FIRST AID FACT SHEET

Shock

Shock is a collapse of the circulatory system which results in insufficient oxygen reaching the vital organs and tissues. Shock can be life threatening.

Caused by
+ Heart failure.
+ Bleeding.
+ Vomiting and diarrhoea.
+ Burns.
+ Pain or trauma.
+ Major or multiple fractures.
+ Infections.
+ Allergic reactions.
+ Severe sweating and dehydration.

What to do
1. Follow DRSABCD St John Action Plan.
2. Lie the casualty down with head flat on floor and reassure. **DO NOT** raise their legs.
3. Manage any other injury such as bleeding, wounds, burns and immobilise fractures.
4. Maintain the casualty’s body warmth. Cover with blanket, coat or similar but **DO NOT** use any source of direct heat.
5. Loosen any tight clothing.
6. If the casualty is likely to require any surgery **DO NOT** give anything by mouth. Otherwise offer clear fluids e.g. small amounts of water frequently.
7. Monitor the casualty. **DO NOT** leave them alone.
8. Place casualty into the Recovery Position if they become unconscious.

Signs & symptoms
+ Weak, rapid pulse.
+ Cold, clammy skin.
+ Rapid breathing.
+ Faintness, dizziness, nausea.
+ Pale face, fingernails, lips.

In a medical emergency call **Triple Zero (000)**

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