

FIRST AID FACT SHEET

Stroke

A stroke is a condition that occurs when an artery taking blood to the brain becomes blocked or bursts. As a result of a stroke, brain cells are damaged and functions controlled by that part of the brain are paralysed. Partial paralysis of the body and/or speech problems is common.

Caused by

- + Blocked arteries.
- + Blood clots.
- + Haemorrhaging.

Signs & symptoms

- + Sudden decrease in level of consciousness.
- + Weakness or paralysis on either one or both sides of the body.
- + Feeling of numbness in face, arm or leg.
- + Difficulty speaking or understanding.
- + Dizziness, loss of balance, unexplained fall.
- + Disturbed vision.
- + Confusion.

What to do

Unconscious casualty

1. Follow DRSABCD St John Action Plan.
2. Place into Recovery Position.
3. Urgent medical aid. Call **Triple Zero (000)** for an ambulance.

Conscious casualty

1. Follow DRSABCD St John Action Plan.
2. Urgent medical aid. **Call Triple Zero (000)** for an ambulance.
3. Rest and reassure the casualty.
4. Place in a position of comfort and support the head and shoulders with pillows.
5. Loosen tight clothing.
6. Ensure airway is clear and open and wipe any secretions away from the mouth.
7. Give nothing by mouth.
8. Monitor casualty until medical aid arrives

Recognise signs of a stroke

THINK FAST - ACT FAST

Facial weakness

Arm weakness

Speech difficulty

Time to act fast



In a medical emergency
call **Triple Zero (000)**

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Information provided is as per Australian Resuscitation Council Guidelines. These first aid protocols are for the Australian market only. All care has been taken in preparing this information but St John takes no responsibility for its use. This information is not a substitute for practical first aid training with St John.