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ESSENTIAL FIRST AID GUIDE

Your First Aid Guide

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Useful numbers



Ambulance
000



Poisons
13 11 26



First aid kits & training
1300 367 428

First Aid Essentials



Basic Life Support

D check for **Danger**

R check for **Response**

S **Send** for help – call **000**

A open **Airway**

B check for normal **Breathing**

C start **CPR** (30 chest compressions:
2 breaths)

D attach **Defibrillator**



Bleeding (if severe bleeding)



Call **000**

- 1 Apply as much pressure as possible over the wound.
- 2 Lay person down **(treat for shock if needed).**
- 3 Maintain pressure.



Burns and Scalds

- 1 Cool burn for a minimum of 20 minutes using cool running water.
- 2 If burn is extensive or in a sensitive area seek medical help or **call 000.**

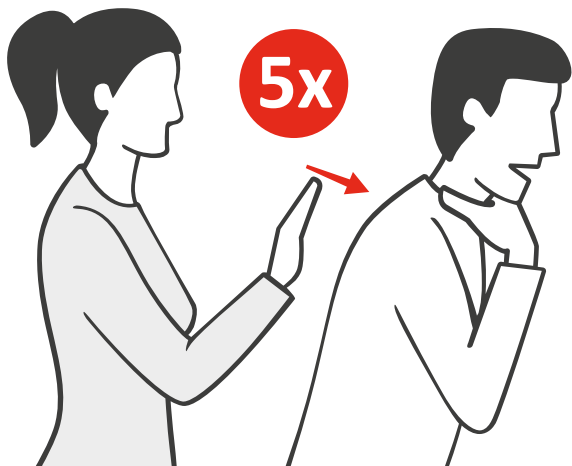


Choking (total obstruction)

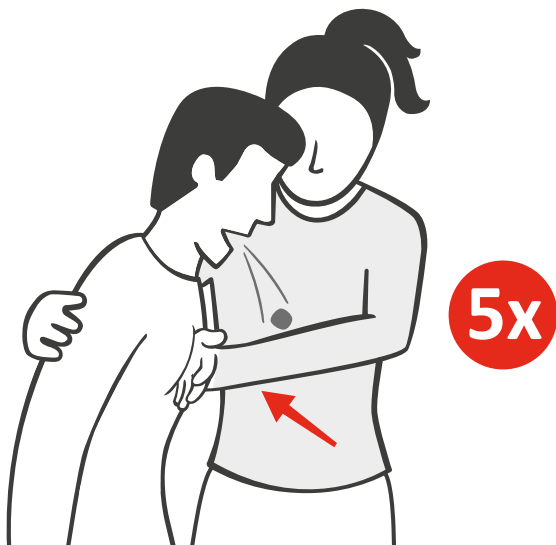


Call **000**.

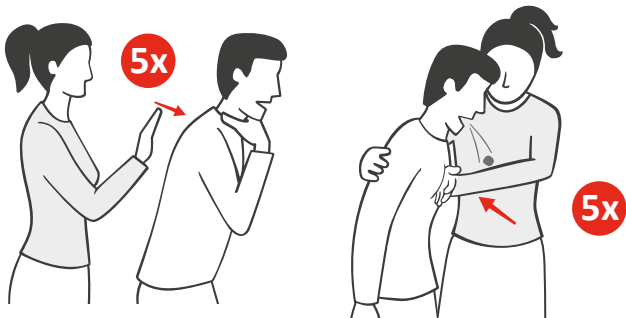
- 1 Administer up to **5 back blows**, using the heel of one hand, between the person's shoulder blades.



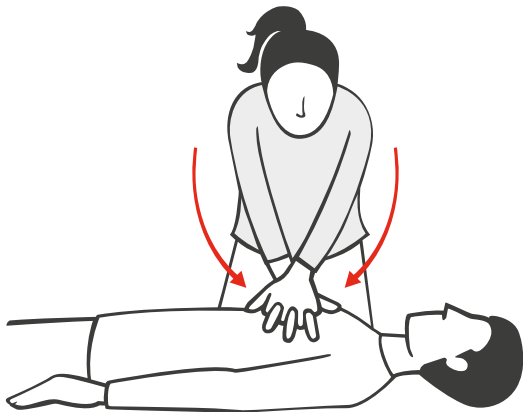
- 2 If unsuccessful, perform up to **5 chest thrusts** by pushing the heel of the hand into the lower part of the breastbone – ensure back is supported during a thrust. Check after each thrust to see if blockage removed.



- 3 If obstruction not relieved, continue alternating 5 back blows with 5 chest thrusts.



- 4 If unconscious, perform **CPR**.



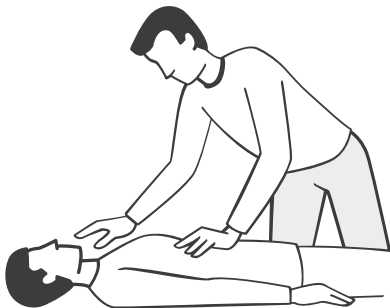


Shock

- 1 Reassure the person.



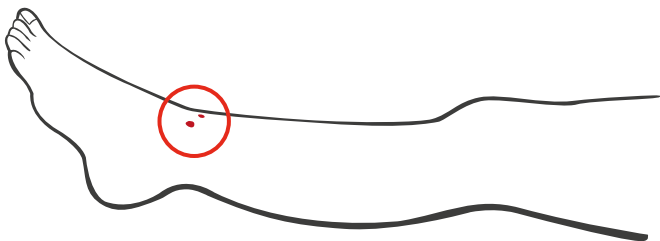
- 2 Lay them down and maintain body temperature. Do not allow them to eat or drink.





Snake Bite

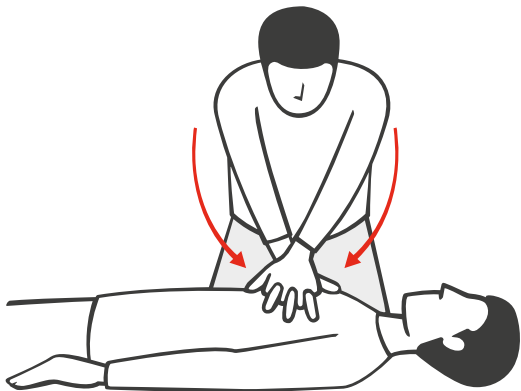
- 1 Keep the person at rest, reassured and under observation.



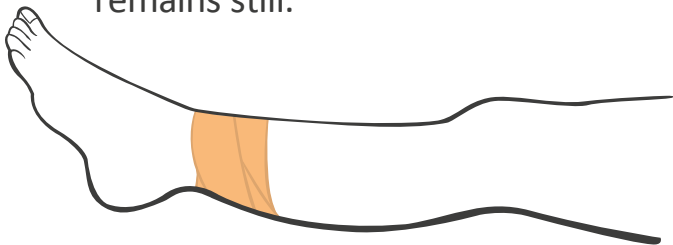
- 2 Dial **000**.



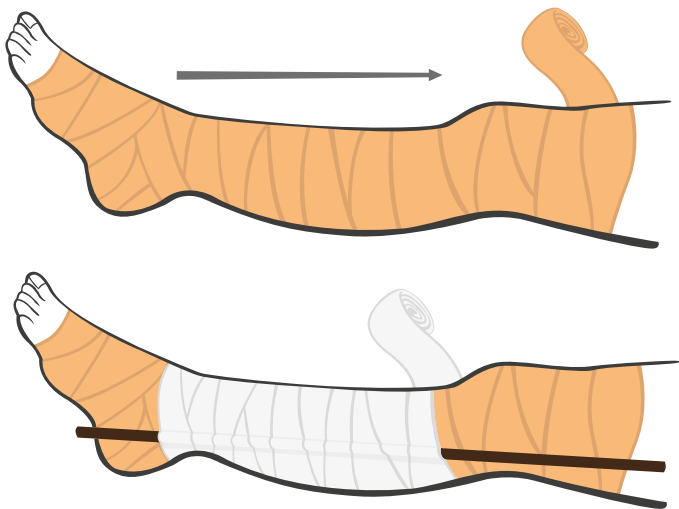
- 3 Commence **CPR** if necessary.



- 4 If bitten on a limb, apply a firm bandage on the bite site. Ensure limb is immobilised and person remains still.



- 5 Work bandage from the limb extremity upwards, working towards the heart and covering as much limb as possible. If possible apply a splint to keep the limb immobilised.



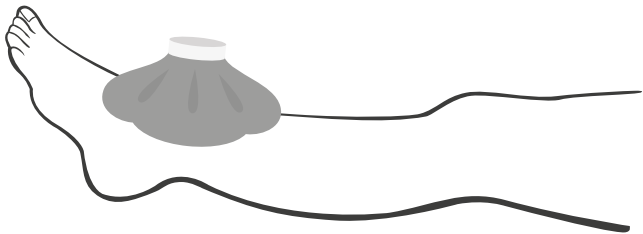
- 6 Keep person still until ambulance arrives.



Spider Bite

- 1 Bites from highly venomous spiders like the Sydney funnel web spider should be treated in the same way as a **SNAKE BITE**.

- 2 Bites from other spiders should be treated with a cold compress and immediate medical attention.
NB. Avoid direct application of ice to unprotected skin.





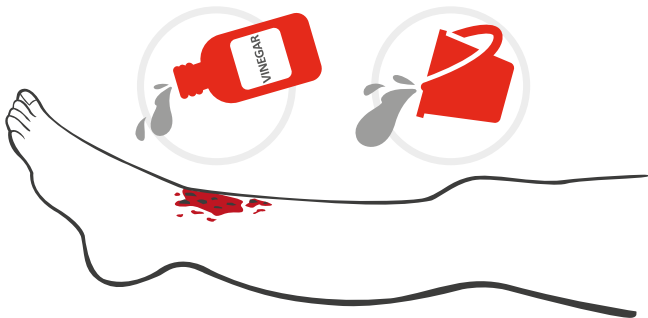
Jellyfish Sting

- 1 First aid depends on what type of jellyfish. If there are signs of respiratory distress, **call 000**.

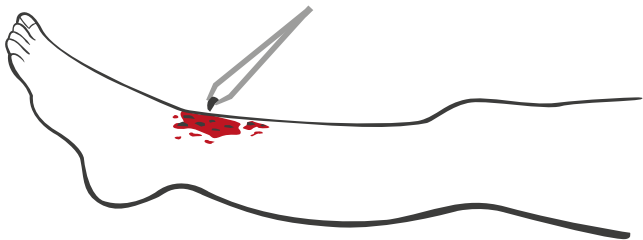


- 2 **For highly venomous jellyfish, such as the box jellyfish: Call 000.** If stung by a bluebottle refer below.

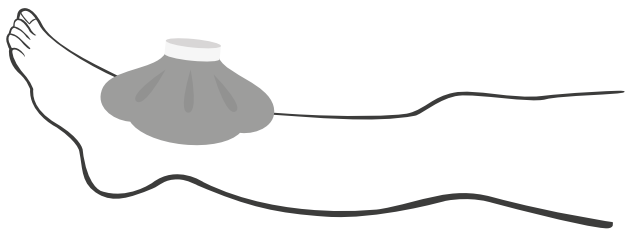
- 3 To manage pain try dousing area with vinegar, sea water or using hot water. ***NB. Water should not be hotter than you can stand.***



- 4 Pick off remaining tentacles.

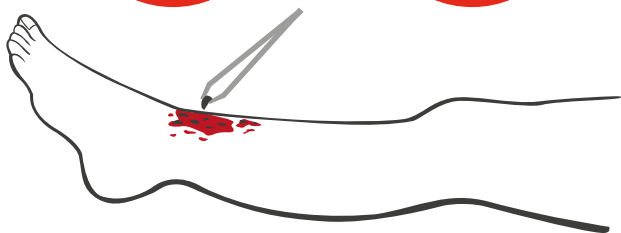


- 5 Apply a cold pack.



- 6 Observe for distress and start **CPR** if needed.

- 7 For sting by jellyfish such as a bluebottle: Remove any tentacles but don't rub with a towel or get sand on the wound.



- 8 Rinse with sea water (*not fresh water*). Pour hot water over stung area.

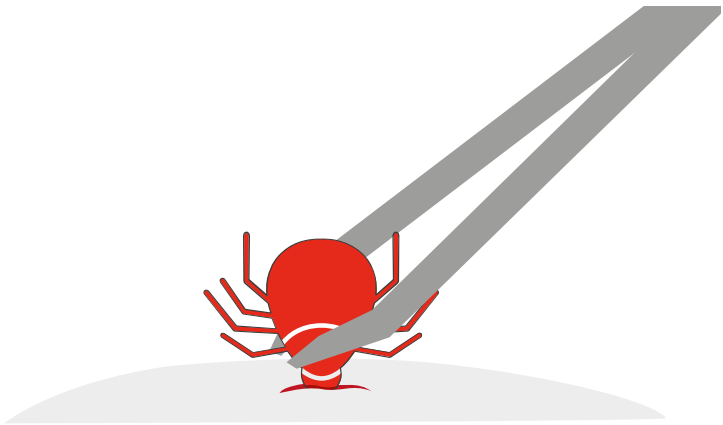


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- 9 Seek medical attention.

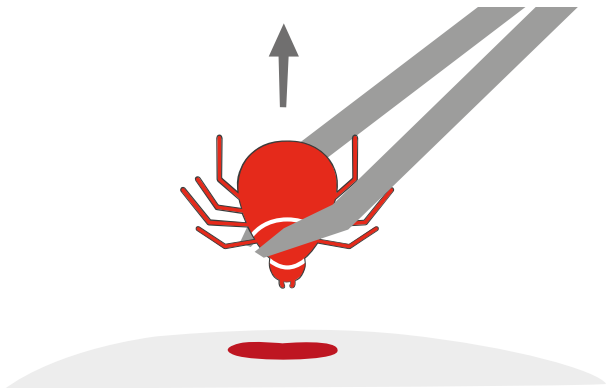


Tick Bite

- 1 Grasp the tick as close to the skin as possible using fine point tweezers.



- 2 Gently pull up and out.



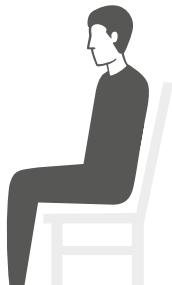
- 3 Flush the area with a saline solution or clean water.



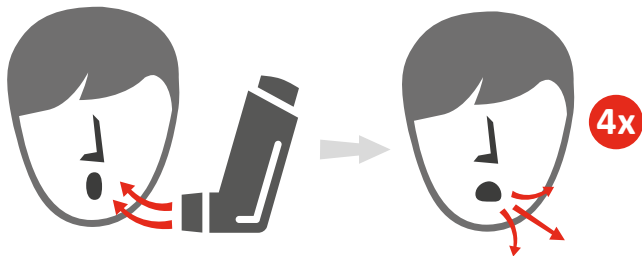


Asthma Attack

- 1 Sit the person comfortably upright.
- 2 Reassure them and keep calm.



- 3 **Follow their asthma plan** or help them to take four separate puffs on reliever medication with four breaths in between each puff. Repeat if no improvement.



- 4 If attack is severe, or no reliever medication is available, call **000**.



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Red Cross provides first aid and specialised first aid and mental health first aid training for individuals, clubs, schools and corporate group bookings.

To find out more or to book a course or purchase a first aid product:

<https://www.redcross.org.au/get-involved/learn/first-aid> or

call us **1300 367 428**

The income generated through Red Cross Training Services supports our ongoing humanitarian work locally, nationally and internationally.

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