

To handle an emergency situation, use Emergency Scene Management (ESM).

- 1 Take charge.
- 2 Call out for help.
- 3 Assess hazards and make the area safe.
- 4 Find out what happened.

- 5 Identify yourself and offer to help.
- 6 If head or spinal injuries are suspected, support the head and neck.
- 7 Assess responsiveness.
- 8 Send or go for medical help and an AED.

Note: Protect yourself and others by wearing non-latex gloves when giving first aid. Use a shield or face mask with a one-way valve when giving CPR.

► Cardiopulmonary Resuscitation (CPR — Adult)

Check breathing. If the casualty is not breathing begin CPR.

- 1 Make sure casualty is on a firm flat surface.
- 2 Place hands on centre of chest.
- 3 Position shoulders directly over hands and keep elbows locked.
- 4 Compress 30 times. Push hard - Push fast
- 5 Pinch nose and make a tight seal over the mouth.
- 6 Give 2 breaths.
- 7 Continue cycles of 30 compressions and 2 breaths until help arrives or an AED is available.



POSITION YOUR HANDS IN THE CENTRE OF THE CHEST



PRESS DOWN FIRMLY 30 TIMES, PUSH HARD - PUSH FAST



TILT HEAD BACK AND BREATHE INTO CASUALTY TWICE



CONTINUE CPR UNTIL HELP ARRIVES OR AN AED IS AVAILABLE

If you are untrained or are unsure of your skills – don't give up. Give compression only CPR - pushing hard and fast at a rate of at least 100 times each minute.

► Bleeding To control severe bleeding

Immediately apply direct pressure to the wound over a pad of dressings. Keep the casualty lying down.



CONTROL BLEEDING IMMEDIATELY

► Unconsciousness

Get medical help. Make certain person is breathing and then place the casualty in the recovery position. If the casualty is not breathing, start CPR.



RECOVERY POSITION

► Choking (Adult)

If a choking person can speak, breathe or cough – STAND BY and encourage coughing.

If a conscious person cannot speak, breathe or cough:

- 1 Support the casualty's upper body and help her lean forward.
- 2 Give up to 5 sharp blows between the shoulder blades using the heel of your hand.
- 3 If the obstruction is not cleared, stand behind the casualty.
- 4 Place your fist midline just above the belly button.
- 5 Grasp fist with other hand and press inward and upward forcefully 5 times.
- 6 Continue back blows and abdominal thrusts until object is expelled or person becomes unconscious.



SHARP BACK BLOWS



ABDOMINAL THRUSTS

If the person becomes unconscious ease him or her to the ground and send for medical help.

- 1 Begin compressions immediately.
- 2 After the first 30 compressions, check the mouth.
- 3 Remove the foreign object if you see it.
- 4 Try to give two breaths and continue CPR, checking the mouth before each attempt to ventilate.

Emergency Numbers

AMBULANCE

FIRE

POLICE

FAMILY DOCTOR

POISON INFORMATION CENTRE

NOTE: This poster is a step-by-step guide to what you can do until medical help arrives. These tips do not take the place of first aid training.



St. John Ambulance
SAVING LIVES
at work, home and play

Emergency First Aid Guide

Lei Shi

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Emergency First Aid Guide:

Emergency First-Aid Guide McAkins Alex,2023-03-06 Emergency First Aid Guide A Comprehensive First Aid Guide is a must have book for anyone who wants to be ready to handle emergencies This guide covers everything from minor cuts and burns to life threatening situations like heart attacks and strokes It is written in clear and concise language making it easy to follow and understand With step by step instructions illustrations and helpful tips Emergency First Aid Guide empowers readers to take action in any emergency The book includes information on how to assess the situation how to perform basic first aid techniques and when to seek professional medical help Whether you re a parent a teacher a coach or just someone who wants to be prepared for the unexpected this book is an invaluable resource It covers a wide range of topics including choking poisoning fractures sprains and more Emergency First Aid Guide is also ideal for outdoor enthusiasts as it includes information on wilderness first aid and survival techniques From camping trips to backpacking adventures this guide will help you stay safe and prepared no matter where you are With Emergency First Aid Guide A Comprehensive First Aid Guide you can have peace of mind knowing that you re ready to handle any emergency that comes your way *Emergency First Aid Guide* Jimmy Holt,2022-09-20 First Aid Manual looks at many conditions from splinters and sprained ankles to strokes and unconsciousness and illustrates exactly what to do with step by step sequences It may be a life saving reference to carry about the house or in the car Whether you require knowledge on resuscitation techniques first aid for infants and children or emergency first aid the revised design makes the instructions simpler to follow This First Aid Manual is a crucial tool for maintaining the health and safety of you and your loved ones *Emergency First Aid Guide* Dr Robert D Brown,2023-03-18 Accidents can occur to anybody anywhere at any time It is crucial to be ready for emergencies and having the correct information and equipment can save lives The Emergency First Aid Handbook can help with that This thorough manual contains all the information you require to manage typical emergency circumstances from minor injuries to life threatening occurrences You ll learn how to respond fast and efficiently when every second counts with simple to understand instructions and step by step directions This handbook has you covered whether you re a worried parent a first responder or just someone who wants to be ready for the unexpected Together with learning how to stop bleeding heal burns stabilize and identify the symptoms of a heart attack stroke allergic response and broken bones That s not all though This manual covers more than simply the fundamentals of first aid Also it addresses crucial subjects like CPR choking and how to react in the event of a natural disaster You ll not only learn how to save lives but you ll also get the knowledge necessary to avoid emergencies altogether The Emergency First Aid Guide teaches you how to get ready for an emergency by helping you build a first aid pack decide whether to seek expert assistance and maintain composure under pressure **BENEFITS OF AN EMERGENCY FIRST AID MANUAL** It offers knowledge that can save lives The Emergency First Aid Guide is brimming with advice on how to deal with a variety of medical emergencies from small wounds to life threatening situations The ability to use this

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