

## Sunburn

For adults: cool showers or compresses. For children: a cool compress or body temperature bath (do not over cool). For both, rest in a cool place and have non-alcoholic drinks. Seek medical attention if blistering occurs or if very painful.

## Wounds

Do not remove embedded objects. Pad around the wound and seek medical aid. Clean small wounds with an antiseptic solution and sterile gauze swab. Apply povidone-iodine solution for minor grazes (allow it to dry before clothing rubs against it) or a sterile dressing for larger wounds. Seek medical aid, particularly if a wound is deep, gaping, dirty and/or caused by puncturing (e.g. nail, metal...). The person may require stitches and/or an injection to protect against tetanus.

These notes prepared by: Neil J Waddington Dip.T. B.Ed. (Spec.Ed.)  
Reviewed & endorsed by Ella Tyler, First Aid Consultant  
CPR Ref.: Aust Resuscitation Council, December 2010, other various guidelines Ref.: Aust Resuscitation Council, 2011.  
Workcover (NSW) first aid pamphlet approval number P0419.

Learn first aid. First Aid is better performed by a competent person with First Aid training. For first aid training contact ANFAS :



8 Greenhill Road WAYVILLE SA 5034  
Ph: (08) 83727822 Fax: (08) 83727823  
Email: [anf@ozemail.com.au](mailto:anf@ozemail.com.au)  
Web: [www.anfas.com.au](http://www.anfas.com.au)

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Email: [wadd@wadd.com.au](mailto:wadd@wadd.com.au)

Web: [www.wadd.com.au](http://www.wadd.com.au)

Ph: (08) 85368000

Fax: (08) 85368001

11 Walsh Ave STRATHALBYN SA 5255

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# Basic Life Support

For the sick/injured, always remember/commence with **DRSABCD**

**D** Check for dangers to you, other people and victim. If possible, wear gloves.

**R** Check victim is conscious by touching and shouting. "Are you OK? Squeeze my hand"

**S** If no response, call for help. Call 000 (Digital Mobile 112)

**A** Clear airway. If blocked, turn victim onto side and use fingers to clear mouth.

**B** Look and listen for normal breathing - ear near mouth and watch chest/abdomen.

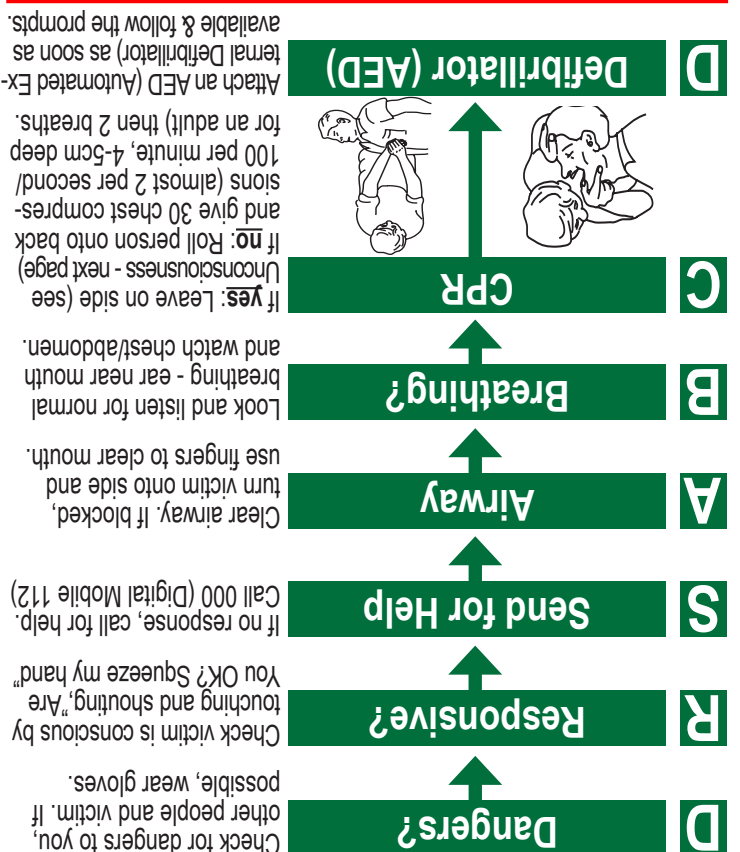
**C** If **yes**: Leave on side (see Unconsciousness - next page) If **no**: Roll person onto back

and give 30 chest compressions (almost 2 per second/100 per minute, 4-5cm deep for an adult) then 2 breaths.

**D** Attach an AED (Automated External Defibrillator) as soon as available & follow the prompts.

Learn how to do CPR by enrolling in a training course.

Continue CPR until responsiveness or normal breathing return



**Unconsciousness**  
An unconscious person is one who is breathing and has a heart beat but does not respond to speech or touch. To maintain a clear airway, the person should be placed on the side, with head tilted back and face downwards, so that fluids will drain freely. Keep the person warm (to maintain body heat), away from danger and seek medical aid.

**Bleeding**  
Expose the wound and raise the part if possible. Control bleeding with a dressing. Secure it with firm pressure (e.g. use a bandage) but beware of restricting blood circulation in limbs. If dressings unavailable, use an improvised barrier (e.g. tissues, clothing etc.) or ask the victim to apply pressure to their own wound. Seek medical aid. Do not remove a foreign body. Pressure should be applied around the wound but not directly to the foreign body. Seek medical aid. Be alert to internal bleeding by looking for further wounds, discoloration, swelling, deformity and/or the onset of shock (could include paleness, thirst, coldness). Raise feet to assist blood flow to vital organs. Maintain body heat. Seek medical aid. Nose bleed: Advise the person to pinch their nose and bow head. Avoid blowing. Seek medical aid if bleeding continues after 10 mins.

**Traffic Accidents**



Check for any danger (e.g. power lines, traffic...). Park between the scene and approaching traffic. Light scene with headlights. Switch on hazard lights. Count the injured. Dial 000 or digital mobile 112 and state: Emergency services needed (Ambulance, fire, police...). Location (number, street, suburb, landmarks). Number of injured and nature of emergency. Place people to warn other motorists. If there is no danger, turn off the ignition of the crashed vehicle(s). Assist the injured - DRsABCD.

# Sudden Illnesses

## Anaphylaxis

Anaphylaxis is a severe allergic reaction requiring urgent medical aid. Characterised by airway &/or breathing &/or circulation problems usually associated with skin and mucosal changes triggered by foods (e.g. nuts, eggs, seafood), drugs or venom from stings/bites. Prevent further exposure to the trigger agent. Assist with prescribed medication (e.g. adrenaline auto-injector, repeat after 5 minutes if no response), call for ambulance 000, administer oxygen &/or asthma medication for respiratory symptoms and follow DRSABCD if breathing stops.

## Asthma

Asthma is a serious condition. Follow DRSABCD, keep the person sitting at rest and provide reassurance. Assist with their prescribed asthma medications and call for an ambulance. National policy is 4+4 with a spacer (1 puff then 4 breaths, another puff and 4 more breaths, repeat twice more, then wait four minutes). Repeat cycle of 4+4 until ambulance arrives.

## Chest Pain

Treat all acute chest pain as heart attack. Follow DRSABCD, rest the person in a comfortable position and loosen tight clothing. If the person has prescribed medication for a known heart condition, assist with their dose. Call for ambulance.

## Choking

Choking is a frightening experience. Remain calm and follow DRSABCD. If unable to cough, give up to 5 separate sharp blows between the shoulder blades. If no improvement, give up to 5 separate chest thrusts and call ambulance. If collapse occurs, start CPR.

## Convulsions (Infant)

Convulsions occur in young children up to 5 years and are associated with infection and fever. Follow DRSABCD. Remove excess clothing and keep the child exposed until the temperature falls. Fan but do not over cool. Call ambulance.

## Diabetes

Diabetes is caused by a disorder of the pancreas, where the body's blood sugar level becomes too low or too high. Always treat for low blood sugar and give the conscious person sugar (e.g. a lolly). If recovery is slow or unconsciousness occurs, call ambulance.

# Injury Treatments

## Bee, Wasp and Ant Stings

For bee sting, scrape sting away to avoid squeezing venom sac. Apply cold compress. Commence DRSABCD if necessary. If victim has a history or any signs of allergy, treat for Anaphylaxis. Seek urgent medical aid, particularly for mouth and facial stings.

## Bruising

Bruising results from bleeding under the skin. Bandage firmly over bruising on limbs with a wide conforming bandage, making sure circulation is not impaired (fingers and toes should continue to have normal colour and temperature). Apply a cold pack for 10 minutes. Use a damp towel between the pack and the skin. Seek medical attention if bruising is extensive or if joint, head or neck injuries are involved.

## Burns (dry heat) / Scalds (wet heat)

Cool burns and scalds immediately with cold water for up to 20 minutes. Remove jewellery and clothing from affected area if not stuck to skin. Cover loosely with sterile, non-adherent dressing, clean polythene burns sheet or clean cling film. Do not apply any lotions, creams or sprays. Hydrogel (e.g. Burnaid) may be considered only if water not available. For hazardous substance burns, brush off solid particles, remove contaminated clothing and flood area with cold water for at least 20 minutes. Seek urgent medical aid.

## Dental Injury

Except for baby teeth, knocked out teeth can be replaced and saved. Ask the victim to suck their tooth clean. Replace it in the socket and hold there for 2 minutes. Mould a piece of aluminium foil over it and 2 teeth on each side. The person must bite onto the foil splint to hold the tooth in place. Alternatively, the tooth or teeth can be placed in the injured person's mouth between the cheek and the gum. Seek immediate dental aid for all tooth injuries.

**Drowning** Follow DRSABCD. Seek medical aid.

## Epileptic Seizure

Epileptic seizures range from minor petit mal to grand mal seizures. Follow DRSABCD and protect the person from injury. Do not restrict movement or place anything in the person's mouth. After the seizure, place the person on the side, check for injuries and seek medical aid. If the person is known to have epilepsy, seek medical aid only if the seizure lasts for more than 10 minutes, or a second one follows.

## Fainting and Shock

Fainting is caused by low blood pressure in the brain and usually improves when the person is lying down. Follow DRSABCD and check for any injury. Raise both feet and suspect other causes if recovery is not full within a few minutes. Seek medical aid. Shock is a loss of effective circulation leading to organ failure caused by trauma and/or other sudden illness. Signs may include collapse, pale sweaty skin, rapid breathing, confusion, bleeding, rapid pulse, vomiting. Control bleeding. Call ambulance 000. If unconscious manage with DRSABCD. Give oxygen if available and maintain body temperature.

## Heat Exhaustion

Rest the person in a cool place. Give water based cool drinks (e.g. 1 tablespoon of sugar in 1 litre of water). Heat stroke is a more serious condition where the skin is dry and hot to touch. There may also be mental confusion leading to seizures. Treat as for heat exhaustion and seek urgent medical aid.

## Hyperventilation / Over Breathing

Reassure the person and encourage slow, regular breaths by counting them down until the symptoms subside. Under no circumstances should the victim be asked to re-breathe their waste products using a paper bag.

## Poisoning

Poisons may enter the body by mouth (swallowed), lungs (inhaled) and skin (absorbed or injected). They may be solid, liquid or gas. Contact the Poisons Information Centre, stating the type of poison, the person and time factors.

**Australian Poisons Information Centre: Dial 13 11 26**  
**Emergencies: Dial 000 in Australia (Digital Mobile 112)**

## Stroke

Characterised by loss of movement and feeling, usually on one side of the body, with possible headache, facial droop, arm weakness and/or speech problems. Follow DRSABCD and check for signs. Seek urgent ambulance transport to hospital as **prompt hospital treatment within 3 hours may reduce long-term disability.**

## Eye Injury

If an eye has received a blow, or is bleeding, rest the person, cover the eye and seek medical aid. To remove dirt or chemicals, irrigate the eye with sterile saline solution or water. Seek medical aid if pain or vision problems persist. Do not attempt to remove a foreign body from the coloured part of the eye.

## Fractures, Sprains and Strains

Look for symptoms and signs such as pain, swelling, deformity, bruising and/or the inability to move. An ambulance may be needed. Keep the person rested and comfortable. Lower limb fractures can be supported by padding.

## Head Injury

All head injuries should be assessed by a doctor, particularly following a period of unconsciousness, persistent headaches, blurriness, or if the pupils are unequal or fail to react normally to light.

## Red-Back Spider Bite

Reassure the person bitten. Apply a cold pack/compress over the bitten area. Seek urgent medical aid especially if a baby or child is bitten.

## Snake, Funnel-Web Spider, Blue-Ringed Octopus, Box Jellyfish

Symptoms may include headache, double vision, difficulty breathing, nausea, chest pains and numbness. Follow DRSABCD. Rest and reassure the person. For all but box jellyfish, apply a pressure bandage to the whole limb, commencing over the bitten area, to localise the poisons. Seek urgent medical aid and, if possible, supply details about the creature. In the case of box jellyfish types, scrape off tentacles first and flood with vinegar. Seek urgent medical aid.

## Sports Injury

Serious injuries can occur during sport. If the injured person requires a stretcher, then an ambulance should be called and the game halted.