







## USEFUL LINKS AND APPS

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/>

Apps – find on your Google of Apple stores	
	British Red Cross – Baby and child first aid
	British Red Cross – First Aid
	St Johns First Aid
	Emergency BSL video relay service linking deaf people to all emergency services

Locating a defibrillator near your location	
 Brought to you by 	<a href="https://www.defibfinder.uk/">https://www.defibfinder.uk/</a>

Useful websites/ videos	
Chest, Heart and Stroke Scotland	<a href="https://www.chss.org.uk/stroke-information-support/your-stroke-toolkit/">https://www.chss.org.uk/stroke-information-support/your-stroke-toolkit/</a>
St Johns Ambulance – Primary Survey (DRABC)	<a href="https://youtu.be/ea1RJUOinfQ?si=ORGBfE87r1JPKIYK">https://youtu.be/ea1RJUOinfQ?si=ORGBfE87r1JPKIYK</a>
St Johns Ambulance – Adult CPR	<a href="https://youtu.be/BQNNOh8c8ks?si=hHBuP84g4hNEbUR6">https://youtu.be/BQNNOh8c8ks?si=hHBuP84g4hNEbUR6</a>
St Johns Ambulance – Child CPR	<a href="https://youtu.be/0aV9NS0ogiM?si=vwsIkoRbiJDo4f7y">https://youtu.be/0aV9NS0ogiM?si=vwsIkoRbiJDo4f7y</a>
St Johns Ambulance – Shock	<a href="https://youtu.be/61urGQrmeNM?si=H_wwRM-LrLKzLhJJ">https://youtu.be/61urGQrmeNM?si=H_wwRM-LrLKzLhJJ</a>
Asthma UK – child asthma attack	<a href="https://www.asthma.org.uk/advice/child/asthma-attacks/">https://www.asthma.org.uk/advice/child/asthma-attacks/</a>
Asthma UK – inhalers and spacers	<a href="https://www.asthma.org.uk/advice/inhalers-medicines-treatments/inhalers-and-spacers/reliever/">https://www.asthma.org.uk/advice/inhalers-medicines-treatments/inhalers-and-spacers/reliever/</a>
Allergy UK – Severe allergy and anaphylaxis	<a href="https://www.allergyuk.org/severe-allergy-and-anaphylaxis/adrenaline-auto-injectors">https://www.allergyuk.org/severe-allergy-and-anaphylaxis/adrenaline-auto-injectors</a>