

first aid basics

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



DRSABCD Action Plan

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

D DANGER

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



R RESPONSE

Check for response—ask name—

squeeze shoulders

No response



Response

Make comfortable

Monitor response



S SEND for help

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



A AIRWAY

Open mouth—if foreign material present—

Place in recovery position

Clear airway with fingers



B BREATHING

Check for breathing—look, listen, feel

Not normal

breathing

Start CPR



Normal

breathing

Place in recovery position

Monitor breathing



C CPR

Start CPR—

30 chest compressions : 2 breaths

Continue CPR until help arrives or patient recovers



D DEFIBRILLATION

Apply defibrillator if available and follow

voice prompts



Compressions

Adult/Child (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.



Infant (under 1 year)

- 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 (30:2) in 2 minutes.

Recovery position

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



Choking

Adult/Child (over 1 year)

- Encourage patient to relax, 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—checking if blockage 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 thrust.
- 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.
- Commence CPR.

Poisoning

- Follow DRSABCD Action Plan.
- Ring the Poisons Information Centre on 13 11 26.
- Monitor breathing and response.
- WARNING—Do not attempt to induce vomiting unless advised to do so by the Poisons Information Centre.

Burns

1. Remove patient from danger.

If clothing on fire

- STOP, DROP AND ROLL.
- Wrap patient in blanket.
- Roll patient along ground until flames extinguish.

2. Cool the burnt area.

- Hold burnt area under cold running water for 20 minutes.
- Remove clothing and jewellery from burnt area unless sticking to burn.
- Place sterile non-adherent dressing over burn.
- Seek medical aid.



Bleeding

1. Remove or cut patient's

clothing to expose wound.

2. Apply direct pressure over wound using sterile or clean dressing and pad.

3. Lie patient down and then raise injured part above heart.

4. Bandage dressing and pad 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 injured part in comfortable position.

ICE — apply ice packs (cold compress) wrapped in a wet cloth, for 15 minutes every 2 hours for 24 hours.

COMPRESSION — 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.
- Pinch 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 persists, seek medical aid.

Scrapes and grazes

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

Tooth knocked out

- Clean with milk or patient's own saliva and replace in socket—unless patient is a child under 7 years (baby tooth).
- Ask patient to hold the tooth in place.
- If unable to put tooth back, wrap tooth in plastic or store 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 tetanus injection.

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Aha First Aid Training Manual

Adil Hussain, Mamta Bhandari



Aha First Aid Training Manual:

Marine Safety Manual United States. Coast Guard,1997 *Comprehensive First Aid Guide* Adil Hussain,Mamta Bhandari,2025-06-25 Provides comprehensive and in depth coverage of all essential first aid topics from minor injuries to major emergencies Content is thoroughly based on updated medical guidelines and evidence based practices for safe and effective care Written in clear simple language to ensure easy understanding by students teachers and the general public Includes informative illustrations and diagrams to visually support learning and practical application Organized in a quick reference format to help readers access vital information rapidly during emergencies Each chapter concludes with concise summaries and key points to reinforce learning and aid in revision Real life case studies and practical examples are integrated to demonstrate real world application of first aid skills *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription* David P. Swain,ACSM,Clinton A. Brawner,2012-12-26 ACSM s Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM s Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of Guidelines and explains the science behind the exercise testing and prescription ACSM s Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training

The Natural First Aid Handbook Brigitte Mars,2017-01-01 This A to Z guide to the most common emergency situations ailments and injuries focuses on how to use household herbal and homeopathic remedies safely and effectively in combination with basic emergency response procedures and protocols CPR Lifesaving Reference Guide (Speedy Study Guide) Speedy Publishing,2014-12-07 When a life is at stake you will want to do everything you can to ensure that person makes it out alive When CPR is needed it is crucial to administer the procedure properly This is where CPR Lifesaving reference guides come into play These handy guides will let an individual know the steps needed to complete CPR These guides help save lives in emergencies for people who haven t taken a full CPR course at their local Red Cross Station *The Anesthesia Technician and Technologist's Manual* Glenn Woodworth,Jeffrey R. Kirsch,Shannon Sayers-Rana,2012-10-22 The Anesthesia Technician and Technologist s Manual is a comprehensive review of the core knowledge necessary for the day to day workflow of an anesthesia technician or technologist The text is arranged into seven sections Careers in Anesthesia Technology Anatomy Physiology and Pharmacology Principles of Anesthesia Equipment Setup Operation and Maintenance Operating Room and Hospital Environment Operating Room Emergencies and Acronyms and Abbreviations This is also an ideal resource for those preparing for the ASATT certifying examination Heartsaver Manual American Heart Association,1987 A student manual for CPR and first aid for choking **Safety and health requirements manual** United States. Army. Corps of Engineers,2014 *Heartsaver First Aid CPR AED Instructor Manual* American Heart

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Table of Contents Aha First Aid Training Manual

1. Understanding the eBook Aha First Aid Training Manual
 - The Rise of Digital Reading Aha First Aid Training Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Aha First Aid Training Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Aha First Aid Training Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Aha First Aid Training Manual
 - Personalized Recommendations
 - Aha First Aid Training Manual User Reviews and Ratings
 - Aha First Aid Training Manual and Bestseller Lists
5. Accessing Aha First Aid Training Manual Free and Paid eBooks

- Aha First Aid Training Manual Public Domain eBooks
- Aha First Aid Training Manual eBook Subscription Services
- Aha First Aid Training Manual Budget-Friendly Options
- 6. Navigating Aha First Aid Training Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Aha First Aid Training Manual Compatibility with Devices
 - Aha First Aid Training Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Aha First Aid Training Manual
 - Highlighting and Note-Taking Aha First Aid Training Manual
 - Interactive Elements Aha First Aid Training Manual
- 8. Staying Engaged with Aha First Aid Training Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Aha First Aid Training Manual
- 9. Balancing eBooks and Physical Books Aha First Aid Training Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Aha First Aid Training Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Aha First Aid Training Manual
 - Setting Reading Goals Aha First Aid Training Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Aha First Aid Training Manual
 - Fact-Checking eBook Content of Aha First Aid Training Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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