

GRIT IN EYE

BROKEN LEG BONE

WET, COUGHING AND  
COLD  
NEAR RIVER BANK

STUNG BY BEE  
CAUSING  
ANAPHYLACTIC SHOCK

HEART ATTACK

SUFFERING FROM SHOCK

CHOKING

SEVERE BLEEDING  
TO WRIST

HYPOTHERMIA

ANGINA

## Signs & Symptoms

- Localised pain
- Weakness and giddiness
- Nausea
- Rapid, shallow breathing
- Restless, anxious
- Thirsty
- Sweating

## Signs & Symptoms

- Anxiety
- Swelling around the neck causing breathing difficulties
- A rapid pulse
- Tight chest

## Signs & Symptoms

- Sweating
- Nausea
- Thirst
- Rapid, shallow breathing
- Rapid pulse, becoming weak
- Restless, anxious; even aggressive
- Gasping for air and yawning
- Possible unconsciousness

## Signs & Symptoms

- Weakness and giddiness
- Nausea
- Thirst
- Pain
- Rapid shallow breathing
- Anxious or even aggressive
- Possibly unconscious
- Rapid pulse

## Signs & Symptoms

- Gripping central chest pain
- Pain in left arm
- Shortness of breath
- Weakness; may be sudden
- Feeling anxious

## Signs & Symptoms

- Blurred vision
- Pain or discomfort
- Redness and watering of the eye
- Eyelids screwed up in spasm

## Signs & Symptoms

- Shivering and cold
- Apathy, disorientation
- Lethargy
- Slow, shallow breathing
- Slow, weakening pulse

## Signs & Symptoms

- Persistent, vice-like central chest pain
- Pain does not ease when resting
- Pain in jaw; down left arm
- Breathlessness
- Sudden faintness
- Sense of impending doom
- Pale, ashen skin or cyanosis or both
- Rapid, weak or irregular pulse

## Signs & Symptoms

- Difficulty in speaking
- Congested face
- Distressed signs e.g. pointing to throat and grasping neck
- Difficulty in breathing
- Possibly unconscious

## Signs & Symptoms

- Shivering and cold
- Apathy
- Disorientation or irrational behaviour
- Lethargy or failing consciousness
- Slow shallow breathing
- Slow and weakening pulse

FEELING FAINT

ABOUT TO HAVE AN  
ASTHMA ATTACK

HYPOGLYCAEMIA

SCALD

CUT HAND  
(no foreign body)

NEAR DROWNING

INHALATION OF SMOKE

HYPERVENTILATION

CUT TO THE HEAD

WOUND TO THE PALM OF  
THE HAND  
(foreign body detected)

### Signs & Symptoms

- Wheezing as you breathe out
- Distress and anxiety
- Difficulty in speaking
- Dry, tickly cough
- May become exhausted

### Signs & Symptoms

- Light headed
- Feel sick
- Pale, cold skin
- Slow pulse
- Dizzy

### Signs & Symptoms

- Scalded area – redness  
Swelling & tenderness
- In pain
- Nausea
- Faint
- Thirsty

### Signs & Symptoms

- Feel weak and faint
- Feel hungry
- Confused or belligerent
- Strong, bounding pulse
- Deteriorating level of response
- Shallow breathing
- Sweating
- Pallor

### Signs & Symptoms

- Coughing up water
- Vomit
- Shivering/cold
- Pale
- Failing consciousness

### Signs & Symptoms

- Weakness and giddiness
- Nausea
- Thirsty
- Pain
- Rapid, shallow breathing
- Anxious or even aggressive
- Possibly goes unconscious
- Rapid pulse

### Signs & Symptoms

- Attention seeking behaviour
- Dizziness
- Faint
- Trembling
- Cramps in hands and feet

### Signs & Symptoms

- Rapid, noisy, distressed breathing
- Coughing
- Wheezing
- Possible unconsciousness

### Signs & Symptoms

- Pain
- Weak and giddy
- Nausea
- Rapid, shallow breathing
- Restless, anxious
- Thirsty
- Sweating

### Signs & Symptoms

- Mild headache
- Blurred vision
- Nausea
- Pain
- Anxious
- Weak or giddy

FRACTURED PELVIS

ELECTRICAL BURN

CHEMICAL BURN IN  
THE EYE

WELDERS FLASH

FRACTURED WRIST

FRACTURED RIBCAGE

SPINAL INJURY

FRACTURED COLLAR  
BONE

DISLOCATED SHOULDER

FRACTURED ELBOW

## Signs & Symptoms

- Full thickness burn
- Possibly unconscious
- Nausea
- Weak, giddy
- Anxious
- Rapid, weak pulse
- Shallow breathing

## Signs & Symptoms

- Inability to walk or even stand
- Pain, tenderness in the region of the hip
- Nausea
- Weak, giddy
- Anxious

## Signs & Symptoms

- “Gritty” feeling in the eye
- Sensitive to light
- Intense pain in the affected eye

## Signs & Symptoms

- Intense pain in the eye
- Inability to open the injured eye
- Redness and swelling around the eye

## Signs & Symptoms

- Sharp pain at the site of the fracture
- Pain on taking a deep breath
- Shallow breathing
- Unusual breathing
- Nausea
- Weak, giddy
- Anxious

## Signs & Symptoms

- Pain increased by movement
- Tenderness
- Nausea
- Weak, giddy

## Signs & Symptoms

- Pain and tenderness at site of injury
- Try to support the limb
- Incline head to the injured side
- Nausea
- Weak, giddy

## Signs & Symptoms

- Pain in the neck
- Pain in the back
- Tenderness on gently feeling the spine
- Loss of control over limbs
- Loss of sensation
- Tingling feeling
- Breathing difficulties

## Signs & Symptoms

- Pain increased by movement
- Tenderness over the fracture site
- Nausea
- Weak, giddy

## Signs & Symptoms

- Pain, increased by movement
- Reluctance to move because of pain
- Support arm and incline head to the injured side
- Nausea
- Weak, giddy

MINOR EPILEPSY

MAJOR EPILEPSY

STROKE

HEAT EXHAUSTION

HEATSTROKE

DRUG POISONING  
(e.g. LSD, Ecstasy)

DRUG POISONING  
(Heroin)

ALCOHOL POISONING

FOOD POISONING

CONCUSSION

### Signs & Symptoms

- Suddenly falls, letting out a cry
- Becomes rigid, arching your back
- Breathing noisy
- On recovery: feel dazed, sleepy

### Signs & Symptoms

- Sudden “switching off”
- Slight twitching
- Odd “automatic” movements e.g. lip-smacking, chewing

### Signs & Symptoms

- Headache
- Dizziness
- confusion
- Nausea
- Cramps in the arms, legs or abdomen

### Signs & Symptoms

- Sudden severe headache
- Confused
- Gradual loss of consciousness
- Weakness or paralysis
- Slurred speech

### Signs & Symptoms

- Excitable
- Hyperactive
- Tremor of hands
- Hallucinations

### Signs & Symptoms

- Headache
- Dizziness
- Restlessness
- Confusion
- Hot, flushed skin
- Rapid deterioration in the level of response
- Full, bounding pulse

### Signs & Symptoms

- Strong smell of alcohol
- Unconsciousness – will come round but quickly relapse
- Deep noisy breathing

### Signs & Symptoms

- Sluggishness
- Confusion
- Slow, shallow breathing
- Possible collapse

### Signs & Symptoms

- Dizziness
- Nausea
- Loss of memory
- Mild headache
- Brief partial loss of consciousness

### Signs & Symptoms

- Nausea
- Abdominal cramps
- Headache
- Weak, giddy
- Collapse



ABDOMINAL WOUND  
(internal bleeding)

PENETRATING CHEST  
WOUND

SKULL FRACTURE

CEREBRAL COMPRESSION

CRUSH INJURY

FINGER AMPUTATION

NOSE BLEED

CUT TO THE FOREARM

### Signs & Symptoms

- Coughed-up frothy red blood
- Cyanosis
- Difficult and painful breathing
- Acute sense of alarm
- Cold, clammy skin
- Weak and giddy

### Signs & Symptoms

- Nausea
- Pallor
- Cold, clammy skin
- Rapid, weak pulse
- Pain
- Thirsty
- Confusion
- Irritable, weak and giddy

### Signs & Symptoms

- Intense headache
- Noisy breathing
- Weakness and paralysis down one side of the face or body
- High temperature
- Drowsiness
- Change of personality

### Signs & Symptoms

- Wound to the head
- Impairment of consciousness
- Progressive deterioration in the level of response
- Watery blood coming from the nose or ear

### Signs & Symptoms

- Pain
- Pallor
- Confusion
- Nausea
- Thirst
- Weak, giddy

### Signs & Symptoms

- Pain
- Pallor
- Cold, clammy skin
- Thirst
- Confusion
- Weak, giddy
- Rapid, weak pulse
- Nausea

### Signs & Symptoms

- Pain
- Nausea
- Weak, giddy
- Thirsty
- Confusion

### Signs & Symptoms

- Nausea
- Headache
- Weak, giddy