

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 FIRM 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

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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

knowledge may help save lives It s simple to grasp Even those without medical expertise may easily understand the guide because of its clear succinct language and images It s transportable The Emergency First Aid Handbook is small and light so you can keep it in your car backpack or first aid kit and take it with you everywhere you go It s inexpensive A small investment in your protection and the safety of those around you is the Emergency First Aid Handbook It s ideal for use at home or the office The Emergency First Aid Handbook is a crucial tool for both the home and the office making sure you re ready for emergencies wherever they may arise It helps first responders The handbook helps first responders by giving them the knowledge they need to react quickly and efficiently in emergency circumstances It offers the comfort of mind You ll enjoy the peace of mind that comes from being ready for crises with the help of the Emergency First Aid Handbook Knowing that you have the knowledge and resources to handle an emergency can help reduce worry and stress levels Emergency circumstances are more frequent in today s environment making preparation essential now more than ever Every house office and community should have a copy of the Emergency First Aid Handbook on hand Avoid waiting until it is too late GET A COPY of the Emergency First Aid Handbook right away to be prepared for anything Always keep in mind that time is of the essence in an emergency and that you have the ability to influence events *First Aid Handbook* Anita Kerwin-Nye,2004

Emergency Dog First Aid Guide eBook Joanne Bibby,2020-12-01 Fursafe are creators and manufacturers of emergency dog first aid products for the Veterinarian Industry We are 40 year veteran pet care professionals Our best selling product can be now purchased as an ebook for those who prefer immediate access and referral Imagine having this guide on your mobile device no matter where in the world you are This eBook provides guidance on key life threatening conditions in a no fuss straight talking easy to read and follow format and is free of excessive background information Each Emergency First Aid condition is laid out in Signs and Symptoms and Action This guide is so straight forward it will assist you whether you have had training in dog first aid or NOT Imagine that you can be your dog s superhero even without the training how about that The Fursafe Emergency Dog First Aid Guide eBook is interactive which will help you navigate around the book as needed and quickly so that you can preserve the life of your pup after experiencing a life threatening injury before you leave for the Vet surgery You will be able to mitigate the risk of your dog bleeding to death dying from heart failure dying from breathing difficulties or to protect your pup from further pain and prevent life threatening infection If you and your family goes caravanning camping boating hiking or have a new puppy agility dogs or working dogs then this is the guide for you Contents includes Emergency contacts Pet details Emergency Dog First Aid Kit contents Primary assessment Artificial respiration Cardiopulmonary resuscitation CPR Vital signs Secondary assessment Restraining an injured dog Transportation to Vet Allergic Shock Anaphylactic Shock Amputation Bleeding severe Bloat GDV Burns severe Cane toad poisoning Chemical poisoning Choking blocked airway Collapse acute Dog bite trauma Dyspnoea breathing difficulties Electric shock Eye injuries Proptosis Fall from heights Fractures Frostbite Ischemic necrosis Gastroenteritis vomiting diarrhoea Heat stroke

hyperthermia Hypothermia severe Near drowning submersion syndrome Penetrating injury embedded object Seizures severe Shock critical Snake bite venomous Spider bite venomous Spinal injury Tick paralysis Vehicle trauma Wild dog bait poisoning Wound management

The Ultimate First Aid Guide 2020 Jonathan Adolfsson, Better Safe Than Sorry The Ultimate First Aid Book Is Here To Prepare You For Any Emergency There are moments in life when every single second matters Heart attacks allergies bleeding or electrical accidents can prove fatal if you find yourself on the less prepared side What you need is a comprehensive emergency first aid pocket guide that will help you effectively deal with any emergency and potentially save your life Now with new chapter on Covid 19 I have my smartphone I can just search everything online That s probably your first thought But what if there s no coverage or your run out of battery Discover The Ultimate First Aid Guide 2020 A Step By Step First Aid Instructions Book For Different Diseases And Injuries Now you can help your loved ones your children your friends or even total strangers in case of an emergency with our all inclusive illustrated first aid quick guide Stay on the safe side by learning how to treat Cardiac Arrests Heart Attacks and Strokes Bleeding Wounds Poisoning and Spider Snake or Insect Bites Allergies Asthma Diabetes or Epilepsy Fractures Concussions Drowning or Electrical Accidents Frostbites Knocked Out Teeth or Eye Damage and Many More And That s Not All This simple and easy to understand first aid pocket manual will help you remain calm and keep your cool under stressful situations How By offering you the knowledge you need in order to respond to any emergency with confidence The Best Part This practical emergency first aid guide is a must have for every family Protect your parents your children your friends your fellow campers or anyone else in need by investing in a first aid training guide today What Are You Waiting For Click Buy Now Get Your 2020 First Aid Manual Today

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process First aid can lessen discomfort lower the chance of infection and improve the environment for the body's natural healing processes by giving urgent treatment and responding to medical problems quickly Giving people more power Being knowledgeable about emergency first aid gives people more authority to act in life or death circumstances People develop the confidence to step in help and perhaps save lives by receiving first aid training This empowerment can apply to both personal and professional spheres enabling people to contribute significantly to their communities and places of employment Become a first aid hero right away and take control of your safety Get your hands on a copy of the First Aid Emergency Safety Book Guide and learn life saving techniques Be ready for any emergency and contribute under dire circumstances Don't wait for anything unexpected to happen act immediately and save lives Your readiness could be the deciding factor Get a copy now

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Emergency! Sharon Tipple RN MS,Jane McCloud RN MA,2018-11-17 Up to date emergency first aid procedures at your fingertips and right when you need it Over forty painful or potentially life threatening conditions are covered in this easy to read illustrated guide Also includes current guidelines for protection against blood borne pathogens HIV and Hepatitis B

Emergency First Aid Guide Nelson Perea,2024-01-31 Emergency First Aid Guide Your Ultimate Pocket Guide to First Aid it's your lifeline in a crisis From wilderness treks to backyard barbecues Conquering Chaos equips you to handle anything anywhere Dive into step by step instructions for Life saving procedures CPR AED bleeding control shock management and more Medical emergencies Poisonings asthma attacks seizures and even wilderness survival skills Everyday injuries Wound care burns bites and everything in between Building your ultimate kit Learn what to pack and how to use it effectively This pocket powerhouse delivers Signature visual clarity Master complex procedures with detailed illustrations and concise steps Ultimate preparedness Brush up on first aid basics or dive deep into advanced skills Confidence in every situation Be the calm in the storm ready to help yourself and others Safety guidelines Trustworthy up to date information you can rely on Don't wait for an emergency be prepared to act Get your copy of Emergency First Aid Guide today and make every moment an adventure not a disaster Bonus Included is a guide on How to Effectively Use a First Aid Kit

The Complete First Aid Pocket Guide John Furst,2018-11-13 From minor cuts and burns to heart attacks and strokes this handy take anywhere guide

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First Aid Guide George Jerry M D, 2022-10-08 FIRST AID GUIDE Unique Guide to Emergency Survival First aid Administration First aid is the prompt administration of basic medical treatment to an injured or unexpectedly sick and wounded human or animal It is the care given to an injured person or animal prior to transport to a hospital or the arrival of a doctor This unique guide to emergency survival first aid is essential for anyone interested in first aid preparation and care as it is filled with practical common sense advice Step by step instructions on dealing with fractures suturing wounds treating eyes and ears managing allergic reactions and other topics are provided for use on a hike a hunt a fishing trip or any other outdoor activity Written by a physician who is also an experienced long time hunter this is the one book that no camper or woodsman should be without GRAB YOUR COPY TODAY

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

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re a parent a caregiver or just someone who wants to be prepared for emergencies Basic First Aid Guide is an essential resource that will help you feel confident and empowered to provide effective first aid when it s needed most **ACEP First Aid Manual 5th Edition** DK,2014-09-01 A possible life saving reference to keep around the house or in the car DK s First Aid Manual looks at more than 100 different conditions from splinters and sprained ankles to strokes and unconsciousness and shows exactly what to do with step by step photographic sequences Every condition is clearly explained outlining causes symptoms and signs and action plans The updated design makes the instructions easier to follow whether you need information on emergency first aid first aid for babies and children or tips on resuscitation This ACEP First Aid Manual is an invaluable resource to keep you and your loved ones safe and healthy *First Aid Guide* AAOS,Alton L. Thygerson,2006-08 The First Aid Guide is an excellent resource for action at common emergencies This quick reference guide gives you the tools necessary to prevent and minimize injury provide comfort and maximize care until expert care arrives This guide is perfect for anybody who wants quick portable access to vital first aid information in place of or in addition to taking a formal first aid course Price reflects the cost of 100 books **The American Medical Association Handbook of First Aid & Emergency Care** American Medical Association,1990 When a medical emergency strikes what you do can mean the difference between life and death The AMA Handbook of First Aid and Emergency Care gives you all the information you need quickly easily clearly so that you can make the difference Key features include Injuries illnesses and medical emergencies an alphabetical listing to help you find the information you need quickly CPR the most up to date information for infants children and adults First aid techniques you can practice so you re prepared when emergency strikes What happens in the emergency room knowing when to call your doctor or the hospital and what information to have ready Lifesaving techniques clear easy to follow instructions such as how to transport a victim with head or neck injuries Sports injuries treatment and recovery especially for the amateur school and weekend athlete Comprehensive index a complete listing by subject and symptom for fast reference Completely revised and updated

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