

First Aid Emergencies

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

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

- Identify yourself and offer to help.
- If head or spinal injuries are suspected, support the head and neck.
 - Assess responsiveness.
- 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.

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





BUT HEAD BACK AND SHIGHTHE



CONTINUE CPR DICTE, HILLY ARRIVES OR

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

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:

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



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

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

Sleeding To control severe bleeding

Immediately apply direct pressure to the wound over a pad of dressings.

Keep the casualty lying down.



CONTROL BLITCHING BRINGSHATUS

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.



Emergency Numbers

AMBULANCE

Free POSICE

FAMILY DOCTOR

POSSON 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

9900-11

Emergency First Aid Guide

WJ Hussar

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Table of Contents Emergency First Aid Guide

- 1. Understanding the eBook Emergency First Aid Guide
 - The Rise of Digital Reading Emergency First Aid Guide
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Emergency First Aid Guide
 - 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 Emergency First Aid Guide
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Emergency First Aid Guide
 - Personalized Recommendations
 - Emergency First Aid Guide User Reviews and Ratings
 - Emergency First Aid Guide and Bestseller Lists
- 5. Accessing Emergency First Aid Guide Free and Paid eBooks
 - Emergency First Aid Guide Public Domain eBooks
 - Emergency First Aid Guide eBook Subscription Services
 - Emergency First Aid Guide Budget-Friendly Options

- 6. Navigating Emergency First Aid Guide eBook Formats
 - o ePub, PDF, MOBI, and More
 - Emergency First Aid Guide Compatibility with Devices
 - Emergency First Aid Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Emergency First Aid Guide
 - Highlighting and Note-Taking Emergency First Aid Guide
 - o Interactive Elements Emergency First Aid Guide
- 8. Staying Engaged with Emergency First Aid Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Emergency First Aid Guide
- 9. Balancing eBooks and Physical Books Emergency First Aid Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Emergency First Aid Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Emergency First Aid Guide
 - Setting Reading Goals Emergency First Aid Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Emergency First Aid Guide
 - Fact-Checking eBook Content of Emergency First Aid Guide
 - 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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