

Phone Numbers

Emergency services: **999/112**

First Aid: _____

First Aid: _____

First Aid: _____

First Aid: _____

FIRST AID GUIDE

How to deal with accidents and emergencies

- Keep calm and think 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 is responsive – if they do not respond, call 999/112. If there is no response, start resuscitation. Check if the patient is breathing. If not, start mouth-to-mouth resuscitation. If the patient is breathing, start CPR. If the patient is not breathing, start mouth-to-mouth resuscitation. If the patient is not breathing, start CPR. If the patient is not breathing, start CPR.



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

Check if the patient is breathing normally. If the patient is not breathing normally, start CPR. If the patient is not breathing normally, start CPR. If the patient is not breathing normally, start CPR.

CHOKING

Adult and children over 1 year



Fig 1

- Ask the person to take a deep breath and hold it.
- If they cannot breathe, stand behind them and perform the Heimlich maneuver. If they cannot breathe, stand behind them and perform the Heimlich maneuver.
- If the person is not responding, perform the Heimlich maneuver. If the person is not responding, perform the Heimlich maneuver.
- Continue the Heimlich maneuver until the object is removed. Continue the Heimlich maneuver until the object is removed.
- If the person is not responding, call 999/112. If the person is not responding, call 999/112.

Always offer the Heimlich maneuver to a choking person lying on their back. Always offer the Heimlich maneuver to a choking person lying on their back.



Fig 2

CHOKING (Infant)

Adults, children under 1 year

- If the person is not breathing normally, give 5 back blows. If the person is not breathing normally, give 5 back blows.
- If the person is not breathing normally, give 5 back blows. If the person is not breathing normally, give 5 back blows.
- Continue the Heimlich maneuver until the object is removed. Continue the Heimlich maneuver until the object is removed.
- If the person is not responding, call 999/112. If the person is not responding, call 999/112.
- The person of the baby should be placed on their back. The person of the baby should be placed on their back.



Fig 1



Fig 2

HEART ATTACK

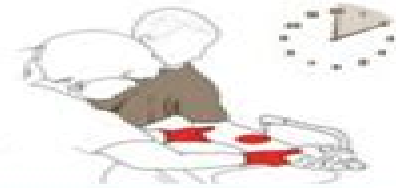


- Ask the person if they are having a heart attack. Ask the person if they are having a heart attack.
- If the person is not responding, call 999/112. If the person is not responding, call 999/112.
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BURNS & SCALDS

Burns and scalds are the most common injuries.

- Cool the burn with cool running water for 10-20 minutes. Cool the burn with cool running water for 10-20 minutes.
- Cover the burn with a clean, dry cloth. Cover the burn with a clean, dry cloth.
- Do not use ice, butter, or ointments. Do not use ice, butter, or ointments.
- Do not break blisters. Do not break blisters.
- Do not use a bandage. Do not use a bandage.



SEVERE BLEEDING



- Wash your hands before and after first aid. Wash your hands before and after first aid.
- If the wound is deep, call 999/112. If the wound is deep, call 999/112.
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- If the wound is deep, call 999/112. If the wound is deep, call 999/112.

NOSE BLEED

- Sit the person upright. Sit the person upright.
- Pinch the nose. Pinch the nose.
- Do not tilt the head back. Do not tilt the head back.
- Do not use a tissue. Do not use a tissue.
- Do not use a bandage. Do not use a bandage.



RECOVERY POSITION



- If the person is not breathing, call 999/112. If the person is not breathing, call 999/112.
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RECOVERY POSITION (Infant)

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American Red Cross First Aid Manual 2013

**Simant Kumar Jha, Jayant
Kumar, Arindam Kar**



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The Effective Security Officer's Training Manual Ralph Brislin, 2014-03-22 The Effective Security Officer's Training Manual Third Edition teaches today's security officers the most important aspects of performing the job of a security officer professionally and effectively Training is the most important element in becoming a professional security officer but it is also often overlooked or underutilized This straightforward easy to follow and well organized text covers the essentials that security officers need as they face issues of growing technology and an emphasis on proactiveness and vigilance The Effective Security Officer's Training Manual Third Edition also covers many topics of current concern such as sexual harassment crowd control cultural diversity persons with special needs new technologies and much more With discussion questions at the end of every chapter and a full ancillary package accompanying the text this manual is a comprehensive tool for developing a career as a successful and trusted professional security officer Meets ASIS International's guidelines for Private Security Officer Selection and Training Addresses the latest technological advancements that impact how today's security officers do their jobs Discusses the increased role security officers have in observing and reporting suspicious activities and events Includes end of chapter discussion questions to enhance understanding *Buku Saku First Aider* Noraliyatun Jannah, 2019-04-13 First aid adalah pertolongan sementara yang diberikan pertama kali kepada orang sakit atau mengalami cedera yang terjadi secara tiba tiba sebelum mendapatkan perawatan medis Kecelakaan tiba tiba dapat terjadi pada setiap orang dimanapun ia berada sehingga first aid atau dapat juga dengan istilah pertolongan pertama pada kecelakaan P3K merupakan hal yang seharusnya dipahami oleh setiap orang tidak hanya tenaga kesehatan Buku Saku First Aid tidak hanya diperuntukkan untuk santri dayah tetapi untuk semua kalangan yang memerlukan pengetahuan dan keterampilan dalam memberikan pertolongan pertama pada kecelakaan Buku ini menuntun anda untuk menangani korban kecelakaan seperti mimisan pingsan keracunan makanan patah tulang dan keseleo luka terbuka dan pendarahan serta luka bakar selain itu buku ini juga dilengkapi pembahasan tentang konsep dasar pertolongan pertama recovery position dan penggolongan korban triase sebelum pertolongan berlanjut di fasilitas kesehatan atau ditangani tenaga medis Ringkasan dan catatan penting juga di muat dalam catatan kaki SADAR 1 2 3 dan seterusnya guna memudahkan pembaca dalam mempelajari dan mengingat prosedur first aid **Exercise for Frail Elders-2nd Edition** Best-Martini, Elizabeth, Jones-DiGenova, Kim, 2014-01-08 Exercise for Frail Elders Second Edition emphasizes balance and features over 150 photos illustrating the design and implementation of a safe and effective exercise program to improve range of motion strength and aerobic endurance for frail elders and older adults with special needs **The Oxford Handbook of Behavioral Emergencies and Crises** Phillip M. Kleespies, 2016-09-19 The Oxford Handbook of Behavioral Emergencies and Crises includes the most up to date and valuable research on the evaluation and management of the most challenging patients or clients faced by mental health providers individuals who are at high risk of suicide of other directed violence or of

becoming the victims of interpersonal violence These are cases in which the outcome can be serious injury or death and there can be negative consequences not only for the patient but also for the patient s family and friends for the assessing or treating clinician and for the patient s clinic or medical center Virtually all mental health clinicians with an active caseload will see individuals with such issues This Handbook is comprised of chapters by leading clinicians researchers and scholars in this area of practice It presents a framework for learning the skills needed for assessing and working competently with such high risk individuals Chapters draw a distinction between behavioral emergencies and crises and between emergency intervention and crisis intervention The book examines the inter related aspects of the major behavioral emergencies that is for example the degree to which interpersonal victimization may lead an individual on a pathway to later suicidal or violent behavior or the degree to which suicidal individuals and violent individuals may share certain cognitive characteristics This resource is not simply a knowledge base for behavioral emergencies it also presents a method for reducing stress and acquiring skills in working with high risk people

Fundamentals of Athletic Training 4th Edition Cartwright, Lorin A.,Peer, Kimberly,2019 Fundamentals of Athletic Training Fourth Edition provides a clear understanding of the functions skills and activities that are involved in the work of certified athletic trainers This book helps students evaluate the possibility of a career as a sports medicine professional

Vicarious Trauma and Disaster Mental Health Gertie Quitangon,Mark R. Evces,2015-02-11 Vicarious Trauma and Disaster Mental Health focuses on the clinician and the impact of working with disaster survivors Floods hurricanes tornadoes mass shootings terrorism and other large scale catastrophic events have increased in the last decade and disaster resilience has become a national imperative This book explores vicarious traumatization in mental health providers who respond to massive disasters by choice or by circumstance What happens when clinicians share the trauma and vulnerability from the toll taken by a disaster with the victims they care for How can clinicians increase resilience from disaster exposure and provide mental health services effectively Vicarious Trauma and Disaster Mental Health offers insight and analysis of the research and theory behind vicarious trauma and compares and contrasts with other work impact concepts such as burnout compassion fatigue and secondary traumatic stress It proposes practical evidence informed personal strategies and organizational approaches that address five cognitive schemas safety esteem trust control and intimacy disrupted in vicarious trauma With an emphasis on the psychological health and safety of mental health providers in the post disaster workplace this book represents a shift in perspective and provides a framework for the promotion of worker resilience in the standard of practice in disaster management

ISCCM Manual of Trauma Care Simant Kumar Jha,Jayant Kumar,Arindam Kar,2023-02-23 1 Assessment and Initial Management of Trauma 2 Airway and Breathing 3 Hemorrhagic Shock 4 Thoracic Trauma 5 Abdominal Trauma Emergency Radiological Imaging 6 Head Trauma 7 Spine and Spinal Cord Trauma 8 Musculoskeletal Trauma 9A Burn 9B Trauma in Pregnancy 9C Pediatric Trauma 9D Trauma in Elderly 9E Submersion Injuries and Drowning 9F Missile and Bullet Injury 9G Chemical Injuries 10 Essentials

of Managing Trauma in Rural Remote Areas Including Prehospital Management and Transfer 11 Trauma Scores and ICU Management of Trauma Patients 12 Triaging and Principles of Disaster Management **Community Health Nursing**

Karen Saucier Lundy, Sharyn Janes, 2014-12-02 Preceded by Community health nursing Karen Saucier Lundy Sharyn Janes 2nd ed c2009 **Occupational Stress Injuries** Rosemary Ricciardelli, Joy C. MacDermid, Lorna Ferguson, 2024-11-29 This

book explores the stress faced by public safety professionals across an array of occupational fields such as police correctional officers paramedics and firefighters Bringing together leading scholars from around the world it showcases cutting edge quantitative and qualitative research from across three continents and multiple regions within six countries introduces key concepts related to occupational and organizational stressors and provides an overview of the state of current research in key topic areas Those who have yet to be exposed to the concepts associated with occupational stress injuries or to the range of theories and methodologies will be provided with an informative introduction to this topic It explores the state of current literature on this topic identifies gaps in our knowledge and approaches to understanding the relationship between occupational stressors and different outcomes and provides potential responses for reducing or ameliorating occupational stressors experienced by public safety personnel Aimed at students academic researchers public safety practitioners law enforcement analysts and public policy makers this book will appeal to readers who have some knowledge in this area and are interested in learning more about new and emerging research as well as those who are well versed on this topic

Adapted Physical Education and Sport Joseph P. Winnick, David L. Porretta, 2016-09-13 The field of adapted physical education and sport has undergone numerous changes in recent years This new edition of Adapted Physical Education and Sport will help you stay on top of those changes and in doing so provide the highest quality physical education and sport opportunities for students with disabilities NEW MATERIAL The sixth edition of this well loved text builds on its successful previous editions and is replete with changes that are current with today's trends and practices in the field As the inclusion movement continues to expand the authors have revised several chapters to detail relevant inclusion practices and applications in both physical education and sport helping to integrate students with disabilities into regular class and sport settings with guidelines for modifying activities The chapter on adapted sport is further developed to communicate and reflect on progress in the field and includes a Sport Framework for Individuals with Disabilities model to help develop and implement sport programs The book gives attention to the revised Brockport Physical Fitness Test and the accompanying web resource offers video clips that explain and demonstrate the criterion referenced health related tests that are applicable to many students with disabilities Advances and applications pertaining to behavior management and wheelchair sport performance are covered in various chapters The authors address the use of new technology as it relates to teaching and administration for adapted physical education and explore stand alone apps that can be used in conjunction with the book that are useful in behavior management fitness development communication social interaction and physical education

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