

# first aid basics

In an emergency call **triple zero (000)** for an ambulance



## DRSABCD Action Plan

This Action Plan is a vital aid to the first aider in assessing whether the casualty has any life-threatening conditions and if any immediate first aid is necessary. It is always important to call triple zero (000) for an ambulance as soon as possible.

### D DANGER

Ensure the area is safe for yourself, others and the patient.



### R RESPONSE

Check for response—ask name—

squeeze shoulders

No response



Response

Make comfortable  
Monitor response



### S SEND for help

Call triple zero (000) for an ambulance  
or ask another person to make the call



### A AIRWAY

Open mouth—if foreign material present—

Place in recovery position

Clear airway with fingers



### B BREATHING

Check for breathing—look, listen, feel

Not normal

breathing

Start CPR



Normal

breathing

Place in recovery position

Monitor breathing



### C CPR

Start CPR—

30 chest compressions : 2 breaths

Continue CPR until help arrives or patient recovers



### D DEFIBRILLATION

Apply defibrillator if available and follow voice prompts



## Compressions

Adult/Child (over 1 year)

- Place heel of hand on lower half of breastbone in centre of chest with other hand on top of first.
- Press down 1/3 depth of chest, give 30 compressions and 2 breaths.



Infant (under 1 year)

- Place two fingers (index and middle) over lower half of breastbone.
- Press down 1/3 depth of chest, give 30 compressions and 2 breaths.



You should achieve 5 sets of CPR (30:2) in 2 minutes.

## Recovery position

- Kneel beside the patient.
- Place nearer arm across chest.
- Place farther arm at right angle to body.
- Lift nearer leg at knee so it is fully bent upwards.
- Roll patient away from you onto side.
- Keep leg at right angle, with knee touching ground to prevent patient rolling onto face.



## Choking

Adult/Child (over 1 year)

- Encourage patient to relax, breathe deeply and cough to remove object.
- If coughing does not remove blockage, or if an infant—call triple zero (000) for an ambulance.
- Bend patient well forward and give 5 back blows between the shoulder blades—checking if blockage removed after each back blow.
- If unsuccessful, give 5 chest thrusts—in the CPR compression position, slower but sharper than compressions—checking if blockage removed after each chest thrust.
- If blockage not removed, alternate 5 back blows with 5 chest thrusts until medical aid arrives.



If patient becomes unconscious

- Call triple zero (000) for an ambulance.
- Remove any visible obstruction from the mouth.
- Commence CPR.

## Poisoning

- Follow DRSABCD Action Plan.
- Ring the Poisons Information Centre on 13 11 26.
- Monitor breathing and response.
- WARNING**—Do not attempt to induce vomiting unless advised to do so by the Poisons Information Centre.

## Burns

1. Remove patient from danger.

If clothing on fire

- STOP, DROP AND ROLL.
- Wrap patient in blanket.
- Roll patient along ground until flames extinguish.

2. Cool the burnt area.

- Hold burnt area under cold running water for 20 minutes.
- Remove clothing and jewellery from burnt area unless sticking to burn.
- Place sterile non-adherent dressing over burn.
- Seek medical aid.



## Bleeding

- Remove or cut patient's clothing to expose wound.
- Apply direct pressure over wound using sterile or clean dressing and pad.
- Lie patient down and then raise injured part above heart.
- Bandage dressing and pad firmly in place.

- If bleeding continues, apply another pad and bandage over first dressing.
- If bleeding persists, seek medical aid.



## Sprains and strains

Follow RICE management plan—

**REST** — the injured part in comfortable position.

**ICE** — apply ice packs (cold compress) wrapped in a wet cloth, for 15 minutes every 2 hours for 24 hours.

**COMPRESSION** — apply compression bandage firmly, wrapping well beyond the injury.

**ELEVATE** — the injured part unless you suspect a fracture.

## Minor injuries

### Nosebleeds

- Sit up with head slightly forward.
- Pinch soft part of nose for 10 minutes.
- Breathe through the mouth, do not blow nose.
- Loosen tight clothing around neck.
- Apply cold pack to neck and forehead.
- If bleeding persists, seek medical aid.

### Scrapes and grazes

- Wash with running water to remove dirt.
- Cover with non-stick dressing.
- Bandage or tape in place.
- Seek medical aid if anything is embedded in wound, or becomes red, painful, warm or swollen.

### Tooth knocked out

- Clean with milk or patient's own saliva and replace in socket—unless patient is a child under 7 years (baby tooth).
- Ask patient to hold the tooth in place.
- If unable to put tooth back, wrap tooth in plastic or store in milk or sterile saline and take patient and tooth to a dentist.
- If tooth has been in contact with dirt or soil, advise patient to have tetanus injection.

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# Basic First Aid

**Michael Rajnik**



## **Basic First Aid:**

**Stay Alert: Children's Guide to Basic First Aid** Laila Abdelbary, 2022-10-31 Stay Alert It is inevitable to encounter such situations and first aid is an extremely important life skill In my opinion everyone should be aware of how to act in specific life threatening situations Having some sort of first aid knowledge promotes the sense of safety assurance and well being It teaches individuals to be more alert and safer in the surrounding that they are in This book simply goes through the importance of first aid awareness as well as specific first aid manoeuvres and the situations in which situations these techniques should be applied [The Ultimate Guide to Basic Survival Skills: Wilderness, First Aid, and Beyond](#) MR. BIG WEALTH, 2023-09-05 161 Pages of basic survival needs The Ultimate Guide to Basic Survival Skills Wilderness First Aid and Beyond By MR BIG WEALTH *The Ultimate First Aid Guide 2020* Jonathan Adolfsson, Better Safe Than Sorry The Ultimate First Aid Book Is Here To Prepare You For Any Emergency There are moments in life when every single second matters Heart attacks allergies bleeding or electrical accidents can prove fatal if you find yourself on the less prepared side What you need is a comprehensive emergency first aid pocket guide that will help you effectively deal with any emergency and potentially save your life Now with new chapter on Covid 19 I have my smartphone I can just search everything online That s probably your first thought But what if there s no coverage or your run out of battery Discover *The Ultimate First Aid Guide 2020* A Step By Step First Aid Instructions Book For Different Diseases And Injuries Now you can help your loved ones your children your friends or even total strangers in case of an emergency with our all inclusive illustrated first aid quick guide Stay on the safe side by learning how to treat Cardiac Arrests Heart Attacks and Strokes Bleeding Wounds Poisoning and Spider Snake or Insect Bites Allergies Asthma Diabetes or Epilepsy Fractures Concussions Drowning or Electrical Accidents Frostbites Knocked Out Teeth or Eye Damage and Many More And That s Not All This simple and easy to understand first aid pocket manual will help you remain calm and keep your cool under stressful situations How By offering you the knowledge you need in order to respond to any emergency with confidence The Best Part This practical emergency first aid guide is a must have for every family Protect your parents your children your friends your fellow campers or anyone else in need by investing in a first aid training guide today What Are You Waiting For Click Buy Now Get Your 2020 First Aid Manual Today

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Augusta Hunt,2025-04-02 Prepare for the unexpected with the definitive survival medicine guide equipping you with the knowledge and skills to care for yourself and others in any emergency This comprehensive resource covers essential first aid wound treatment pain management and managing common illnesses and injuries in the absence of modern medical facilities Discover how to identify and utilize medicinal plants purify water and set up a sustainable shelter Whether you re an outdoor enthusiast prepper or simply seeking peace of mind this book empowers you with the ability to handle medical emergencies with confidence Practical step by step instructions detailed illustrations and expert advice guide you through each procedure empowering you to stay healthy and safe From treating burns and fractures to preventing infection and reducing pain this guide is indispensable for anyone serious about self sufficient care Its user friendly format and portable size make it an essential companion for your backpack bug out bag or home survival kit Gain the knowledge and skills to thrive in any situation ensuring your well being and peace of mind Embrace the power of preparedness and secure your health and safety with The Essential Survival Medicine Guide

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Pasquale De Marco,2025-08-15 Journey into the realm of medical knowledge and unlock the secrets of medical terminology with Medical Terms and Meanings your comprehensive guide to understanding the language of healthcare This book is meticulously crafted to empower individuals of all backgrounds to navigate the complexities of medical information with confidence and ease Written in a clear and engaging style Medical Terms and Meanings unravels the intricacies of medical vocabulary providing a solid foundation for effective communication between healthcare providers and patients Discover the hidden meanings behind confusing medical jargon and gain insights into the fascinating world of human health and disease Within these pages you will embark on a journey through the various body systems exploring their functions and delving into the myriad of diseases and conditions that affect humanity Understand the causes symptoms and available treatments for a wide range of medical ailments empowering yourself with knowledge to make informed decisions about your health Furthermore Medical Terms and Meanings ventures into the realm of medical specialties and practitioners shedding light on the roles and responsibilities of healthcare professionals and emphasizing the importance of effective patient provider communication Explore the advancements in medical technology and equipment gaining insights into the latest diagnostic and therapeutic modalities that shape modern healthcare Delve into the fascinating world of public health and community medicine examining the intricate web of epidemiology disease surveillance and global health concerns Comprehend the significance of preventive measures and public health initiatives in safeguarding the well being of populations Enrich your understanding of mental health exploring the complexities of mental health disorders and the importance of stigma reduction and mental health

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[The Essential Freshman Year Handbook](#) Andrew D. Chapman, 2023-12-13 Embarking on the journey of higher education is an adventure filled with excitement and challenges The Essential Freshman Year Handbook is your compass to navigating the uncharted waters of your first year at college Within these pages lies a treasure trove of wisdom from mastering the transition into college culture to laying the groundwork for academic and personal success Are you wondering how to choose the right college supplies manage your

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**FCS Workshop practice L2** ,2009 Electrician - Power Distribution (Theory) - I Mr. Rohit Manglik,2024-05-24 Focuses on power distribution systems line diagrams transformers conductors and basics of electrical supply grids *CBSE (Central Board of Secondary Education) Class XI Commerce - Physical Education Topic-wise Notes | A Complete Preparation Study Notes with Solved MCQs* , **Foundryman (Theory)** Mr. Rohit Manglik,2024-05-18 EduGorilla Publication is a trusted name in the education sector committed to empowering learners with high quality study materials and resources Specializing in competitive exams and academic support EduGorilla provides comprehensive and well structured content tailored to meet the needs of students across various streams and levels Grid-Down Readiness: Proven Methods to Ensure Family Survival in a Crisis Stefanie Malone,2025-03-31 Prepare yourself and your family for the unexpected with Grid Down Readiness This comprehensive guide provides practical knowledge and expert strategies to ensure family survival in any crisis Key highlights include Comprehensive planning for various disaster scenarios ensuring family safety and well being Practical instructions on acquiring essential supplies securing shelter and maintaining hygiene In depth coverage of first aid medical emergencies and communication strategies in a grid down situation This book tackles the crucial issue of family safety and survival In the face of a crisis it empowers readers with the knowledge and skills to protect themselves and their loved ones ensuring a secure future amidst uncertain times **Tour Leading (Edition 1)** Sean Goh,2023-12-05 This tour leading book is suitable for people who wish to step into the tourism industry This book covers the job tasks that need to be performed by a tour leader or tour manager in detail The content structure is 100% based on the job occupation standard requirements in certain countries This book will cover the following topics Introduction Perform pre tour functions Perform a health safety and security briefing Perform on tour functions Perform tour contingency measures Perform post tour functions Perform job enrichment activities This book is also suitable for colleges and universities to use as a reference to teach related tourism subjects This book includes certain exercise questions and

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