

First Aid FOR Emergencies

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.

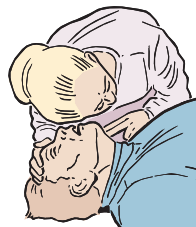
Note: Protect yourself and others by wearing non-latex gloves when giving first aid. Use a shield or face mask with a one-way valve when giving CPR.

Cardiopulmonary Resuscitation (CPR – Adult)

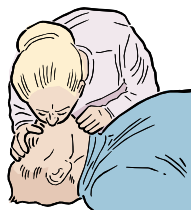
- 1 Open airway – push back on forehead and lift chin.
- 2 Check breathing. If the casualty is not breathing...
- 3 Pinch nose and make a tight seal over the mouth. Give 2 breaths.
- 4 Make sure casualty is on a firm flat surface.
- 5 Place hands on centre of chest.
- 6 Position shoulders directly over hands and keep elbows locked.
- 7 Compress firmly 30 times then give 2 breaths. Push hard - Push fast
- 8 Continue cycles of 30 compressions and 2 breaths until help arrives.



OPEN AIRWAY



CHECK BREATHING



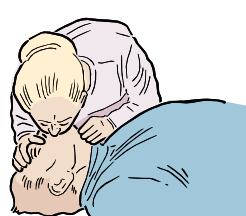
BREATHE INTO CASUALTY TWICE



POSITION YOUR HANDS IN THE CENTRE OF THE CHEST



PRESS DOWN FIRMLY 30 TIMES, THEN GIVE 2 BREATHS. CONTINUE CPR UNTIL HELP ARRIVES



Choking (Adult)

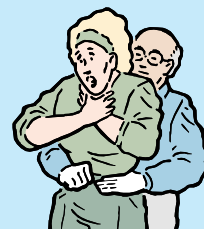
If a choking person can speak, breathe or cough – **STAND BY and encourage coughing.**

If a conscious person cannot speak, breathe or cough:

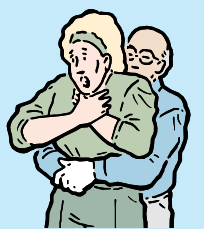
- 1 Stand behind person and find top of the hip bones with your hands.
- 2 Place a fist midline against the abdomen.
- 3 Grasp fist with other hand and press inward and upward forcefully.
- 4 Continue until object is expelled or person becomes unconscious.



FIND TOP OF HIPBONES



PLACE FIST MIDLINE ON ABDOMEN



PRESS INWARD AND UPWARD

If the person becomes unconscious ease him or her to the ground and send for medical help

- 1 Open the mouth and look for obstruction.
- 2 Open the airway and check breathing. If not breathing...
- 3 Give two breaths. If air doesn't go in the first time, reposition the head and try again.
- 4 Begin CPR. Give 30 compressions.
- 5 Each time you finish 30 compressions, look in mouth before giving the first breath.

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

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

9901/10/00