

Festival First Aid Cheat Sheet

Quick actions for common emergencies.



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Quick actions for common emergencies.

First check – ABC

- A – Airway: Is it clear? Remove obvious obstructions.
- B – Breathing: Are they breathing normally?
- C – Circulation: Are they responsive? Any major bleeding?

Overheating

- Move to shade
- Loosen clothing
- Cool with water or fans
- Sip fluids if conscious
- Get medical help if not improving

Dehydration

- Encourage small sips of water
- Rest in a cool area
- Avoid alcohol
- Seek help if vomiting or dizzy

Unconscious but breathing

- Place in recovery position
- Monitor breathing
- Do not leave alone
- Get medical help

Seizure

- Protect from injury
- Do not restrain
- Do not put anything in mouth
- After seizure, recovery position
- Call 999 if seizure lasts over 5 minutes

Vomiting

- Recovery position
- Keep airway clear
- Do not force food or drink
- Get help if repeated

Panic or extreme distress

- Stay calm and reassuring
- Encourage slow breathing
- Move to a quieter space
- Get welfare support

When to call 999

- Not breathing properly
- Unconscious and not waking
- Severe chest pain
- Seizure over 5 minutes
- You suspect an overdose

Key message

- You don't need to fix everything. Early help saves lives.