

Shock factsheet



First aid

Be on the alert for signs of shock after an accident.

People may show little evidence of experiencing shock immediately after a collision, however the signs and symptoms are known to develop gradually and can be life-threatening. If someone develops shock, it is another reason to call 000.



Had an accident? If anyone is injured or if the road is blocked, contact emergency services on 000 straight away.

Signs & symptoms

It is important that you treat the injury or illness that is causing the shock, as well as treating the shock and the person as a whole.

Initial shock	Severe shock
<ul style="list-style-type: none"> • pale face, fingernails & lips • cool, moist skin • faintness, dizziness • nausea • anxiety 	<ul style="list-style-type: none"> • restlessness, drowsiness, confusion • thirst • weak, rapid pulse, which may get weaker or slower • shallow, fast breathing • blue lips, face, earlobes, fingernails (this is a late sign & means the sufferer is very sick)

What to do*

- 1 Follow **DRSABCD**.
- 2 Help the patient to lie down. Do not raise their legs.
- 3 Reassure the patient.
- 4 Manage severe bleeding then treat other injuries.
- 5 Loosen any tight clothing.
- 6 Keep the patient warm with a blanket or similar. Do not use any source of direct heat.
- 7 Give the patient small amounts of cool water to drink frequently if they are conscious, do not have abdominal trauma, and are unlikely to require an operation immediately.
- 8 Place the patient in the recovery position if they have difficulty breathing, become unconscious or are likely to vomit.
- 9 Seek medical aid or **call triple zero (000)** for an ambulance if patient's injuries require it.



In a medical emergency call Triple Zero (000)

DRSABCD ▶ Danger ▶ Response ▶ Send for help ▶ Airway ▶ Breathing ▶ CPR ▶ Defibrillation

You could save a life with first aid training. TAMMS proudly recommends St. Johns. Please visit stjohn.org.au or call **1300 360 455**

*St John Ambulance Australia Ltd, 2020. St John first aid protocols are for the Australian market only. All care has been taken in preparing the information but TAMMS and St John take no responsibility for its use by other parties or individuals. This information is not a substitute for first aid training. St John recommends attending first aid training courses. Not for commercial distribution.

Not At Fault?

If you're not-at-fault in a car accident, you have rights. One of them is the entitlement to a loan car as close to yours at no cost to you.*

Find out if you qualify:

1300 951 221
tamms.com.au

