



ESSENTIAL FIRST AID GUIDE

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Useful numbers



Ambulance
000



Poisons
13 11 26



First aid kits & training
1800 733 276

Updated August 2020

First Aid Essentials



Basic Life Support

- D** check for **Danger**
- R** check for **Response**
- S** **Send** for help – call **000**
- A** open **Airway**
- B** look for normal **Breathing**
- C** start **CPR** (compression only for adults, 30 compressions: 2 breaths for infants and children)
- D** attach **Defibrillator**



First Aid during the pandemic

- 1 Wash your hands before and after first aid for at least 20 seconds with soap and water or alcohol based sanitiser.
- 2 Wear gloves and a face mask.
- 3 Don't touch your face.
- 4 Compression only CPR for adults.
- 5 Avoid getting close to the person's mouth and face.



Bleeding (if severe bleeding)



Call 000

- 1 Apply as much pressure as possible over the wound.
- 2 Lay person down and keep at rest. **(maintain body temperate).**
- 3 Continue to 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

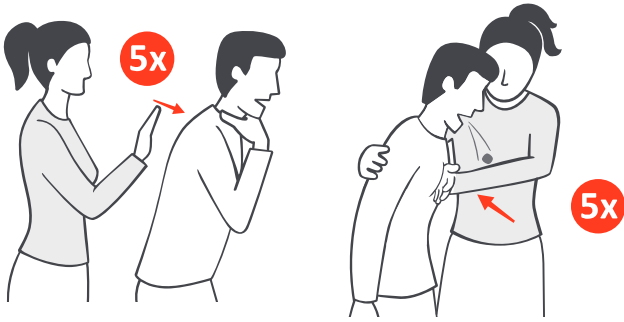
Administer up to **5 back blows**, using the heel of one hand, between the person's shoulder blades.



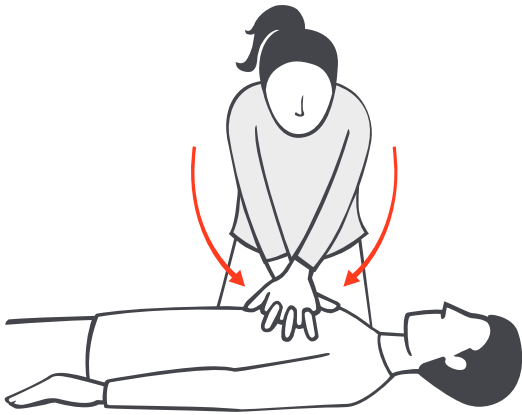
- 2 If unsuccessful, perform up to **5 chest thrusts** by pushing the heel of the hand into the lower part of the breastbone – ensure back is supported during a thrust. Check after each thrust to see if blockage removed.



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



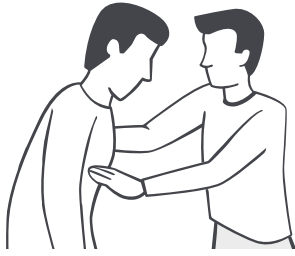
- 4 If unconscious, perform CPR.





Shock

- 1 Reassure the person.



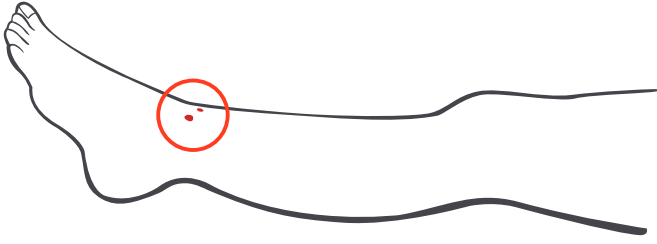
- 2 Lay them down and maintain body temperature. Do not allow them to eat or drink.





Snake Bite

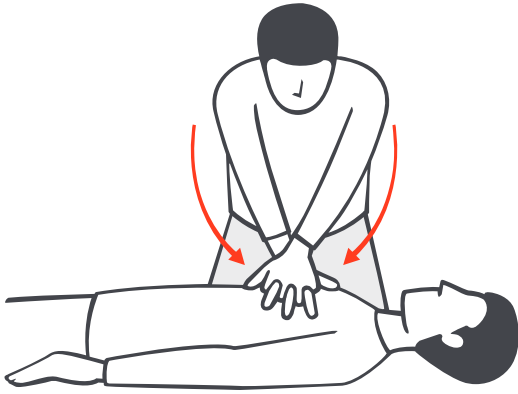
- 1 Keep the person at rest, reassured and under observation.



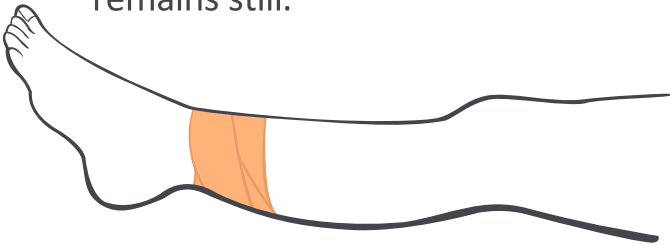
- 2 Dial **000**



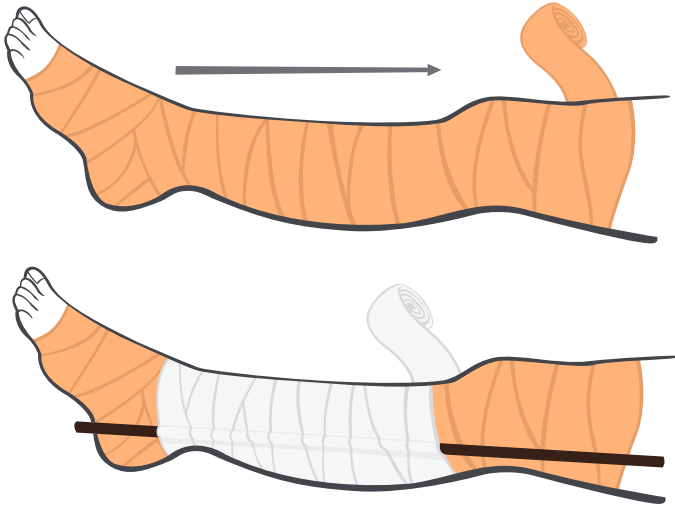
- 3 Commence **CPR** if necessary.



- 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.

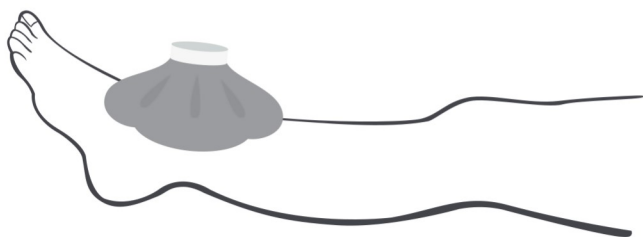


Spider Bite

- 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.

Don't apply ice directly to unprotected skin.





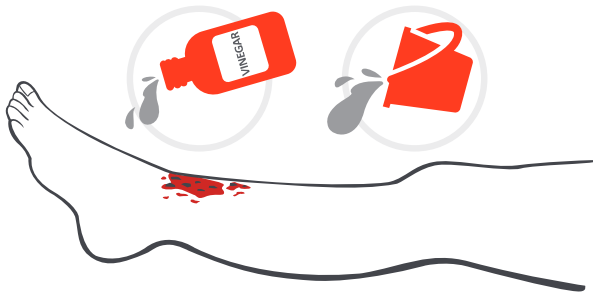
Jellyfish Sting

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

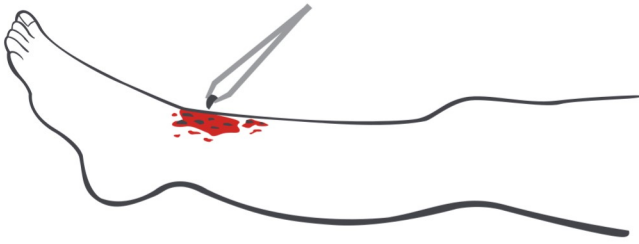


- 2 **For highly venomous jellyfish, such as the box jellyfish: Call 000** and pour vinegar over the area. Use sea water to help remove tentacles. If stung by a bluebottle refer below.

- 3 To manage pain pour hot water over area - water should be not be hotter than you can stand.



- 4 Pick off remaining tentacles.



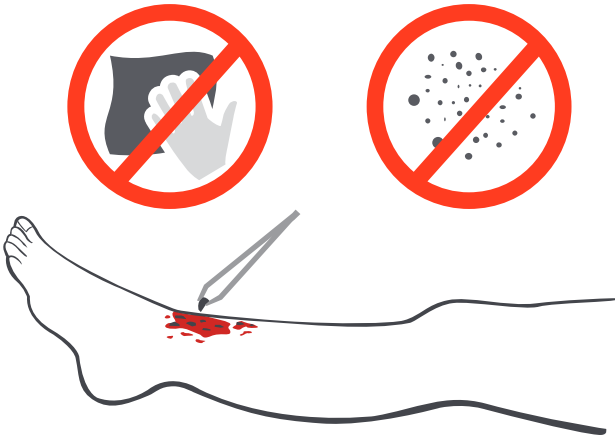
- 5 Apply a cold pack to help pain if hot water not available.

Don't apply ice directly to unprotected skin.



- 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.

***Hot water should not be hotter
than you can stand.***

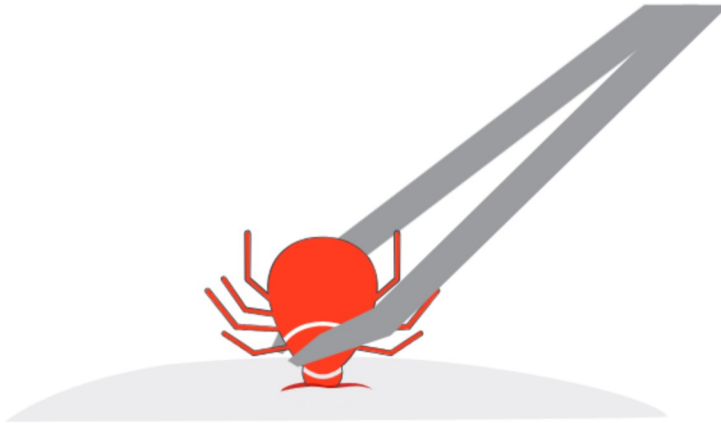


- 9 Seek medical attention.

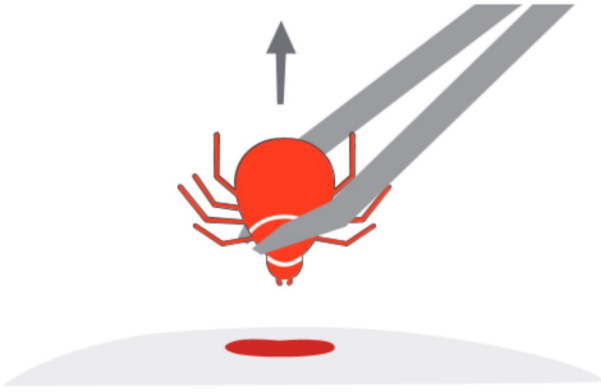


Tick Bite

- 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.



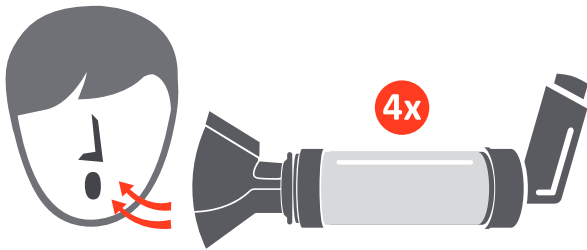


Asthma Attack

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



- 3 **Follow their asthma plan** or help them to take a puff on reliever medication through a spacer (if available), then 4 breaths through the spacer. They do this 4 times and repeat every 4 minutes 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 **1800 733 276**

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