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Ymddiriedolaeth GIG  
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Welsh Ambulance Services  
NHS Trust



# 7 Important Checks



If you phone 999  
you may need an ambulance.



If an ambulance comes to you,  
the ambulance staff  
should check 7 important things.



These checks will help the  
ambulance staff find out  
what is wrong and  
what help you will need.

# The **7** important checks are



## **Temperature**

This means **how hot or cold you are**

The ambulance staff will put a thermometer inside your ear.

It will beep, then they take it out.



## **Blood pressure**

This means **how hard your heart is beating**

The ambulance staff will put a cuff around the top of your arm.

The cuff squeezes tight, then goes loose.



## **Oxygen levels**

This means **how much oxygen is in your blood**

The ambulance staff will put a small clip on your finger to check your oxygen levels.

## Pulse

This means **how fast your heart is beating**



The small clip on your finger will check your pulse at the same time that it checks your oxygen levels.

The ambulance staff might hold your wrist with 2 fingers and press gently.

## Breathing

The ambulance staff will watch your chest to see if you are breathing ok.

The ambulance staff might use a stethoscope.

They will put one end on your chest or back.

They will put the other ends in their ears to listen to your breathing.





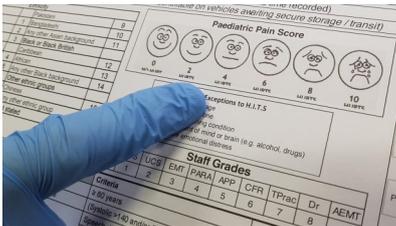
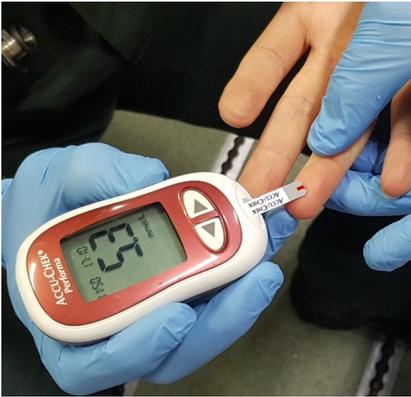
## Blood sugar levels

This means **how much sugar is in your blood**

The ambulance staff will put a small machine on your finger.

You will then feel a small scratch which might hurt a little bit.

Another machine tests a tiny bit of blood. The machine tests the blood to see how much sugar is in it.



## Pain score

This means **how much does it hurt?**

The ambulance staff will ask how much does it hurt?

You can tell them, or you can point to pictures.



The ambulance staff may need to do other things, such as feel your tummy, or shine a small torch to look in to your eyes.

The ambulance staff should always tell you what they are doing and why.