first aid basics



In an emergency call triple zero (000) for an ambulance

DRSABCD Action Plan

This Action Plan is a vital sid to the first eider in assessing whether the casualty has any life-threatening conditions and if any immediate first sid is necessary. It is always important to call triple zero (000) for an ambulance es soon as possible.



Ensure the area is safe for yourself, others and the patient



R RESPONSE

Check for response -- sok name -squeeze shoulders

No response



Response

Make comfortable



S SEND for help

Call triple zero (000) for an ambulance or ask another person to make the call



C AHERWAYE

Open mouth—if foreign material prepent— Place in recovery position Clear sinway with fingers.





B BREATHING

Obsek for breathing—look, listen, feel Not normal Normal breathing breathing Start OPR Place in recovery position





C CPR

Start CPR -

30 chest compressions : 2 breaths Continue CPR until help arrives or paties





DEFIBRILLATION

Apply defibrillator if available and follow voice prompts



Compressions

Adult/ohlid (over 1 year)

- Place heel of hand on lower half of breastbone in centre of chest with other hand on top of first.
- Press down 1/3 depth of chest, give 30 compressions and 2 breaths.



- Place two fingers (index and middle) over lower half of breastbone.
- Press down 1/3 depth of chest, give 30 compressions and 2 breaths.

You should achieve 5 sets of CPR (50:2) in 2 minutes.

Recovery position

- Kineel beside the potient.
- Place nearer arm across chest.
- Place farther arm at right angle to body.
- Lift nearer leg at knee so it is fully bent upwards.
- Floft patient away from you onto side.
- Keep leg at right angle, with knee fouching ground to prevent patient rolling onto face.



Choking

Adults/Child (over 1 year)

- Encourage platient to relact, breathe deeply and cough to remove object.
- If coughing does not remove blockage, or if an infant—call triple zero (000) for an ambulance.
- Bend patient well forward and give 5 back blows between the shoulder blades—offsecking if blodiage removed after each back blow.
- If unsuccessful, give 5 chest thrusts—in the CPR compression position, slower but sharper than compressions—checking if blockage removed after each chest thousand.
- If blockage not removed, alternate 5 back blows with 5 chest thrusts until medical aid arrives.
- If patient becomes unconscious
- Call triple zero (000) for an ambulance.
 Remove any visible obstruction from the mouth.
- B. Commission CFR.

Poisoning.

- Follow DRSABCD Action Plan.
- . Ring the Poisons Information Centre on 13 tr 26.
- Milorator breathing and response.
 MAPRITIO—Do not attempt to include worsting unless addised to do so by the Poisson Information Centre.

Burns

- 1. Remove patient from danger.
 - If cliothing on tire
- STOP, DROP JWD BOLL.
- · Wrap patient in bitaniut.
- . Roll patient along ground until flames entinguish.
- 2. Cool the burnt area.
 - Holid burnt area under oold nunning water for 20 minutes.
 - Remove clothing and rewellery from burnt area unless sticking to burn.
 - Place sterile non-adherent dressing over born.
 - Small markets and



Bleeding

- Remove or out patient's clothing to expose wound.
- Apply direct pressure over wound using sterile or diean directing and paid.
- Lire patient down and then raise injured part above heart.
- Bondage dressing and ped firmly in place.
 - If bleeding continues, apply another pad and bandage over first dressing.
 - If bleeding persists seek medical aid.

Sprains and strains

Follow RICE management plan-

REST — the injuried part in comfortable position. ICE — apply idepacks bold compress; wrapped in a well cloth, for 55 introdes every 2 hours for 24 hours. OOMPRESSION — apply compression bandage firmly, wrapping well beyond the injury.

ELEVATE — the injured part unless you suspect a fracture.

Minor injuries

Nosebleeds

- Sit up with head slightly forward.
- Plinch soft part of nose for 10 minutes.
- Breathe through the mouth, do not blow nose.
- Loosen tight clothing around neck.
- Apply cold pack to neck and forehead.
 If bleeding parasts, seek medical aid.

Scrapes and grazes

- Wash with running water to remove dirt.
- Cover with non-stick dreasing.
- Blandage or tape in place.
 Seek medical aid of anything is embedded in wound, or becomes red, painful, warm or swollen.

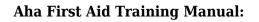
Tooth knocked out

- Clean with milk or patient's own salivs and replace in sociost—unless patient is a child under 7 years (baby tooth).
- . Ask patient to hold the tooth in place.
- If unable to put footh back, wrap tooth in plastic or afore in milk or sterile saline and take patient and tooth to a dentist.
- If tooth has been in contact with dirt or soil, advise patient to have totanus injection.

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Aha First Aid Training Manual

Adil Hussain, Mamta Bhandari



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