

**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 BRIDGE WITH 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

**Rachel S Tattersall**



## **Emergency First Aid Guide:**

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**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

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**First Aid Essentials** James L. McMillin EMT-P, 2025-02-25 Editorial Reviews. First Aid Essentials: A Practical Guide to Emergency Care and Life Support. Immediate Response, Injury Management and Critical Life Saving Techniques. By James L. McMillin EMT-P, EMS Instructor, Emergency Medical Technician, Paramedic, Expert in Emergency Medical Services and Life Support Training. A Comprehensive Guide to Emergency First Aid and Life Support. In a medical emergency, knowing what to do can make all the difference. First Aid Essentials: A Practical Guide to Emergency Care and Life Support provides a structured, easy-to-follow approach to first aid, offering essential knowledge for healthcare providers, emergency responders, and individuals looking to enhance their emergency preparedness. Written by James L. McMillin EMT-P, a highly experienced paramedic and EMS instructor, this guide covers core first aid principles and life-saving techniques that can be applied in a wide range of medical emergencies. Whether you are a trained professional or someone who wants to be ready for unexpected situations, this book serves as a valuable resource. What You'll Find Inside: Fundamentals of Emergency Response: Learn how to assess and manage medical emergencies effectively, ensuring safety for both the responder and the injured individual. Basic Life Support (BLS) and CPR Techniques: Gain an understanding of high-impact skills including cardiopulmonary resuscitation, CPR airway management, and Automated External Defibrillator (AED) usage. Trauma and Injury Care: Learn techniques for managing bleeding, fractures, burns, soft tissue injuries, head trauma, and spinal injuries. Medical Emergencies: Recognize and respond to conditions such as cardiac arrest, stroke, seizures, diabetic crises, respiratory distress, and anaphylaxis. Environmental and Special Situations: Explore first aid techniques for drowning, poisoning, hypothermia, heat-related illnesses, electrical injuries, and more. Advanced Techniques for Emergency Situations: Understand specialized first aid interventions including tourniquet application, wound packing, and field improvisations for remote or high-risk environments.



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