

USEFUL LINKS AND APPS

Apps – find on your Google or Apple stores	
	British Red Cross – Baby and child first aid
	British Red Cross – First Aid
	St John's First Aid

Useful websites/ videos	
Chest, Heart and Stroke Scotland	https://www.chss.org.uk/stroke-information-support/your-stroke-toolkit/
St John's Ambulance – Primary Survey (DRABC)	https://youtu.be/ea1RJUOiNfQ?si=ORGBfE87r1JPKIYK
St John's Ambulance – Adult CPR	https://youtu.be/BQNNOh8c8ks?si=hHBuP84g4hNEbUR6
St John's Ambulance – Child CPR	https://youtu.be/0aV9NS0ogiM?si=vwsIkoRbiJDo4f7y
St John's Ambulance – Shock	https://youtu.be/61urGQrmeNM?si=H_wwRM-LrLKzLhJJ
Asthma UK – child asthma attack	https://www.asthma.org.uk/advice/child/asthma-attacks/
Asthma UK – inhalers and spacers	https://www.asthma.org.uk/advice/inhalers-medicines-treatments/inhalers-and-spacers/reliever/
Allergy UK – Severe allergy and anaphylaxis	https://www.allergyuk.org/severe-allergy-and-anaphylaxis/adrenaline-auto-injectors

If you have provided or witnessed CPR Chest, Heart and Stroke Scotland have a confidential service to help you process what you have witnessed. The advice line team is manned by healthcare professionals. There are e mail and text options too
<https://www.chss.org.uk/services/ohca-advice-line-support-service/>