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 accessing whether the casualty has any lifethreatening 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.



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



RESPONSE

Gheck for response—sok name signiessoe shoulidens

No response



Response

Make comfortable



SEND for help

Gall triple pero (000) for an ambulance or ask another person to make the call



AURIWAY

Open mouth —if foreign material present— Place in recovery position Chear sineary with fingers





BREATHING

Oheck for breathing-look, listen, feel, Not recembel Morrough breathing. Start OPR Place in recovery position





CPR

Start CPR -

30 cheet compressions : 2 breaths Continue CPR until help arrives or patien





DEFIBRILLATION

Apply defibrillator if evaluatio and follow Worker promiption



Compressions

Adult/offeld (over 1 year).

- Place heat 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: Europeadhus.

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 (50.2) in 2 minutes.

Recovery position

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



Choking

Adults/Child (over 1, year)-

- · Encourage patient to retac, breathe deeply, and closagh to remove object.
- If coughing does not remove blockage, or if an infant-call triple zero (000) for an ambulance.
- Blend patient well forward and give 5 back blows between the shoulder blades-- aheaking if blockage removed after each balance below.
- If unspeccessful, give 5 chest. thrusts-in the CPR compression position, slower but sharper than compressions—checking if blockage removed after each chest
- If blookage not removed, alternate. 5 back blows with 5 object thrusts. smill medical aid arrives.

If patient becomes unconscious

- Call triple zero (000) for an ambulance.
- 2. Remove any visible obstruction from the mouth
- B. Commission CPR.

Projeconin-a

- Follow DRSABCD Action Plan.
- Ring the Poisons Information Centre on 13 tt 26.
- Monitor breathing and response. WAFENING -- Do not attempt to include your ting unless. advised to do so by the Poison Information Centre.

ESCHARIO CO.

- 1. Flemove patient from danger.
 - If clothing on fire
 - + STOP, DRIOP AND BOLL.
 - Winapi platforst im bitankuit.
- Roll patient along ground until flames ectinquish.
- 2. Good the burnt area.
 - Holid burnt area under oold. nunning worker for 20 minutes.
 - Remove clothing and jewellery: from burnt area unless sticking No Iburin.
 - Place starile roon-adherent
 - diseasing lower brums
 - Small marking and



Bleeding.

- 1. Plemove or out patently clothing to espose wound.
- 2. Apply developressure over wound using statile or disondirecting and ped
- 3. Lie patient down and then raise injured part above heart.
- 4. Elandage dressing and pad family in place.
- If bleeding continues, apply another pad and bendage over first dressing
- If bleeding persists seek medical sid.

Sprains and strains

Follow RECE management plan-

REST — the injured part in comfortable position. IDE - apply lospacks gold compress; wrapped in a wet cloth, for 65 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

Minor injuries

Nosebleeds

- Bit up with head slightly forward.
- Princh soft part of nose for 10 minutes.
- Breathe through the mouth, do not blow note.
- Loosen tight clothing around neck.
- Apply colid pack to muck and forehead. If bleeding persists, seek medical aid.

Scrapes and grazes

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

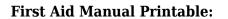
Tooth knocked out

- Clean with milk or patient's own salive and replace. in socioet-unless patient is a child under 7 years.
- 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 sol, advise. patient to have tetanus injection.

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