**Shock** (LO 6.1, 6.2)

There are different types of shock but the type we look at on this course (EFAW) is called ***hypovolaemic shock***.

Shock is a life-threatening condition where the circulatory system fails, usually as a result of blood loss and as a result vital organs such as the heart and brain are deprived of oxygen.

Shock can be caused by internal and external blood loss. Shock occurs if blood loss exceeds around 1.2 litres (2 pints) If bleeding is not controlled, shock usually leads to death

**What we see:**

* Fast, shallow breathing (rate > 30)
* Pale, cold, clammy skin
* Fast, weak pulse (> 120)
* Anxiety, restlessness
* Dizziness or passing out



**What we do:** (conscious casualty)

* Treat the cause of the shock
* Lie the casualty down
* Raise their legs
* Keep warm
* Call 999

If the casualty is unresponsive, roll them into a safe airway position.

**Considerations:**

* **DO NOT** let the casualty eat or drink (they may need surgery)
* **DO NOT** leave unattended (they may become unresponsive)
* **DO NOT** raise limbs if you suspect injuries to legs, spine, pelvis or head

**Swift First Aid**

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