

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 assessing whether the casualty has any life-threatening 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.

D DANGER

Ensure the area is safe for yourself, others and the patient.



R RESPONSE

Check for response—ask name—squeeze shoulders
No response

Response

Make comfortable
Monitor response



S SEND for help

Call triple zero (000) for an ambulance or ask another person to make the call



A AIRWAY

Open mouth—if foreign material present—Place in recovery position
Clear airway with fingers



B BREATHING

Check for breathing—look, listen, feel
Not normal breathing
Start CPR
Place in recovery position
Monitor breathing



C CPR

Start CPR—
30 chest compressions : 2 breaths
Continue CPR until help arrives or patient recovers



D DEFIBRILLATION

Apply defibrillator if available and follow voice prompts



Compressions

Adult/Child (over 1 year)

- Place heel 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 breaths.



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 (30:2) in 2 minutes.

Recovery position

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



Choking

Adult/Child (over 1 year)

- Encourage patient to relax, breathe deeply and cough to remove object.
- If coughing does not remove blockage, or if an infant—call triple zero (000) for an ambulance.
- Bend patient well forward and give 5 back blows between the shoulder blades—checking if blockage removed after each back blow.
- If unsuccessful, give 5 chest thrusts—in the CPR compression position, slower but sharper than compressions—checking if blockage removed after each chest thrust.
- If blockage not removed, alternate 5 back blows with 5 chest thrusts until medical aid arrives.



If patient becomes unconscious

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

Poisoning

- Follow DRSABCD Action Plan.
- Ring the Poisons Information Centre on 13 11 26.
- Monitor breathing and response.
- WARNING—Do not attempt to induce vomiting unless advised to do so by the Poisons Information Centre.

Burns

1. Remove patient from danger.

If clothing on fire

- STOP, DROP AND ROLL.
- Wrap patient in blanket.
- Roll patient along ground until flames extinguish.

2. Cool the burnt area.

- Hold burnt area under cold running water for 20 minutes.
- Remove clothing and jewellery from burnt area unless sticking to burn.
- Place sterile non-adherent dressing over burn.
- Seek medical aid.



Bleeding

- Remove or cut patient's clothing to expose wound.
- Apply direct pressure over wound using sterile or clean dressing and pad.
- Lie patient down and then raise injured part above heart.
- Bandage dressing and pad firmly in place.

- If bleeding continues, apply another pad and bandage over first dressing.
- If bleeding persists, seek medical aid.



Sprains and strains

Follow RICE management plan—

- REST — the injured part in comfortable position.
- ICE — apply ice packs (cold compress) wrapped in a wet cloth, for 15 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 fracture.

Minor injuries

Nosebleeds

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

Scrapes and grazes

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

Tooth knocked out

- Clean with milk or patient's own saliva and replace in socket—unless patient is a child under 7 years (baby tooth).
- 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 soil, advise patient to have tetanus injection.

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First Aid Guide 375 45

**Mark Mayell, Natural health magazine
(Brookline, Mass.)**

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The MeatEater Guide to Wilderness Skills and Survival Steven Rinella, 2020-12-01 NEW YORK TIMES BESTSELLER
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