ESSENTIAL
FIRST AID
GUIDE
Your First Aid Guide

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Useful numbers

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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.
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.
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.

Keep person still until ambulance arrives.
Bites from highly venomous spiders like the Sydney funnel web spider should be treated in the same way as a **SNAKE BITE**.

**NB. Avoid direct application of ice to unprotected skin.**
First aid depends on what type of jellyfish. If there are signs of respiratory distress, call 000.

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

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.
For sting by jellyfish such as a bluebottle: Remove any tentacles but don’t rub with a towel or get sand on the wound.
Rinse with sea water (*not fresh water*). Pour hot water over stung area.

Seek medical attention.
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.
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.
Learn First Aid with Red Cross

As one of the world’s largest providers of First Aid training, Red Cross is committed to improving the health, safety and wellbeing of the community.

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

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