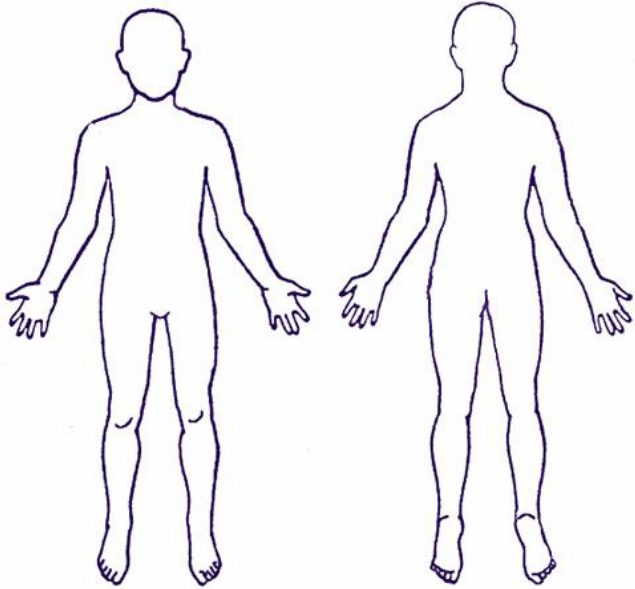


First Aid Casualty Card

| | | Notes | Time | AVPU | Breathing | Pulse | Temp. | Cap Refill |
|----------|--|-------|------|------|-----------|-------|-------|------------|
| A | Assess for danger | | 10 | | | | | |
| | Alertness of casualty - AVPU | | 20 | | | | | |
| | Airway – clear and open? | | 30 | | | | | |
| | Ambulance – call at the earliest opportunity | | 40 | | | | | |
| B | Breathing – look, listen and feel | | 50 | | | | | |
| C | Circulation (Pulse, Cap refill) | | 60 | | | | | |
| | Catastrophic bleeding | | 70 | | | | | |
| | Colour, coldness of extremities? | | 80 | | | | | |
| D | Deformity (head to toe full check | | 90 | | | | | |
| E | Emotional support | | 100 | | | | | |
| | Evaluate, monitor and record | | 110 | | | | | |
| | Environmental situation | | 120 | | | | | |
| | Evacuation plan | | 130 | | | | | |
| | Elevate for shock | | 140 | | | | | |

Please remember a downloaded sheet cannot replace proper training and experience, no one can take responsibility for your actions but you.
Enjoy your adventures, be safe and try to come home in one piece.

Call for help - 999 UK - 112 International

| Casualty Card | | | | | |
|-----------------------------|--|--|--|-----------|--|
| Time of accident | | Location | | Grid Ref: | |
| Number of casualties | | Age | | Name(s) | |
| Description of injury | | | | | |
| Last meal | |  | | | |
| Last meal time | | | | | |
| Medical history | | | | | |
| Medication | | | | | |
| Allergies | | | | | |
| Pain relief given? What? | | | | | |
| When? | | | | | |
| How much? | | | | | |

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