

# 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 vinyl gloves when giving first aid. Use a shield or face mask with a one-way valve when giving AR or CPR.

## Artificial Respiration (AR – 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 slow breaths.
- 4 Check for signs of circulation, pulse, movement, coughing etc.  
**Take no more than 10 seconds! If there are no signs of circulation or if you are not sure begin CPR.**
- 5 If there are signs of circulation but breathing is not effective continue AR, giving one breath every 5 seconds.



OPEN AIRWAY



BREATHE INTO CASUALTY 2X



CHECK FOR SIGNS OF CIRCULATION. IF ABSENT BEGIN CPR!



CONTINUE BREATHING INTO CASUALTY ONCE EVERY 5 SECONDS

## Cardiopulmonary Resuscitation (CPR – Adult)

- 1 Make sure casualty is on a firm flat surface.
- 2 Slide fingers to the notch where the ribs meet. Place heel of other hand on the breastbone above the fingers.
- 3 Position shoulders directly over hands and keep elbows locked.
- 4 Compress firmly 15 times then give 2 breaths.
- 5 Continue cycles of 15 compressions and 2 breaths till help arrives.



POSITION YOUR HANDS IN THE CENTRE OF THE CHEST



PRESS DOWN FIRMLY THEN GIVE 2 BREATHS. REPEAT TILL HELP ARRIVES



## Bleeding To control severe bleeding

Immediately apply direct pressure to the wound over a pad of dressings.  
Elevate the injured part.  
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.



RECOVERY POSITION

## 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 15 compressions.
- 5 Each time you finish 15 compressions, look in mouth before giving the first breath.

## 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

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