**SHOCK**

**First Aid**

- **DRABCD**
  - Look and treat for any bleeding
  - Look for and treat any other injuries
  - Assist the conscious casualty into a comfortable position; usually on the back with legs raised if injuries allow
  - Place the casualty who is: unconscious; vomiting; having breathing problems; on the side
  - Loosen any constrictive clothing
  - Cover the casualty with a blanket to keep warm
  - Calmly reassure and talk to the casualty even if the casualty is unconscious!

- **Get Help**

**IMPORTANT**

- The severity of shock will depend on the severity of the cause
- The principle in treating for shock is to treat the cause
- Shock left untreated may be fatal

**DO NOT**
- give the casualty anything to eat or drink
- tell the casualty anything that will distress him/her

**Observe**

- Pale, cold and clammy skin
- Rapid and weak pulse
- Rapid and shallow breathing
- Nausea/Vomiting
- Anxiety
- Becoming drowsy and sluggish

The conscious casualty with legs elevated and a blanket being used to help keep the casualty warm.

The unconscious casualty can be placed on the side and covered with a blanket to help keep the casualty warm.
Shock is the term used to describe a serious and potentially life threatening condition where there is a lack of effective circulation throughout the body. Some of the causes of Shock are: severe blood loss whether internal or external, severe burns, dehydration, heart attack, spinal cord injury and severe allergic reactions.

When Shock occurs the body redirects blood from the skin, limbs and some organs to the vital organs of the heart, lungs and brain. During the crisis the body also collapses the circulatory system in the limbs to maintain the highest concentration of blood in the vital organs. This results in blood pooling in the limbs. Raising the legs above the heart level helps supply the vital organs with blood.

Some degree of Shock is present in most injuries. The First-Aider must be aware of the signs and symptoms of Shock.

Keep the casualty warm without overheating, by covering with a blanket or jacket etc. Remember to place a blanket underneath a casualty lying on the cold ground. Raise the legs if it is safe to do so.

⚠️ **DO NOT** give the casualty anything to eat or drink, it may cause airway complications if the casualty becomes unconscious.