



**Scottish
Ambulance
Service**

Working in Partnership with Universities

NHS
SCOTLAND

**T
R
U
S
T**

**How to spot an
emergency and
what to do**

Hanging out with your pals?

Do you know what an emergency situation might look like?



What to look out for:

DANGER: Be aware of any dangers, such as water, fire or broken glass

RESPONSE: Is the person awake and alert? Check if they respond to you shouting their name. Never shake or inflict pain on someone who is unconscious or unresponsive.

AIRWAY: Check that their airway are clear, look out for vomit etc.

BREATHING: LOOK, LISTEN and FEEL for normal breathing for 10 seconds. Infrequent, slow or noisy breathing is not normal.

CIRCULATION: Check for any bleeding.

ALSO CHECK:

- Are they cold and clammy or red hot to touch?
- Are they bright red? Or pale with blue/purple lips?
- Have they had a seizure or bumped their head?
- Have they been sick, feel nauseous or dizzy?
- Do they seem distressed, agitated or confused?

What to do:

T

Take it seriously

If something doesn't seem right or someone starts to feel unwell, don't ignore it. Act quickly.

R

Ring 999

Give as much information as you can about your location (use What3Words app) and the symptoms that you can see - look at their breathing, temperature etc.

U

Use any first aid skills

The 999 call-handler can talk you through anything you need to do while keeping yourself safe.

S

Stay with them

Always stay with someone who is unwell or distressed.

T

Tell us anything they might have taken

Be as honest as possible if someone has been drinking alcohol or taking other drugs. Let us know what, how much and when. **Trust our teams - we're here to help.**