

## 1 Call for Help '000'

1. Check and neutralize hazards to yourself, bystanders and the victim.
2. Check for responsiveness to see if the victim is conscious.
3. One person should stay with victim while another calls for help. If alone, stay with victim and use your phone to make the call.
4. When dialing emergency number, state you need an ambulance. Provide your phone number, incident description, condition of victim, and exact location.
5. Have someone meet emergency team outside your workplace.



## 2 Dealing with Burns

1. Neutralize hazards before attending to victim.
2. For chemical burns, wash affected area with cool running water for up to 20mins. Ensure water does not carry chemical to unaffected parts. Refer to Safety Data Sheet (SDS).
3. For other burns, flush the area with cool running water for up to 20 minutes.
4. Apply non-adhesive, non-fluffy wet dressing to affected area.
5. If required, get medical assistance.



## 3 Dealing with Bleeding

1. Wear gloves.
2. Have the victim sit down and reassure them.
3. Carefully check the wound for foreign objects (do not remove). If severe, call for an ambulance.
4. Minimize bleeding by placing dressing over the wound and applying firm, direct pressure. Keep it elevated and immobilized.
5. Victim might go into shock, so treat accordingly and call for ambulance.
6. Lay the victim down and conserve their body heat. Reassure them and document the incident.



## 4 Dealing with Crush Injuries

1. Crush injuries result in damage to muscles and bones due to heavy objects. Swims can also build up around injuries, causing complications.
2. Neutralize any hazards before attending to the victim.
3. Call emergency services and reassure the victim.
4. Any crushing weight should be removed from the victim as soon as possible, provided it is safe to do so.
5. Check if victim has suffered any injuries and treat accordingly.
6. Be prepared to treat the victim for shock.
7. If in doubt about how long the person has been crushed, seek medical advice prior to moving the object.
8. Monitor the victim and document the incident.



## 5 Fall Injuries

1. Any fall greater than 1 meter should be treated as possible head or spinal injury. Stabilize the head and neck and call emergency services.
2. Any head injury should be treated as possible concussion. Call emergency services or seek medical advice.
3. Confusion, vision impairment, nausea and dizziness are some signs of concussion.
4. If the victim has suffered any fractures, instruct him to remain still, treat any wounds, and then immobilize the part that was fractured. Call emergency services.



## 6 Dealing with Chemical Burns

1. Make sure that there is no danger to you before you respond.
2. Wear appropriate PPE.
3. Look for the Safety Data Sheet (SDS) of the chemical. Follow the instructions.
4. If skin injury was caused by chemicals, then it should be placed under cool running water for up to 20 minutes. Repeat if necessary. No ice.
5. Make sure chemical does not reach unaffected areas.
6. Clothing that has been contaminated must be removed if it does not cling to the skin of affected area.
7. Take the victim to a hospital for treatment or await the arrival of the medical help.
8. Monitor the victim and document the incident.



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# First Aid Guide Pamphlet

**L Cohen**



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