



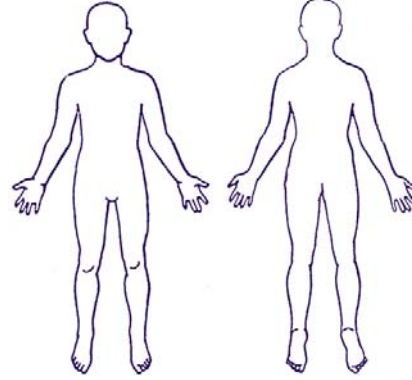
### CASUALTY CARD

Name -  
Age -  
Medical History -

Male / Female

Front

Back



Accident Time -  
Location -  
Grid Ref -  
Description -

Injuries -

No. of Casualties -  
No. in Group -  
Other Info. -



## FIRST AID CARD

**STOP, Don't  
Panic, Think!**

**Be calm and put  
your casualty at  
ease.**

**Danger  
Response  
Airway  
Breathing  
Circulation**

**CPR  
2 Breaths :  
30 Compressions**

**First Aid**  
Breathing  
Bleeding  
Bones

**Burns**  
10 mins in the cold

**Hypothermia (Cold)**  
Break the cycle  
Find shelter  
Get into dry clothes  
Insulate from ground  
Give lukewarm sugary drink

**Hyperthermia (Heat)**  
Give plenty of fluids

**Crush Victims**  
If limb crushed for more  
than 15min – Don't  
remove object

**Distress Signals**  
6 Whistle blasts / light  
flashes repeat every 1min