

Home Emergency Contacts Sheet

IN AN EMERGENCY PHONE
999 OR 112
WITHOUT DELAY.

Keep your phone with you and tell them:

- What service you require
- What has happened and what injury or illness has occurred
- What your address is
- Who you are and your phone number
- Ask them any questions you have, they can help you

Complete this sheet and leave by the phone so that in an emergency you have all the details you need and a visitor knows the numbers as well. Also program this information into your phone and Sat Nav. in your car if you have one.

EMERGENCY CONTACT DETAILS

YOUR NAME(S): _____

YOUR ADDRESS - include your full address, postcode & any directions

POST CODE: _____

PHONE: _____

YOUR MOBILE PHONE _____

OTHER MOBILE PHONE _____ NAME

SPECIAL MEDICAL INFORMATION:

DOCTORS ADDRESS:

PHONE:

CHEMIST PHONE:

TAXI PHONE:

VETS PHONE:

HOSPITAL PHONE:

HOME HELP PHONE:

FAMILY/FRIENDS CONTACT DETAILS

OTHER NUMBERS - add family and friends names and numbers below

NAME: _____ NUMBER: _____

NAME: _____ NUMBER: _____

NAME: _____ NUMBER: _____

NAME: _____ NUMBER: _____

NAME: _____ NUMBER: _____



Paediatric Basic Life Support

What is First Aid?

- P Preserve Life
- P Prevent Deterioration
- P Promote Recovery

Danger

Response

Airway

Breathing

Circulation

UNRESPONSIVE?

Shout for Help

Open Airway

NOT
BREATHING NORMALLY?

5 Rescue Breaths

NO SIGNS OF LIFE?

1 Min CPR, 30
Compressions, 2 Breaths

Call Emergency
Services 999 or 112

Reassess.
Start CPR 2:30



AN INFANT IS: Small enough to do compressions with two fingers. Age up to 1 year
A CHILD IS: Small enough to do compressions with the palm of one hand. Age 1 year to puberty

