

Phone Numbers

- Emergency Services: 999/112
- First Aid: 1890 502 502
- Helpline: 1890 502 502
- Head Office: 1890 502 502
- Branches: 1890 502 502

FIRST AID GUIDE

How to deal with accidents and emergencies

- Always wear yourself 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



Fig 1

Check if the patient responds. If there is no response, call for help. If there is no response, start mouth-to-mouth resuscitation. If there is a response, stop mouth-to-mouth resuscitation. If there is no response, start mouth-to-mouth resuscitation. If there is a response, stop mouth-to-mouth resuscitation.



Fig 2

If the patient is not breathing normally, give 30 chest compressions. If the patient is not breathing normally, give 30 chest compressions. If the patient is not breathing normally, give 30 chest compressions.



Fig 3

Continue with the first aid and give first aid until help arrives. Continue with the first aid and give first aid until help arrives. Continue with the first aid and give first aid until help arrives.

CHOKING



Fig 1

- Ask the person to lean forward. If they can't breathe, perform the Heimlich maneuver. If they can't breathe, perform the Heimlich maneuver. If they can't breathe, perform the Heimlich maneuver.
- If they can't breathe, perform the Heimlich maneuver. If they can't breathe, perform the Heimlich maneuver. If they can't breathe, perform the Heimlich maneuver.
- If they can't breathe, perform the Heimlich maneuver. If they can't breathe, perform the Heimlich maneuver. If they can't breathe, perform the Heimlich maneuver.
- If they can't breathe, perform the Heimlich maneuver. If they can't breathe, perform the Heimlich maneuver. If they can't breathe, perform the Heimlich maneuver.



Fig 2

Repeat the Heimlich maneuver until the object is dislodged. Repeat the Heimlich maneuver until the object is dislodged. Repeat the Heimlich maneuver until the object is dislodged.

CHOKING (Infant)



Fig 1



Fig 2

- If the infant is choking, perform back blows. If the infant is choking, perform back blows. If the infant is choking, perform back blows.
- If the infant is choking, perform chest thrusts. If the infant is choking, perform chest thrusts. If the infant is choking, perform chest thrusts.
- If the infant is choking, perform back blows. If the infant is choking, perform back blows. If the infant is choking, perform back blows.
- If the infant is choking, perform chest thrusts. If the infant is choking, perform chest thrusts. If the infant is choking, perform chest thrusts.

HEART ATTACK



- Check for a pulse. If there is no pulse, start CPR. If there is no pulse, start CPR. If there is no pulse, start CPR.
- Check for breathing. If there is no breathing, start CPR. If there is no breathing, start CPR. If there is no breathing, start CPR.
- Check for consciousness. If there is no consciousness, start CPR. If there is no consciousness, start CPR. If there is no consciousness, start CPR.
- Check for a pulse. If there is no pulse, start CPR. If there is no pulse, start CPR. If there is no pulse, start CPR.
- Check for breathing. If there is no breathing, start CPR. If there is no breathing, start CPR. If there is no breathing, start CPR.
- Check for consciousness. If there is no consciousness, start CPR. If there is no consciousness, start CPR. If there is no consciousness, start CPR.

BURNS & SCALDS



- Cool the burn with water. If the burn is severe, seek medical help. If the burn is severe, seek medical help. If the burn is severe, seek medical help.
- Cover the burn with a clean cloth. If the burn is severe, seek medical help. If the burn is severe, seek medical help. If the burn is severe, seek medical help.
- Do not use ointments. If the burn is severe, seek medical help. If the burn is severe, seek medical help. If the burn is severe, seek medical help.

SEVERE BLEEDING



- Apply direct pressure. If the bleeding is severe, seek medical help. If the bleeding is severe, seek medical help. If the bleeding is severe, seek medical help.
- Apply a pressure bandage. If the bleeding is severe, seek medical help. If the bleeding is severe, seek medical help. If the bleeding is severe, seek medical help.
- Do not remove the bandage. If the bleeding is severe, seek medical help. If the bleeding is severe, seek medical help. If the bleeding is severe, seek medical help.

NOSE BLEED



- Pinch the nose. If the nosebleed is severe, seek medical help. If the nosebleed is severe, seek medical help. If the nosebleed is severe, seek medical help.
- Do not tilt the head back. If the nosebleed is severe, seek medical help. If the nosebleed is severe, seek medical help. If the nosebleed is severe, seek medical help.

RECOVERY POSITION



- Turn the person onto their left side. If the person is unconscious, seek medical help. If the person is unconscious, seek medical help. If the person is unconscious, seek medical help.
- Support the head. If the person is unconscious, seek medical help. If the person is unconscious, seek medical help. If the person is unconscious, seek medical help.

RECOVERY POSITION (Infant)



- Turn the infant onto their left side. If the infant is unconscious, seek medical help. If the infant is unconscious, seek medical help. If the infant is unconscious, seek medical help.
- Support the head. If the infant is unconscious, seek medical help. If the infant is unconscious, seek medical help. If the infant is unconscious, seek medical help.



First Aid Guide Red Cross Spanish

Minjie Lin



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