Medical treatment and/or an injection to protect against tetanus. 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, on-going treatment, and a sterile dressing for larger wounds.

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.

Nose bleed: Advise the person to pinch their nose and bow head.

For adults: cool showers or compresses. For children: a cool fluid. Consider analgesics, or use local anaesthetic if necessary.

For adults and children: cool compresses on the face and head. cold fluid, particularly if nosebleeding is profuse.

Check for any dangers (e.g., power lines, traffic...).

If there is no danger, turn off the ignition of the crashed vehicle(s) and roll the person onto their back. Leave on side (see YES NO:)

Check for any dangers (e.g., power lines, traffic...).

If there is no danger, turn off the ignition of the crashed vehicle(s) and roll the person onto their back. Leave on side (see YES NO:)

Unconsciousness

Unconsciousness: If you cannot arouse the person, they are unconscious.

Check for dangers to you, other people, and the victim. If unconscious, always remember/commence with DRABC:

Dial 000 (Digital Mobile 112) & use fingers to clear mouth.

If no response, call for help. Send for Help - put the person in mouth, turn victim onto side. Open Airway

If no response, call for help. Send for Help - put the person in mouth, turn victim onto side. Open Airway

Clear Airways - let the person breathe freely. Keep the person warm and watch for shock.

If unconscious, always remember/commence with DRABC:

Dial 000 (Digital Mobile 112) & use fingers to clear mouth.

If no response, call for help. Send for Help - put the person in mouth, turn victim onto side. Open Airway

Clear Airways - let the person breathe freely. Keep the person warm and watch for shock.

If unconscious, always remember/commence with DRABC:

Dial 000 (Digital Mobile 112) & use fingers to clear mouth.

If no response, call for help. Send for Help - put the person in mouth, turn victim onto side. Open Airway

Clear Airways - let the person breathe freely. Keep the person warm and watch for shock.

Emergency Contact Numbers:

Ambulance

Fire Police

Drugs Information Centre (24hrs) 131126

Doctor

Hospital

School


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

ANFAS

WADDINGTON AUSTRALIAN NATIONAL FIRST AID SERVICES

1st July 2017 Neil J Waddington

All rights reserved.

Ph:(08) 85368000

Fax:(08) 85368001

Web: www.wadd.com.au

Email: wadd@wadd.com.au

First Aid Kits & Supplies

TGA Aust L77294 Sponsor ID 32134

www.wadd.com.au
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 from venomous stings/bites. Follow their prescribed Plan. If no prescribed Plan, lay victim flat - if breathing is difficult, allow to sit (if able). Prevent further exposure to triggering agent if possible. Administer adrenaline auto-injector into thigh (child under 5ys 0.5mg, older than 5ys 0.3mg. Repeat after 5 mins if no response. Call for an ambulance and administer oxygen if available and trained to do so. Follow DRSABCD if breathing stops.

Asphyxia/Suffocation from Position &/or Restraint
Obstructed breathing and death can quickly result from a person's position and/or being restrained. Never apply pressure to the back, spine or abdomen. Struggling, body mass &/or medical substance/mental conditions can quicken death. Warning signs include person saying they can’t breathe, gurgling, gasping, sudden passiveness &/or blue or changed facial colouration. Quickly provide a comfortable position.

If victim becomes unconscious, call for an ambulance and follow DRSABCD.

Asthma
Sit the person comfortably upright and follow their personal written Asthma plan. If no plan in place, give 4 to 6 separate puffs of a “reliever” inhaler with spacer if available. Use victim’s own inhaler, first aid inhaler or one borrowed from someone else. Wait 4 to 6 minutes. If no improvement, repeat giving 4 to 6 puffs & call for an ambulance. Thunderstorm Asthma usually involves pollen. Go indoors for clean, comfortably air conditioned air and follow same response above.

Chest Pain
Treat all acute chest pain as heart attack. Place in comfortable position, loosen tight clothing & assist if victim has prescribed medication for a known heart condition. If pain worsens &/or lasts 10 minutes, call for an 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 victim becomes unconscious, follow DRSABCD.

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. Dial 000 in Australia (or Mobile 112) & follow DRSABCD.

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 hypoglycaemia. If the blood sugar is below normal, give glucose (e.g. jelly lollies), give a quick snack and call for ambulance.

Drowsiness
If a person is drowsy or shows signs of being seriously ill such as vomiting, drowsiness or seizures, call for an ambulance - dial 000 in Australia (or Mobile 112) & follow DRSABCD.

Epileptic Seizure
Epileptic seizures range from minor petit mal to grand mal seizures. Protect the person from injury and follow DRSABCD. 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 subject the sufferer unless full recovery is seen within a few minutes. Seek medical aid. Shock is a loss of effective circulation leading to organ failure caused by trauma or sudden illness. Signs may include collapse, pale sweaty skin, rapid breathing, confusion, bleeding, rapid pulse, vomiting. Control visible bleeding. Call for an ambulance. If unconscious, manage with DRSABCD. Give oxygen if available and trained in its use. Maintain body temperature and reassure the victim.

Heat Induced Illness - Hyperthermia
Rest the person in a cool place and loosen/remove excessive clothing. Moisten skin with moist cloth or atomizer spray and fan. Give water to drink if fully conscious. If skin hot & dry or victim not quickly improving, call for an ambulance and apply wrapped ice packs to neck, groin & armpits if heat stroke.

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 hotline (open 24 hours), stating the substance, the person and time factors.

Austalian Poisons Information Centre: Dial 131126. If the person is showing signs of being seriously ill such as vomiting, drowsiness or seizures, call for an ambulance - dial 000 in Australia (or Mobile 112) & follow DRSABCD.

Stroke
Think and act: FAST: F - Facial weakness, A - Arm weakness, S - Speech difficulty, T - Time to act fast, call for an ambulance as prompt hospital treatment within 3 hours may reduce long-term disability.

Injury Treatments

Bats/Flying Foxes
Bats/flying foxes are known to carry Australian Bat Lyssavirus (ABLV - similar to rabies) and Hendra virus. Do not handle bats. If bat saliva contacts eyes, nose or mouth, flush with water & seek immediate medical attention.

Bee, Wasp, Ant, Mosquito & Plant Stings or Tick Bite
If a bee sting, scrape sting away fast - avoid squeezing venom sac. Apply a cold compress to help reduce pain and swelling. For tick bites, if no history of tick allergy, immediately remove the tick. If victim has a history of tick allergy, kill the tick and do not attempt to remove it. If victim has a history or any signs of allergy, treat for Anaphylaxis & seek urgent medical aid, particularly for mouth & facial stings. Follow DRSABCD.

Box, Irukandji & Bluebottle Jellyfish
Follow DRSABCD & flood with vinegar for at least 30 seconds. For bluebottle, pick off tentacles whilst rinsing in sea water, then immerse in tolerable hot water for 20mins. If more than a localized single sting &/or victim looks/feels unwell, call Triple Zero 000.

Bruising
Bruising results from bleeding under the skin. Bandage firmly over injured area and minimize movement of the spine in any direction.

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 with cold water for at least 20 minutes & do not apply hydrogel or sheat/cling film. Seek urgent medical aid.

Convulsions
- Time to act fast, call for an ambulance as prompt hospital treatment within 3 hours may reduce long-term disability.

Drowning / Lightning Strike / Bad Weather
Follow DRSABCD and seek urgent rescue & medical aid. Person can be safely touched after lightning strike. Seek safe indoor shelter if bad weather. NEVER: • swim alone, • hyperventilate, • ignore the urge to breathe • play breath-holding/choking games • stay outside in wet, dusty &/or turbulent bad weather.

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.

Eye Injury
If an eye has received a blow, or is bleeding, rest 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. Seek aid.

Head Injury
Call for an ambulance if any loss of consciousness, at any time, no matter how brief. All head injuries should be assessed by a doctor.

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, Cone Shell, Sea Snake
Symptoms may include headache, double vision, difficulty breathing, nausea, chest pains and numbness. Follow DRSABCD. Keep the person calm and still and call for help. Apply a pressure bandage to the whole limb, commencing over the bitten area, and immobilize to localize the poison. Seek urgent medical aid. If possible, supply details about the creature.

Spinal Injury
If spinal injury is suspected, call for an ambulance. If it is necessary to move the victim from danger, care must be taken to support the injured area and minimize movement of the spine in any direction.