

FIRST AID FACT SHEET

Shock

Shock is a collapse of the circulatory system which results in insufficient oxygen reaching the vital organs and tissues. Shock can be life threatening.

Caused by

- + Heart failure.
- + Bleeding.
- + Vomiting and diarrhoea.
- + Burns.
- + Pain or trauma.
- + Major or multiple fractures.
- + Infections.
- + Allergic reactions.
- + Severe sweating and dehydration.

Signs & symptoms

- + Weak, rapid pulse.
- + Cold, clammy skin.
- + Rapid breathing.
- + Faintness, dizziness, nausea.
- + Pale face, fingernails, lips.

What to do

1. Follow DRSABCD St John Action Plan.
2. Lie the casualty down with head flat on floor and reassure. **DO NOT** raise their legs.
3. Manage any other injury such as bleeding, wounds, burns and immobilise fractures.
4. Maintain the casualty's body warmth. Cover with blanket, coat or similar but **DO NOT** use any source of direct heat.
5. Loosen any tight clothing.
6. If the casualty is likely to require any surgery **DO NOT** give anything by mouth. Otherwise offer clear fluids e.g. small amounts of water frequently.
7. Monitor the casualty. **DO NOT** leave them alone.
8. Place casualty into the Recovery Position if they become unconscious.
9. Urgent medical aid. Call **Triple Zero (000)** for an ambulance.



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.