

Phone Numbers

Emergency Services: **999/112**

Red Cross: **1890 502 502**

Fire: **999**

Police: **999**

Health: **112**

Other: **112**

FIRST AID GUIDE

How to deal with accidents and emergencies

- Keep calm and look for any dangers to yourself or the injured person.
- Find out what happened, and how.
- How many casualties are there?
- Is there anyone around who can help you?
- Do you need an ambulance?

ADULT RESUSCITATION



Fig. 1

Check if the adult is responsive (shake gently, say 'are you OK?'). If there is no response, shout for help. Tilt the head back and lift the chin. If the person is not breathing normally, give 30 chest compressions (see Fig. 2) and 2 breaths (see Fig. 3). If the person is not breathing normally, give 30 chest compressions and 2 breaths. Repeat this cycle until help arrives.



Fig. 2

If the person is not breathing normally, give 30 chest compressions (see Fig. 2) and 2 breaths (see Fig. 3). If the person is not breathing normally, give 30 chest compressions and 2 breaths. Repeat this cycle until help arrives.



Fig. 3

Open the airway by tilting the head back and give two breaths (see Fig. 3). If the person is not breathing normally, give 30 chest compressions (see Fig. 2) and 2 breaths (see Fig. 3). If the person is not breathing normally, give 30 chest compressions and 2 breaths. Repeat this cycle until help arrives.

CHOKING



Fig. 1

- Ask 'Can you cough?' If they can cough or breathe, encourage them to cough. If they can't, perform the Heimlich maneuver (see Fig. 1).
- If they cannot cough, give up to five back blows between the shoulder blades with the heel of your hand (Fig. 2).
- If this object is not dislodged, perform the Heimlich maneuver (see Fig. 1). If this is unsuccessful, give up to five back blows (see Fig. 2) and repeat the Heimlich maneuver (see Fig. 1).
- Continue this cycle of five back blows and the Heimlich maneuver until the object is dislodged or help arrives.
- If the person is unconscious, lay them on their back and perform the Heimlich maneuver (see Fig. 1).

Anyone who has been choked or choking is now at risk of asphyxiation. Do not leave them alone.



Fig. 2

CHOKING (Infant)

Do not leave the infant alone.

- If an infant is choking, perform the Heimlich maneuver (see Fig. 1). If this is unsuccessful, give up to five back blows between the shoulder blades with the heel of your hand.
- If the obstruction is not dislodged, give up to five chest thrusts with two fingers in the middle of the chest.
- If this does not dislodge the object, give up to five back blows and five chest thrusts (see Fig. 2).
- If the object is not dislodged, give up to five back blows and five chest thrusts (see Fig. 2).
- If the object is not dislodged, give up to five back blows and five chest thrusts (see Fig. 2).



Fig. 1



Fig. 2

HEART ATTACK



- A heart attack is one of the most common causes of death. Symptoms include chest pain, shortness of breath, and sweating.
- If you suspect a heart attack, call 999/112 for an ambulance.
- If the person is unconscious, lay them on their back and perform CPR (see Fig. 1).
- If the person is conscious, give them aspirin (if you are sure they are not allergic) and help them to rest.
- If the person is unconscious, lay them on their back and perform CPR (see Fig. 1).
- If the person is conscious, give them aspirin (if you are sure they are not allergic) and help them to rest.
- If the person is unconscious, lay them on their back and perform CPR (see Fig. 1).

BURNS & SCALDS

Burns and scalds are among the most common injuries requiring emergency treatment.

- Cool the burn or scald as quickly as possible, using the affected area under cold running water for at least 10 minutes.
- Do not use ice or anything else to cool the burn.
- Do not use ointments, creams, or anything else to treat the burn.
- Do not use ointments, creams, or anything else to treat the burn.
- Do not use ointments, creams, or anything else to treat the burn.



SEVERE BLEEDING



- If you suspect a severe bleed, call 999/112 for an ambulance.
- If the person is unconscious, lay them on their back and perform CPR (see Fig. 1).
- If the person is conscious, give them aspirin (if you are sure they are not allergic) and help them to rest.
- If the person is unconscious, lay them on their back and perform CPR (see Fig. 1).
- If the person is conscious, give them aspirin (if you are sure they are not allergic) and help them to rest.
- If the person is unconscious, lay them on their back and perform CPR (see Fig. 1).
- If the person is conscious, give them aspirin (if you are sure they are not allergic) and help them to rest.

NOSE BLEED

- Sit the person down and lean forward.
- Pinch the bridge of the nose between the eyebrows for 10 minutes.
- Ask the person to breathe through their mouth.
- If the bleeding continues, repeat the pinch.
- If the bleeding continues, repeat the pinch.
- If the bleeding continues, repeat the pinch.
- If the bleeding continues, repeat the pinch.



RECOVERY POSITION



- If an adult is unconscious, lay them on their side in the recovery position (see Fig. 1).
- If the person is unconscious, lay them on their side in the recovery position (see Fig. 1).
- If the person is unconscious, lay them on their side in the recovery position (see Fig. 1).
- If the person is unconscious, lay them on their side in the recovery position (see Fig. 1).



RECOVERY POSITION (Infant)

- If an infant is unconscious, lay them on their side in the recovery position (see Fig. 1).
- If the person is unconscious, lay them on their side in the recovery position (see Fig. 1).
- If the person is unconscious, lay them on their side in the recovery position (see Fig. 1).
- If the person is unconscious, lay them on their side in the recovery position (see Fig. 1).



First Aid Trainer Guide

Joel M. Cohen, Robert D. Peterson



First Aid Trainer Guide:

Guide for Naval Reserve Team Training United States. Bureau of Naval Personnel,1962 **First Aid Instructions** Stephen Cundee Dickinson,1917 **The New Zealand First Aid Handbook** Order of St John,2016-12-16 This completely new edition of The New Zealand First Aid Handbook was revised and updated by St John in 2016 Accidents and emergencies can occur at any time and in any place and the action of people first on the scene often determines the outcome The information in this comprehensive guide is essential for a wide variety of situations from road accidents to bush walks from the workplace to the home You can make a difference Just some of the information included in the The New Zealand First Aid Handbook what to do in an emergency CPR techniques for adults children and babies first aid for burns wounds fractures and head injuries help for those with medical conditions **The Complete Guide to OSHA Compliance** Joel M. Cohen,Robert D. Peterson,2020-11-25 The Complete Guide to OSHA Compliance is an easy to understand one stop resource designed to help safety professionals industrial hygienists and human resources personnel ensure compliance with existing and upcoming OSHA regulations This essential book explains employer and employee rights and responsibilities and it provides everything you need to know about employer standards and standards for specific operations The Complete Guide to OSHA Compliance describes the process of injury illness recordkeeping and the reporting system required by OSHA It also explains how to conduct a self audit to determine whether a company is in full compliance Furthermore it informs companies of their rights in an inspection and explains how to handle citations and appeals should they arise **Guide for In-service Training of Instructors Assigned to Navy Schools** United States. Navy Personnel Bureau,1964 **Guide for Naval Reserve Training** United States. Bureau of Naval Personnel,1965 *The Ultimate Guide to U.S. Army Survival Skills, Tactics, and Techniques* U.S. Department of the Army,2007-09-17 Here for the first time in one place is everything you will ever need to know in order to survive just about any difficult or dangerous situation Drawing from dozens of the U S Army s official field manuals editor Jay McCullough has culled a thousand pages of the most useful and curious tidbits for the would be soldier historian movie maker writer or survivalist including techniques on first aid survival in the hottest or coldest of climates finding or building life saving shelters surviving nuclear biological and chemical attacks physical and mental fitness and how to find food and water anywhere anytime With hundreds of photographs and illustrations showing everything from edible plants to rare skin diseases of the jungle every page reveals how useful Army knowledge can be **Advanced first-aid instructions for miners** United States. Bureau of Mines,1917 **The Comprehensive NAVY SEALS BUG-IN GUIDE** Connor Blackwell, *The Ultimate Home Defense and Survival Blueprint* Are you truly prepared for what could happen From home invasions to natural disasters this guide takes a deep dive into protecting your home family and future You ll learn the essentials of home defense including threat analysis perimeter security and fortifying doors and windows Master Navy SEAL inspired strategies for tactical planning situational awareness and how to create family defense plans The guide

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The Ultimate Survival Guide for Beginners Charles G. Booher, 2024-07-18 In a world fraught with uncertainty readiness for emergencies becomes a vital skill The Ultimate Survival Guide for Beginners serves as an essential handbook offering practical advice for preparing against natural disasters and man made crises alike This guide is tailored for both newcomers and experienced individuals in the field of emergency preparedness It begins by helping readers compile an emergency essentials checklist featuring must have items such as food water first aid supplies and hygiene products The book also provides valuable tips on effectively storing these items to ensure their longevity and usefulness For those aiming to enhance their preparedness the book explores advanced topics like assembling a bugout bag formulating long term survival plans and constructing makeshift shelters in dire situations Leveraging the author s extensive experience in outdoor survival including activities like camping hiking fishing and hunting the guide imparts crucial skills for wilderness survival Readers learn the art of fire making food foraging and shelter construction using natural resources A significant aspect of the guide is its emphasis on psychological preparedness It addresses the importance of staying calm and composed during emergencies keeping family morale high and adequately preparing children for such eventualities The guide also highlights the importance of staying informed about the evolving nature of emergencies One of the pivotal decisions during a crisis whether to stay put or evacuate is thoroughly examined The book offers strategies to assess each situation and make informed choices Furthermore it stresses the importance of financial readiness providing guidance on economical emergency planning the necessity of insurance and methods to document possessions for insurance claims In a reality where few are truly prepared for emergencies The Ultimate Survival Guide for Beginners stands out as a must read More than just a manual it s a lifesaver equipping readers with the knowledge and confidence to tackle any crisis head on

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