

SHOCK

1. Assess the casualty:

- follow DRABCD, calm casualty
- manage injuries such as bleeding.

2. 📞 Call 000 for an ambulance.

3. Position casualty:

- raise legs over level of heart (unless fractured or a snake bite).

4. Treat any other injuries:

- stop bleeding; treat wounds, burns
- immobilise fractures.

5. Ensure comfort:

- loosen any tight clothing around neck, chest or waist
- maintain body warmth
- if casualty is conscious, does not have abdominal trauma and is unlikely to require an operation immediately, give small amounts of clear fluid (preferably water) frequently.

6. Monitor and record breathing and pulse.

7. Place casualty in recovery position:

- place in recovery position if casualty has difficulty breathing, is likely to vomit or becomes unconscious.



SIGNS & SYMPTOMS

- weak, rapid pulse
- cold clammy skin
- rapid breathing
- faintness/dizziness
- nausea
- pale face, finger-nails, lips.

Use an **Emergency Shock Blanket** to maintain body warmth. Emergency shock blankets are available in the **Medium Leisure Kit**. Call St John on 1300 360 455 and ask for further information about the full range of kits.