

1



First, treat any cause of shock that you can see or that you have identified from the primary survey, such as severe bleeding.

2



Then help the casualty to lie down. Raise the casualty's legs, supporting them on a chair, as this will help to improve the blood supply to their vital organs.

- If available, lay them down on a rug or blanket to protect them from the cold.

3



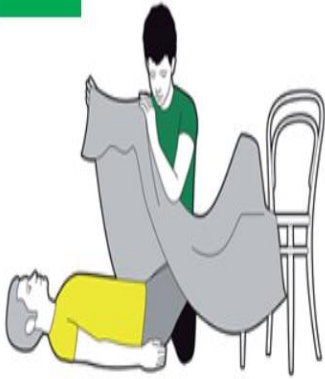
Call Hospital or 112 for emergency help and tell ambulance control you think they are in shock. If possible, explain what you think caused it.

4



Loosen any tight clothing around the neck, chest, and waist to make sure it doesn't constrict their blood flow.

5



While waiting for help to arrive, cover them with a coat or blanket to help keep them warm.

- Remember, fear and pain can make shock worse by increasing the body's demand for oxygen, so try to reassure the casualty and keep them calm if you can.

6



Monitor their level of response.

- If they become unresponsive at any point, prepare to treat an unresponsive casualty.