




St John Ambulance



**COUNTER
TERRORISM
POLICING**

ACT

**ACTION
COUNTERS
TERRORISM**



ACID OR HAZARDOUS CHEMICAL INCIDENT

Safety advice for any acid or hazardous chemical incident

- Be alert to any ongoing danger
- You should only try to help other people if it is safe to do so
- Be careful not to get any of the substance on yourself

Acid or hazardous chemicals

- Get someone to call an ambulance while you reassure and help the casualty
- Ask the casualty to remove their contaminated clothing and any jewellery in the affected area
- Rinse the burning areas with lots of water – if water is not available any non-alcoholic cold drink will do

Looking after yourself

Events like these are stressful for everybody involved

Most people get over them very well, but some people have longer term issues

It is important that you talk to somebody if you are worried or frightened by what happened

This might be a friend, or you could contact a group like the Samaritans



STABBING OR SHOOTING INCIDENT

Safety advice for a stabbing or shooting incident

- Leave the area if you can do so safely
- If you can't leave, be alert to any ongoing danger
- You should only try to help other people if it is safe to do so
- Turn your mobile phone to silent if there is any chance it will attract unwelcome attention

Who should I help first ?

First make sure it is safe to help others

- Start by telling any casualty who can walk to move to a safe place
- If a casualty is responsive, breathing and bleeding – first get them to safety and *then* try to stop the bleeding
- If a casualty is unresponsive, put them into the recovery position

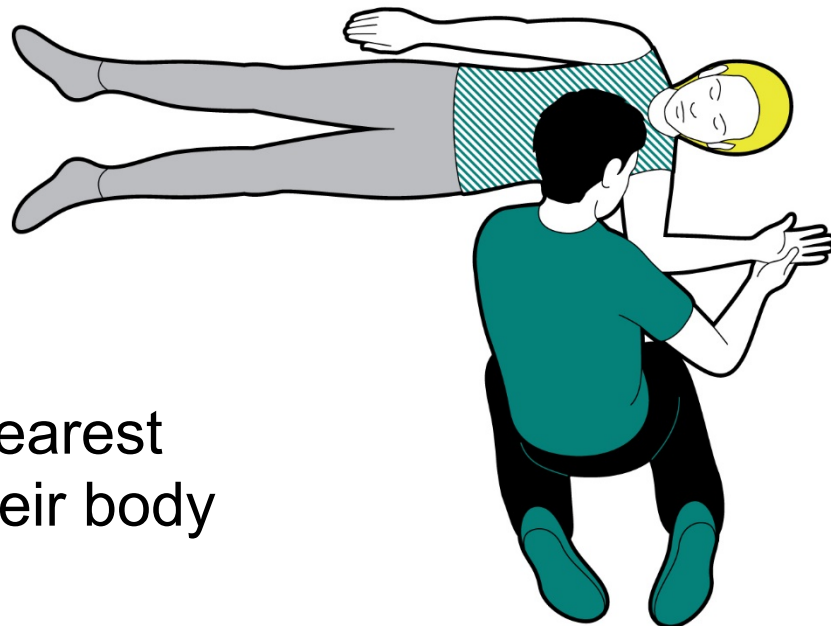
Knife and gun shot wounds

- Don't touch or move any weapons at the scene
- Don't pull a knife or any other object out of any wound on the casualty – that could cause more bleeding and damage. Explain that to them
- Cover the wound with something clean
- Keep the casualty warm – cover them with a blanket or a coat
- Do not give them anything to eat or drink

If the casualty has a chest wound

- Sit or lie the casualty down
- If the wound is bleeding, cover it with something clean
- Talk quietly and calmly to them to reassure them
- Keep them warm with a blanket or coat

Putting someone into the recovery position



1. Place the casualty's nearest arm at a right angle to their body with the elbow bent

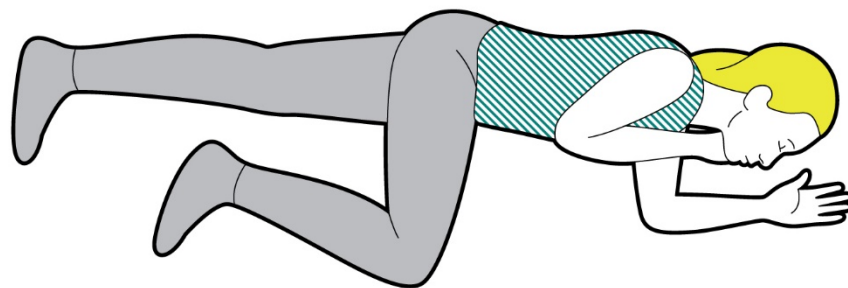
Putting someone into the recovery position

2. Place the back of the casualty's far hand against their cheek and hold it there

- Pull their far knee up until their foot is flat on the floor.
- Pull on the bent leg to roll them towards you



Putting someone into the recovery position



3. Tilt the casualty's head back to open their airway
 - Monitor their level of responsiveness from time to time

If you are injured

- You should always make sure you are safe first
- Apply pressure to your wounds if you are bleeding or get others to help you to apply pressure
- You can also tell other people what to do and talk them through the steps to take

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BURNS

Safety advice for any burn incident

- Be alert to any ongoing danger from fire, heat, chemicals or electricity
- You should only try to help other people if it is safe to do so

Burns treatment

- Cool the burn under cold, running water for at least 10 minutes
- Remove jewellery or tight clothing near the burn
- Do not apply dressing or any creams
- Seek medical advice if you are concerned



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EXPLOSION AND BLAST INCIDENTS

Safety advice for explosion or blast incidents

- The scene may pose ongoing dangers caused by damage to buildings, fire, gas etc. Leave the area if you can
- If you can't leave, be alert to any ongoing danger
- You should only try to help other people if it is safe to do so
- If there is any chance this is a terrorist incident, do not use your mobile phone – it could set off a secondary device

If it is safe to start helping people, who should I help first?

- Start by telling any casualty who can walk to move away from the immediate area
- If a casualty is bleeding severely, try to control the bleeding
- If the casualty is unresponsive, put them in the recovery position

If the casualty is bleeding badly:

Remember the three P's:

Protect yourself – wear gloves or use plastic bags or cloths to avoid contact with blood if you can

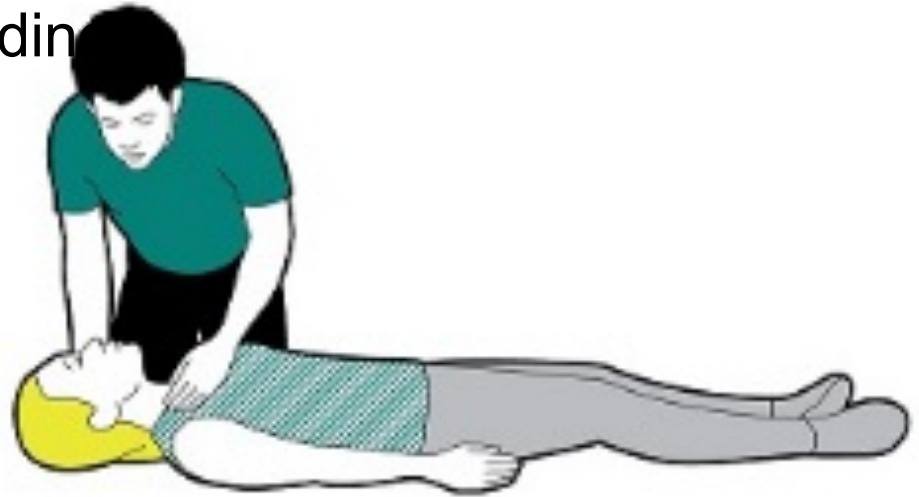
Pack or cover the wound with clothing, towels or similar

Press on the wound or tell the casualty to press on it – and keep pressing until help arrives

Reassure the casualty and keep them warm with a coat or blanket

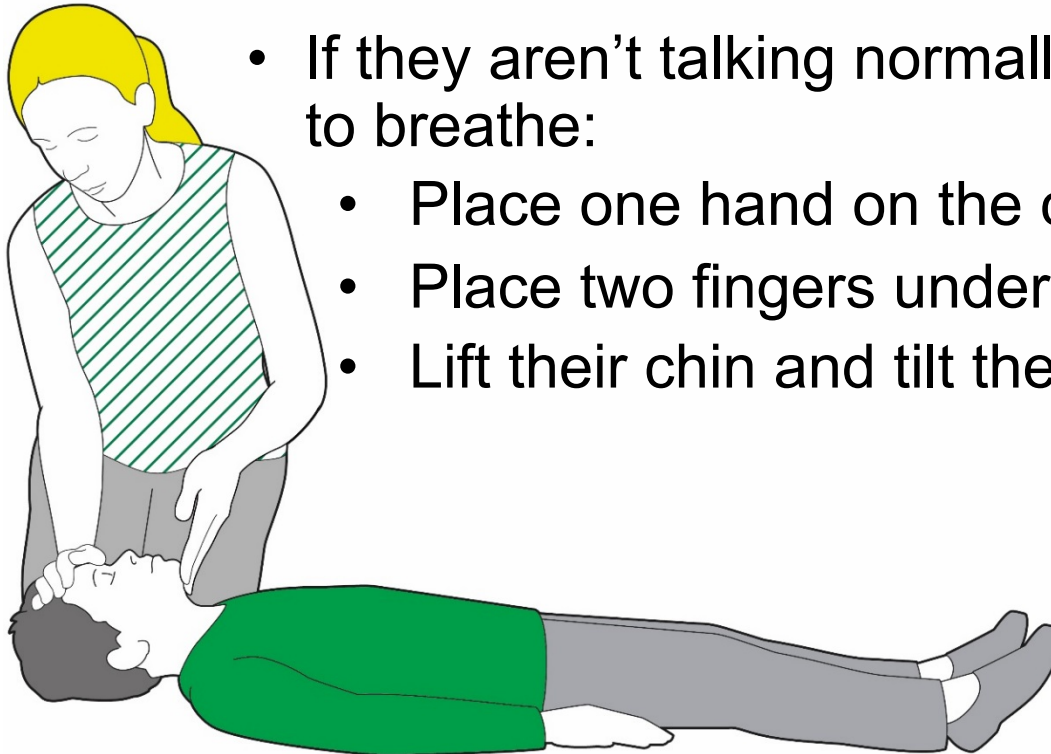
If the casualty can't leave the area, what do I do?

- If a casualty isn't moving, shake their shoulders gently to see if they respond.
- If it is safe to talk quietly to them, ask them to do something – e.g. “open your eyes” and see if they respond. If they respond, check their airway is clear and look for signs of bleeding.
- If they don't respond, put them in the recovery position and move on to help the next casualty.



Check the casualty's airway

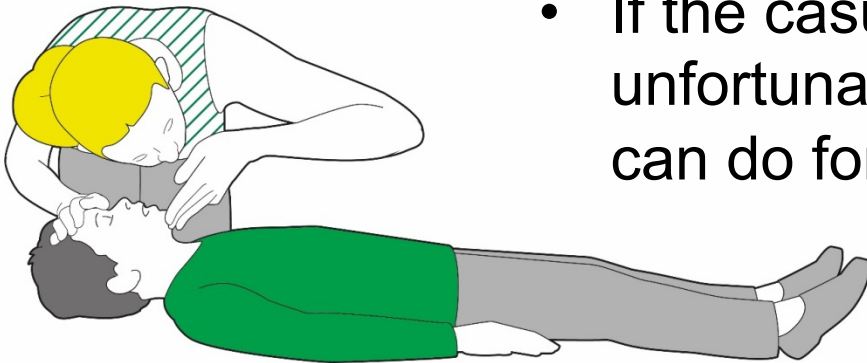
- If the casualty is talking normally, their airway is ok.



- If they aren't talking normally or are struggling to breathe:
 - Place one hand on the casualty's forehead
 - Place two fingers under the casualty's chin
 - Lift their chin and tilt their head back gently

Check for breathing

- If you can't be sure the casualty is breathing, look, listen and feel for breathing for up to 10 seconds;
 - Can you feel their breath on your cheek?
 - Can you see movement of their chest or abdomen?
- If the casualty is breathing put them in the recovery position.

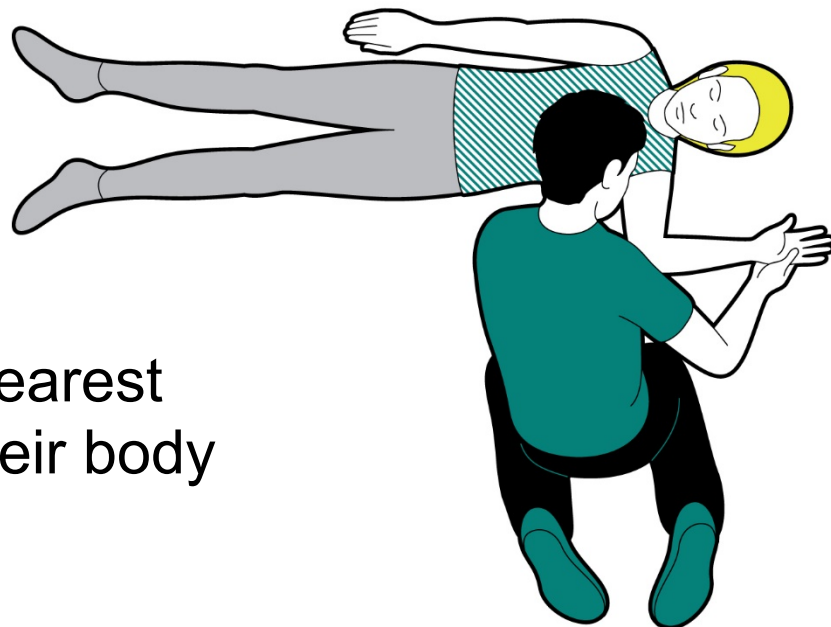


- If the casualty is **not** breathing – unfortunately there is not much that you can do for them.
 - Move on to the next casualty

Dealing with shock

- Help any casualty to sit or lie down
- Reassure them – help will be on the way
- Keep the casualty warm
- Do not give them anything to eat or drink

Putting someone into the recovery position

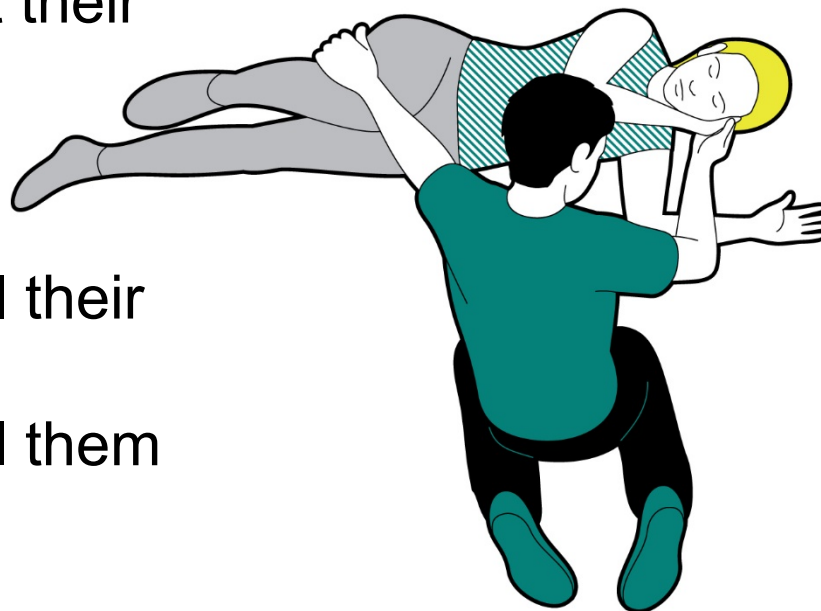


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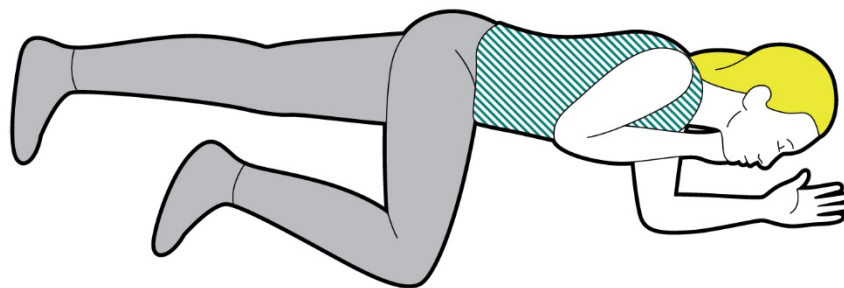
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As the nation's leading first aid charity,
St John Ambulance wants to teach everyone
simple, life saving skills.

If you would like to learn more about first aid,
we are always here to help you.

Search sja.org.uk for courses and units near
your home.