

Phone Numbers

- Emergency services: **999/112**
- Red Cross: **1890 502 502**
- Red Cross Helpline: **1890 502 502**
- Red Cross: **1890 502 502**
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FIRST AID GUIDE

How to deal with accidents and emergencies

- Keep calm and think for any dangers to yourself or to the injured person.
- Find out what happened and how.
- How many casualties are there?
- Is there anyone around who can help you?
- Do you need an ambulance?

ADULT RESUSCITATION



Check if the patient responds – they may not breathe but if there is no response, you should start CPR (cardiopulmonary resuscitation) – see the separate guidelines. If you are unsure, call 999/112 for help. Always use your own best judgement in any emergency situation.

If the patient is not breathing normally, give 30 chest compressions, then 2 mouth-to-mouth breaths in the ratio of 30:2 and keep going until the ambulance arrives.

Continue with the first aid and give first aid until help arrives. If you are unsure, call 999/112 for help. Always use your own best judgement in any emergency situation.

CHOKING



- Ask the person to cough if they can cough or breathe. Encourage them to cough and move the object.
- If they cannot cough or breathe, you should perform the Heimlich manoeuvre. This is performed by giving the abdominal thrusts (see 10).
- Continue this until the object is removed or the person becomes unconscious. If you are unsure, call 999/112 for help.
- If the person becomes unconscious, you should place them on their back and start CPR (cardiopulmonary resuscitation) – see the separate guidelines.



CHOKING (Infant)

- If a child is choking, you should try to get the object out of their mouth. If you cannot, you should perform the Heimlich manoeuvre. This is performed by giving the abdominal thrusts (see 10).
- Continue this until the object is removed or the child becomes unconscious. If you are unsure, call 999/112 for help.
- If the child becomes unconscious, you should place them on their back and start CPR (cardiopulmonary resuscitation) – see the separate guidelines.



HEART ATTACK



- Ask the person if they are in pain or if they are having trouble breathing. If you are unsure, call 999/112 for help.
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BURNS & SCALDS

- Burns and scalds are common injuries. They can be very painful.
- If you are unsure, call 999/112 for help.
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SEVERE BLEEDING



- Severe bleeding is a common injury. It can be very painful.
- If you are unsure, call 999/112 for help.
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NOSE BLEED

- Nosebleeds are common injuries. They can be very painful.
- If you are unsure, call 999/112 for help.
- If you are unsure, call 999/112 for help.
- If you are unsure, call 999/112 for help.
- If you are unsure, call 999/112 for help.
- If you are unsure, call 999/112 for help.
- If you are unsure, call 999/112 for help.



RECOVERY POSITION



RECOVERY POSITION (Infant)

- If a child is unconscious, you should place them on their left side in the recovery position. This is done by rolling the child onto their left side.



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N Colangelo



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