

BASIC LIFE SUPPORT



Danger

CHECK FOR DANGER

Always check for danger to yourself, bystanders and the patient. Remove hazards to self and to others.



Response

CHECK FOR RESPONSE

Check response to talk & touch for example "are you alright?" or "tap on my hand". If responsive, leave in comfortable position and monitor.



Send for help

SEND FOR HELP - CALL '000'

Or ask another person to make the call.



Airway

CHECK AIRWAY

If it is blocked, roll casualty on side and use fingers to clear airway. Once unobstructed roll back. Open airway by supporting jaw & tilting head backwards. For infants, hold head in line with the body.



Breathing

CHECK BREATHING

Look, listen, feel. If breathing normally place in recovery position & monitor. If not breathing normally - COMMENCE CPR.



CPR

COMMENCE CPR

30 compressions, 2 breaths of trained and willing. Compressive rate of 100 - 120 per minute Adult/ Children. 2 breaths, up to 1/3 depth of chest. Infants. 30 compressions, up to 1/3 depth of chest. Continue until responsive or breathing normally.



Defibrillation

ATTACH DEFIBRILLATOR

Early defibrillation greatly increases a casualty's chance of survival. If a defibrillator is available, attach as soon as possible and follow its prompts.

Foreign bodies or chemical in the eye



IMPORTANT: SEEK MEDICAL ATTENTION STRAIGHT AWAY IF YOU HAVE A CHEMICAL IN YOUR EYE OR IF SOMETHING HAS PIERCED YOUR EYE.

DO NOT try to remove foreign body or chemical with a cotton bud or anything else. Wash your hands in warm soapy water and dry them before and after touching your eye. Try not to rub or scratch the eye.

PLAN OF ACTION/CHEMICAL

SEEK MEDICAL ATTENTION. Try to find the container or packet that the chemical came in. It will have instructions on the back that tell you what to do if you get the product in your eye. If you cannot find the instructions, follow these below.

1/Flush the affected eye out gently with water or a sterile saline solution for 10 - 20 minutes.

2/Cover your eye with a clean pad or a piece of sterile gauze and go to your nearest Emergency Department as soon as possible. Do not drive yourself. Ask someone to take you.

PLAN OF ACTION/FORCEFUL BODY

1/Flush the affected eye out gently with water or a sterile saline solution.

2/If you can't wash the object out of your eye, you should see a doctor within 24 hours.

You should see a doctor as soon as possible if:

- the pain gets worse
- there is a change in your vision (especially if it's a sudden loss of vision)
- your vision is blurred or there are black spots
- you get a discharge from your eye that is colored or has blood in it
- you develop a fever

Eye protection should always be used if you are working in an environment where there's a risk of getting objects or chemicals in your eyes. This includes at home during activities, such as using garden equipment, clearing or working with chemicals.

FIRST AIDER NAME & PHONE

ACCIDENT NOTES



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