

# 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  
Normal breathing  
Start CPR



### 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 healer arm across chest.
- Place further arm in right angle to body.
- Lift nearer leg at knee so it is fully bent upwards.
- Roll patient away from you onto side.
- Keep legs at right angle, with knees 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.
- Blow 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 DRABCDO Action Plan

Ring the Poisons Information Centre on 13 11 26

**WARNING:** Do not attempt to induce vomiting unless advised to do so by the Poisons Information Centre.

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## Burns

1. Remove patient from danger.

- If clothing on fire:
  - STOP, DROP AND ROLL.
  - Wrap patient in blanket.
  - Roll patient along ground until flames extinguished.

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-adhesive 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 PRICE management plan —

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

**ICE** — apply icepacks (cold compress) wrapped in a wet cloth, for 20 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

### Noisebleeds

- Sit up with head slightly forward.
- Push soft pack 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 tissue 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.

# Basic Ambulance Training Manual

**R. Motley**

**Basic Ambulance Training Manual:**

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**Emergency Medical Services: a Subject Bibliography. Revised Edition** R. Motley,1978    **Manpower Development, Education, and Training** United States. National Highway Traffic Safety Administration,1980

**Manpower Development** United States. National Highway Traffic Safety Administration,1980    **Manpower Development: Education and Training; [a Bibliography.]** William Eugene Tarrants,1978    **Manual of Basic Training** Great Britain. Civil Defence Department,1950    **Emergency Medical Services** United States. National Highway Traffic Safety Administration,1978    **The Public Schools Year Book ,1898**    **Report of the Special Committee on the Subjects and Modes of Instruction in the Board's Schools** London (England). School Board,1888    **Handbook** Ontario. Civilian Defense Committee,1940    **Training** United States. Surgeon-General's Office,William Newbold Bispham,1927

**Fire Service Training Handbook** Pennsylvania. Bureau of Vocational Education. Pennsylvania Fire Training School,1976    **Survival in the Fire Fighting Profession ,1974**    **Annual Book of ASTM Standards** ASTM International,American Society for Testing and Materials,2004    **Parliamentary Debates (Hansard)**. Great Britain. Parliament. House of Commons,1982 Contains the 4th session of the 28th Parliament through the session of the Parliament

**The English Catalogue of Books ...** Sampson Low,1952    **The English Catalogue of Books ,1948**    **Proceeding of a Symposium on Occupational Health and Hazards of the Fire Service ,1971**    **Highway Safety Occupational Program Development Guide. Final Report** Ronald D. Daugherty,1971

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