**Sports Injury** All sport injuries need medical aid as serious injuries can occur during sport. If requiring a stretcher, or loss of consciousness, at any time, no matter how brief, an ambulance should be called & game halted.

**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.

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

111 Beach Rd Christies Beach SA 5165
Ph: (08) 8307 2000
Email: FirstAidSA@madec.edu.au
Web: www.anfas.com.au

First Aid Kits & Supplies TGA Aust L77294 Sponsor ID 32134

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**Emergency Contact Numbers:**

- **Ambulance:** Dial 000 in Australia (or Mobile 112)
- **Fire:**
- **Police:**
- **Poisons Information Centre** (24hrs) 131126
- **Doctor**
- **Hospital**
- **School**

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Learn CPR by enrolling in a training course - see back page.

**Dangers?**

- Check victim is conscious by:
  - **Responsive?** Touch victim and shout, "Are you OK? Squeeze my hand"
  - **Unconscious?** If no response, call for help.

**Stop breathing?**

- **Normal Breathing?** Check victim's mouth and nose. If breathing, turn victim onto side and watch chest/abdomen.
- **No breathing** & no pulse - start CPR with normal chest compressions (30:2) for adults.

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**Basic First Aid Notes**

These notes prepared by: Neil J Waddington Dip.T. B.Ed. (Spec.Ed.)
Reviewed & endorsed by Ella Tyler, First Aid Consultant.
Workcover (NSW) first aid pamphlet approval number P0419.

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(08) 85368000
wadd@wadd.com.au
wadd.com.au

First Aid Kits & Supplies TGA Aust L77294 Sponsor ID 32134
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 5yrs 0.15mg, older than 5yrs 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. Follow their personal written Asthma plan. If no plan, give 4 to 6 separate puffs of a “rescuer” 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 responses above.

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

Diabetes

Diabetes is a pancreas disorder causing blood sugar levels to go too low or too high. Follow person’s management plan. If no plan, always treat for low blood sugar - give the conscious person 3 to 6 teaspoons of honey or sugar. If recovery is slow or unconsciousness occurs, call ambulance and follow DRSABCD.

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 contact occurs, wash bat with soap and water for at least 2 minutes. Mould a piece of aluminium foil over it and 2 teeth on each end. Call Australian Bat Lyssavirus Information Hotline: 131855.


Injury Treatments

Bite symptoms may include headache, double vision, difficulty breathing, nausea, chest pains & numbness. Follow DRSABCD. Keep person calm, still & call 000. Don’t wash bite so venom can be identified. Apply a folded pad over bite, then pressure bandage the whole limb, commencing over bitten area & immobilize/splint to localise poisoning. Don’t elevate limb above heart level. Seek urgent medical aid. If possible, supply creature details.

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.

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.

Snake, Funnel-Web Spider, Blue-Ringed Octopus, Cone Shell, Sea Snake

Bite symptoms include headache, double vision, difficulty breathing, nausea, chest pains & numbness. Follow DRSABCD. Keep person calm, still & call 000. Don’t wash bite so venom can be identified. Apply a folded pad over bite, then pressure bandage the whole limb, commencing over bitten area & immobilize/splint to localise poisoning. Don’t elevate limb above heart level. Seek urgent medical aid. If possible, supply creature details.

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.

Drowning / Lightning Strike / Bad Weather

Follow DRSABCD, seek urgent rescue & medical aid. Shout, reach, wade, throw (floatation device, rope/clothing line...) or row to victim. 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.

Epileptic Seizure

Epileptic seizures range from minor petit mal to grand mal seizures. Protect the person from falling 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 may improve when person lies down. Follow DRSABCD and check for any injury. Raise feet and suspect other causes unless full recovery 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. Australian Poisons Information Centre: Dial 13 11 26. 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.

Bee, Wasp, Ant, Mosquito & Plant Stings or Tick Bite

For bee sting, scrape sting away fast - avoid squeezing venom sac. Do not handle bees. If contact made, immediately and thoroughly wash any wound with soap and water, apply an antiseptic and seek immediate medical attention as a vaccine may be of the utmost importance. If bat saliva contacts eyes, nose or mouth, flush with water & seek urgent medical aid, particularly for mouth & facial stings.

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

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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

Calm person bitten & apply a cold pack/compress over bitten area. Seek urgent medical aid especially for children.

Snake, Funnel-Web Spider, Blue-Ringed Octopus, Cone Shell, Sea Snake

Bite symptoms include headache, double vision, difficulty breathing, nausea, chest pains & numbness. Follow DRSABCD. Keep person calm, still & call 000. Don’t wash bite so venom can be identified. Apply a folded pad over bite, then pressure bandage the whole limb, commencing over bitten area & immobilize/splint to localise poisoning. Don’t elevate limb above heart level. Seek urgent medical aid. If possible, supply creature details.

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