

FIRST AID GUIDE

- **DON'T** leave the person
- **YOU** are their best chance of survival
- **SEND** someone for help
- **ALWAYS** wear gloves to avoid cross-contamination



BLEEDING

1. Apply direct pressure to the wound with a sterile pad.
2. Raise and support the injured part above the heart.
3. Fix the pad with a firm sterile bandage.



BURNS

1. Remove person from danger.
2. Cool the burn with cold running water for 20 minutes.
3. Gently remove clothing and jewellery from the burnt area.
4. Cover the burn with a sterile non-stick dressing.



CHOKING

• PARTIAL BLOCKAGE

1. Encourage the person to relax and breathe normally.
2. Encourage the person to cough.
3. Stay with the person and give encouragement. If the person becomes unable to breathe, go to total blockage.
4. ☎ 999 for an ambulance.

• TOTAL BLOCKAGE

1. Lay the person on their side on the floor.
2. Give 4 sharp blows between the shoulders.
3. If unsuccessful, give 4 lateral chest thrusts (hands to be placed on the side of person's chest below their armpits).
4. If still unsuccessful, begin resuscitation.
5. If still unsuccessful, ☎999 for an ambulance.
6. Repeat steps 2-4 every 60 seconds until help arrives or the blockage clears.



POISONING

1. Avoid any danger to yourself and others.
2. If **THE PERSON IS CONSCIOUS**, look for evidence of the type of poison.
3. Wipe all poison away from the person's mouth.
4. Hold on to the poison container and vomited material.
5. Ring the Poison Information Centre on 13 11 26 and follow the advice.
6. Unless instructed, do not make the person vomit.
7. If **THE PERSON IS UNCONSCIOUS**, turn the person on their side and follow the D-R-A-B-C of Resuscitation.
8. ☎999 for an ambulance.



EYE INJURIES

• SEVERE BLOW TO EYE OR BLEEDING EYE

1. Seek prompt medical aid.

• CHEMICAL IRRITANTS

1. Irrigate the eye for 20-30 minutes, from inner to outer corner.
2. Seek medical aid.

• WELDING FLASH

1. Cover the person's eye and seek medical advice.

• FOREIGN BODY

1. Speck on the white of the eye may be removed with moistened corner of clean cloth.
2. Do not try to remove a foreign body or coloured part of eye.
3. If a foreign body is stuck, or penetrating the eye, do not remove it from the eye.
4. Cover both eyes lightly with a bandage and seek medical aid. Tell the person to keep their eye still.



FRACTURES

1. If **THE PERSON IS CONSCIOUS**, do not move the person unless they are in danger.
2. Apply a sterile dressing to any wounds and control bleeding.
3. Help the person into comfortable position.
4. Support the injured part with padding and a splint if needed.
5. Seek medical advice promptly.
6. If **THE PERSON IS UNCONSCIOUS**, turn the person on their side and follow the D-R-A-B-C of Resuscitation.
7. ☎999 for an ambulance.



FAINTING

1. If possible, assist the person to the ground or other flat surface.
2. Raise the person's legs and let their body lie flat.
3. Loosen any tight clothing.
4. Check for injury or illness.
5. When recovered, let the person rest before moving.
6. If the person is unconscious, turn the person on their side and follow the D-R-A-B-C of Resuscitation. ☎999 for an ambulance.



SPRAINS & STRAINS

- Follow the R-I-C-E-R Management Plan.
1. Prevent injuries by doing warm up stretches before exercising.
 2. Rest the injured body part.
 3. Ice to be applied for at least 20 minutes.
 4. Compression bandage to be wrapped around the injury.
 5. Elevation of the injured part above the heart.
 6. Refer the person to seek medical advice.



MINOR INJURIES

• NOSE BLEEDS

1. Sit the person forward.
2. Pinch the soft part of nose for 10 minutes.
3. Do not blow or sniff nose for 2 hours.
4. Seek medical advice if bleeding continues.

• SCRAPES & GRAZES

1. Wash area with running water to remove any dirt.
2. Cover with a non-stick sterile dressing.
3. Bandage or tape dressing into place.
4. If anything is embedded in wound, seek medical advice.

• TOOTH KNOCKED OUT

1. Clean with milk or saline and replace into socket if possible.
2. Take the person to a dentist.
3. Store the tooth in milk if you are not able to put it back in.
4. Teeth should not be washed in water.



SHOCK

• SUDDEN OR SUDDEN ILLNESS MAY BRING ABOUT SHOCK

1. Do not move the person unnecessarily.
2. If **THE PERSON IS CONSCIOUS**, lay the person down and raise their legs.
3. Loosen tight clothing.
4. Stop bleeding if any.
5. Place a blanket under the person and a cover over the person.
6. Do not give person any food or drink.
7. Seek prompt medical advice.
8. If **THE PERSON IS UNCONSCIOUS**, turn the person on their side and follow the D-R-A-B-C of Resuscitation.
9. ☎999 for an ambulance.

The information contained above is a guide to emergency action only. Medical assistance must be sought promptly. This guide follows Australia Resuscitation Council guidelines. ©2017 All Rights Reserved. SUPREME SAFETY

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U.S. Army First Aid Manual U.S. Department of the Army,2009-11 The United States military's official guide to first

Johnson's First Aid Manual Fred Barnett Kilmer,1912

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Johnson's Standard First Aid Manual Fred Barnett Kilmer,1918

American National Red Cross Text-book on First Aid and Relief Columns Charles Lynch,1917

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