

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 BREATHE INTO 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

DK



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

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Snake bite venomous Spider bite venomous Spinal injury Tick paralysis Vehicle trauma Wild dog bait poisoning Wound management

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

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Emergency first aid can hasten the healing 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

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

First Aid Guide AAOS, 2004-12 The First Aid Guide is a quick reference guide that gives you the tools necessary to prevent and minimize injury provide comfort and maximize care until expert help arrives This item is only available

First Aid Manual DK, 2016-06-22 The UK's only fully authorized first aid guide is packed with step by step first aid advice from emergency first aid and first aid for babies and children to the latest guidelines on resuscitation helping a drowning casualty and snake bites First Aid Manual is endorsed by St John Ambulance St Andrew's First Aid the British Red Cross and is used as the official training manual for the UK's leading first aid organisations courses Find out how to treat over 100 different conditions from splinters and sprained ankles to strokes and unresponsiveness and learn how to use essential equipment including a defibrillator Step by step photography all shot in situ to reflect real life issues shows you what to do in any situation The bestselling First Aid Manual covers all aspects of first aid it is the ideal first aid book for you and your family Keep it handy it could be a life saver Previous edition ISBN 9781409342007

First Aid Guide AAOS, Alton L. Thygeson, 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

Emergency First Aid Guide American Red Cross Staff, 2017-02-15 First Aid Guide

[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 gives you the knowledge and advice you need to recognize and respond to any medical emergency Be prepared for any medical emergency and handle it safely and efficiently with The Complete First Aid Pocket Guide Quickly identify signs and symptoms of a wide range of medical conditions and learn how to recognize the difference between a minor injury or illness

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today and make every moment an adventure not a disaster Bonus Included is a guide on How to Effectively Use a First Aid Kit **Emergency/disaster Guidelines and Procedures for Employees** William H. Avery, Jamie Soo, 2003 This book is designed to prepare the employer for any eventuality relating to any man made or natural disaster or emergency Most importantly this publication discusses the elements necessary in developing an emergency response plan or business continuity plan It also presents Canadian legislative references that are important considerations in the realization of a complete emergency plan 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 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 Who Can Benefit from This Guide Healthcare Providers First Responders A reliable reference for paramedics nurses

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