First aid for someone who feels faint <sup>21</sup>	A person can speak <sup>2</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>	Shock <sup>12</sup>	Breathing emergency <sup>16</sup>
The facial colour is bluish <sup>3</sup>	A symptom <sup>8</sup>	<b>FREE</b>	Signs of ineffective breathing <sup>17</sup>	Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>
To check circulation <sup>23</sup>	Control bleeding and prevent infection. <sup>4</sup>	A symptom <sup>9</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	Sign of effective breathing <sup>18</sup>
Mechanism of injury <sup>24</sup>	Use disposable gloves and a face mask/shield. <sup>5</sup>	A sign <sup>10</sup>	Shock position <sup>14</sup>	Use mouth-to-nose method <sup>19</sup>

B	I	N	G	O
Person diving into a shallow pool and hitting his head. <sup>7</sup>	Shock <sup>12</sup>	Breathing emergency <sup>16</sup>	First aid for someone who feels faint <sup>21</sup>	A person can speak <sup>2</sup>
A symptom <sup>8</sup>	Signs of ineffective breathing <sup>17</sup>	Sign of effective breathing <sup>18</sup>	Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>	The facial colour is bluish <sup>3</sup>
A symptom <sup>9</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	<b>FREE</b>	To check circulation <sup>23</sup>	Control bleeding and prevent infection. <sup>4</sup>
A sign <sup>10</sup>	Shock position <sup>14</sup>	Use mouth-to-nose method <sup>19</sup>	Mechanism of injury <sup>24</sup>	Use disposable gloves and a face mask/shield. <sup>5</sup>
Assess hazards and make area safe. <sup>6</sup>	Steps of the primary survey <sup>11</sup>	Fainting <sup>15</sup>	Mouth-to-nose method of AR. <sup>20</sup>	Assess Responsiveness <sup>1</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Signs of ineffective breathing <sup>17</sup>	Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>	To check circulation <sup>23</sup>	The facial colour is bluish <sup>3</sup>	A symptom <sup>8</sup>
Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	Sign of effective breathing <sup>18</sup>	Mechanism of injury <sup>2</sup>	Control bleeding and prevent infection. <sup>4</sup>	A symptom <sup>9</sup>
Shock position <sup>14</sup>	Use mouth-to-nose method <sup>19</sup>	<b>FREE</b> <sup>4</sup>	Use disposable gloves and a face mask/shield. <sup>5</sup>	A sign <sup>10</sup>
Steps of the primary survey <sup>11</sup>	Fainting <sup>15</sup>	Mouth-to-nose method of AR. <sup>20</sup>	Assess Responsiveness <sup>1</sup>	Assess hazards and make area safe. <sup>6</sup>
Shock <sup>12</sup>	Breathing emergency <sup>16</sup>	First aid for someone who feels faint <sup>21</sup>	A person can speak <sup>2</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Sign of effective breathing <sup>18</sup>	To check circulation <sup>23</sup>	Control bleeding and prevent infection. <sup>4</sup>	A symptom <sup>9</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>
Use mouth-to-nose method <sup>19</sup>	Mechanism of injury <sup>24</sup>	Use disposable gloves and a face mask/shield. <sup>5</sup>	A sign <sup>10</sup>	Shock position <sup>14</sup>
Fainting <sup>15</sup>	Mouth-to-nose method of AR. <sup>20</sup>	<b>FREE</b>	Assess hazards and make area safe. <sup>6</sup>	Steps of the primary survey <sup>11</sup>
Breathing emergency <sup>16</sup>	First aid for someone who feels faint <sup>21</sup>	Assess Responsiveness <sup>1</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>	Shock <sup>12</sup>
Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>	The facial colour is bluish <sup>3</sup>	A person can speak <sup>2</sup>	A symptom <sup>8</sup>	Signs of ineffective breathing <sup>17</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Mechanism of injury <sup>24</sup>	Use disposable gloves and a face mask/shield. <sup>5</sup>	A sign <sup>10</sup>	Shock position <sup>14</sup>	Use mouth-to-nose method <sup>19</sup>
Mouth-to-nose method of AR. <sup>20</sup>	Assess Responsiveness <sup>1</sup>	Assess hazards and make area safe. <sup>6</sup>	Steps of the primary survey <sup>11</sup>	Fainting <sup>15</sup>
First aid for someone who feels faint <sup>21</sup>	A person can speak <sup>2</sup>	<b>FREE</b>	Shock <sup>12</sup>	Breathing emergency <sup>16</sup>
The facial colour is bluish <sup>3</sup>	A symptom <sup>8</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>	Signs of ineffective breathing <sup>17</sup>	Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>
To check circulation <sup>23</sup>	Control bleeding and prevent infection. <sup>4</sup>	A symptom <sup>9</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	Sign of effective breathing <sup>18</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Mechanism of injury <sup>24</sup>	Use mouth-to-nose method <sup>19</sup>	Shock position <sup>14</sup>	A sign <sup>10</sup>	Use disposable gloves and a face mask/shield. <sup>5</sup>
To check circulation <sup>23</sup>	Sign of effective breathing <sup>18</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	A symptom <sup>9</sup>	Control bleeding and prevent infection. <sup>4</sup>
Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>	Signs of ineffective breathing <sup>17</sup>	<b>FREE</b>	A symptom <sup>8</sup>	The facial colour is bluish <sup>3</sup>
First aid for someone who feels faint <sup>21</sup>	Breathing emergency <sup>16</sup>	Shock <sup>12</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>	A person can speak <sup>2</sup>
Mouth-to-nose method of AR. <sup>20</sup>	Fainting <sup>15</sup>	Steps of the primary survey <sup>11</sup>	Assess hazards and make area safe. <sup>6</sup>	Assess Responsiveness <sup>1</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
To check circulation <sup>23</sup>	Sign of effective breathing <sup>18</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	A symptom <sup>9</sup>	Control bleeding and prevent infection. <sup>4</sup>
Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>	Signs of ineffective breathing <sup>17</sup>	Shock <sup>12</sup>	A symptom <sup>8</sup>	The facial colour is bluish <sup>3</sup>
First aid for someone who feels faint <sup>21</sup>	Breathing emergency <sup>16</sup>	<b>FREE</b>	Person diving into a shallow pool and hitting his head. <sup>7</sup>	A person can speak <sup>2</sup>
Mouth-to-nose method of AR. <sup>20</sup>	Fainting <sup>15</sup>	Steps of the primary survey <sup>11</sup>	Assess hazards and make area safe. <sup>6</sup>	Assess Responsiveness <sup>1</sup>
Mechanism of injury <sup>24</sup>	Use mouth-to-nose method <sup>19</sup>	Shock position <sup>14</sup>	A sign <sup>10</sup>	Use disposable gloves and a face mask/shield. <sup>5</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>	Signs of ineffective breathing <sup>17</sup>	Shock <sup>12</sup>	A symptom <sup>8</sup>	The facial colour is bluish <sup>3</sup>
First aid for someone who feels faint <sup>21</sup>	Breathing emergency <sup>16</sup>	Steps of the primary survey <sup>11</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>	A person can speak <sup>2</sup>
Mouth-to-nose method of AR. <sup>20</sup>	Fainting <sup>15</sup>	<b>FREE</b>	Assess hazards and make area safe. <sup>6</sup>	Assess Responsiveness <sup>1</sup>
Mechanism of injury <sup>24</sup>	Use mouth-to-nose method <sup>19</sup>	Shock position <sup>14</sup>	A sign <sup>10</sup>	Use disposable gloves and a face mask/shield. <sup>5</sup>
To check circulation <sup>23</sup>	Sign of effective breathing <sup>18</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	A symptom <sup>9</sup>	Control bleeding and prevent infection. <sup>4</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
First aid for someone who feels faint <sup>21</sup>	Breathing emergency <sup>16</sup>	Steps of the primary survey <sup>11</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>	A person can speak <sup>2</sup>
Mouth-to-nose method of AR. <sup>20</sup>	Fainting <sup>15</sup>	Shock position <sup>14</sup>	Assess hazards and make area safe. <sup>6</sup>	Assess Responsiveness <sup>1</sup>
Mechanism of injury <sup>24</sup>	Use mouth-to-nose method <sup>19</sup>	<b>FREE</b>	A sign <sup>10</sup>	Use disposable gloves and a face mask/shield. <sup>5</sup>
To check circulation <sup>23</sup>	Sign of effective breathing <sup>18</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	A symptom <sup>9</sup>	Control bleeding and prevent infection. <sup>4</sup>
Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>	Signs of ineffective breathing <sup>17</sup>	Shock <sup>12</sup>	A symptom <sup>8</sup>	The facial colour is bluish <sup>3</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Mouth-to-nose method of AR. <sup>20</sup>	Fainting <sup>15</sup>	Shock position <sup>14</sup>	Assess hazards and make area safe. <sup>6</sup>	Assess Responsiveness <sup>1</sup>
Mechanism of injury <sup>24</sup>	Use mouth-to-nose method <sup>19</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	A sign <sup>10</sup>	Use disposable gloves and a face mask/shield. <sup>5</sup>
To check circulation <sup>23</sup>	Sign of effective breathing <sup>18</sup>	<b>FREE</b>	A symptom <sup>9</sup>	Control bleeding and prevent infection. <sup>4</sup>
Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>	Signs of ineffective breathing <sup>17</sup>	Shock <sup>12</sup>	A symptom <sup>8</sup>	The facial colour is bluish <sup>3</sup>
First aid for someone who feels faint <sup>21</sup>	Breathing emergency <sup>16</sup>	Steps of the primary survey <sup>11</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>	A person can speak <sup>2</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Use mouth-to-nose method <sup>19</sup>	Shock position <sup>14</sup>	A sign <sup>10</sup>	Use disposable gloves and a face mask/shield. <sup>5</sup>	Mechanism of injury <sup>24</sup>
Sign of effective breathing <sup>18</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	A symptom <sup>9</sup>	Control bleeding and prevent infection. <sup>4</sup>	To check circulation <sup>23</sup>
Signs of ineffective breathing <sup>17</sup>	A symptom <sup>8</sup>	<b>FREE</b>	The facial colour is bluish <sup>3</sup>	Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>
Breathing emergency <sup>16</sup>	Shock <sup>12</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>	A person can speak <sup>2</sup>	First aid for someone who feels faint <sup>21</sup>
Fainting <sup>15</sup>	Steps of the primary survey <sup>11</sup>	Assess hazards and make area safe. <sup>6</sup>	Assess Responsiveness <sup>1</sup>	Mouth-to-nose method of AR. <sup>20</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Shock position <sup>14</sup>	A sign <sup>10</sup>	Use disposable gloves and a face mask/shield. <sup>5</sup>	Mechanism of injury <sup>24</sup>	Use mouth-to-nose method <sup>19</sup>
Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	A symptom <sup>9</sup>	Control bleeding and prevent infection. <sup>4</sup>	To check circulation <sup>23</sup>	Sign of effective breathing <sup>18</sup>
A symptom <sup>8</sup>	The facial colour is bluish <sup>3</sup>	<b>FREE</b>	Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>	Signs of ineffective breathing <sup>17</sup>
Shock <sup>12</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>	A person can speak <sup>2</sup>	First aid for someone who feels faint <sup>21</sup>	Breathing emergency <sup>16</sup>
Steps of the primary survey <sup>11</sup>	Assess hazards and make area safe. <sup>6</sup>	Assess Responsiveness <sup>1</sup>	Mouth-to-nose method of AR. <sup>20</sup>	Fainting <sup>15</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
A sign <sup>10</sup>	Use disposable gloves and a face mask/shield. <sup>5</sup>	Mechanism of injury <sup>24</sup>	Use mouth-to-nose method <sup>19</sup>	Shock position <sup>14</sup>
A symptom <sup>9</sup>	Control bleeding and prevent infection. <sup>4</sup>	To check circulation <sup>23</sup>	Sign of effective breathing <sup>18</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>
The facial colour is bluish <sup>3</sup>	Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>	<b>FREE</b>	Signs of ineffective breathing <sup>17</sup>	A symptom <sup>8</sup>
Person diving into a shallow pool and hitting his head. <sup>7</sup>	A person can speak <sup>2</sup>	First aid for someone who feels faint <sup>21</sup>	Breathing emergency <sup>16</sup>	Shock <sup>12</sup>
Assess hazards and make area safe. <sup>6</sup>	Assess Responsiveness <sup>1</sup>	Mouth-to-nose method of AR. <sup>20</sup>	Fainting <sup>15</sup>	Steps of the primary survey <sup>11</sup>

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Use disposable gloves and a face mask/shield. <sup>5</sup>	Mechanism of injury <sup>24</sup>	Use mouth-to-nose method <sup>19</sup>	Shock position <sup>14</sup>	A sign <sup>10</sup>
Control bleeding and prevent infection. <sup>4</sup>	To check circulation <sup>23</sup>	Sign of effective breathing <sup>18</sup>	Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	A symptom <sup>9</sup>
Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>	Signs of ineffective breathing <sup>17</sup>	<b>FREE</b>	A symptom <sup>8</sup>	The facial colour is bluish <sup>3</sup>
A person can speak <sup>2</sup>	First aid for someone who feels faint <sup>21</sup>	Breathing emergency <sup>16</sup>	Shock <sup>12</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>
Assess Responsiveness <sup>1</sup>	Mouth-to-nose method of AR. <sup>20</sup>	Fainting <sup>15</sup>	Steps of the primary survey <sup>11</sup>	Assess hazards and make area safe. <sup>6</sup>