

FIRST AID

2nd Edition

A children can happen anywhere, anytime. Knowing how to provide proper care can save a life. First aid can range from calling emergency medical personnel (911) to performing more advanced procedures such as administering CPR. Children in this chart are specific to "non-health-care professionals".

STEP 1: SURVEY THE SCENE

- If there is any kind of danger, call Emergency Medical Services (911) **first**.
- Ensure the scene is safe for you and others.
- Look for things that may threaten your safety, such as fire, electrical wires, or dangerous animals.
- If you need medical help immediately, call 911 and allow professionals to handle any dangerous situations.

STEP 2: CHECK FOR RESPONSIVENESS

- Check for normal and absent "signs of life".
- If the casualty responds, begin a Secondary Survey (see pgs. 20-21).
- If the casualty is unconscious, but appears to be breathing, call 911 and begin the **Child CPR** (Cardiopulmonary Resuscitation) technique.
- If the casualty does not respond, need assistance to call 911 (if available), then return and begin the Primary Survey (see below).
- If you are alone and shouting fails to elicit a response, then call the 24-hour line 911, then call 911 (if available).

STEP 3: PRIMARY SURVEY

- The Primary Survey will help you to determine if the conditions threat the casualty's life.
- Ask the casualty what has happened. The casualty may not necessarily answer this on their own if they are not conscious or only speaking, or if their thoughts prevent them from thinking their thoughts.
 - Reassure the casualty and then ask them what happened.
 - Ask the casualty to hold a pose, "This happened" in a single word - do not force.
 - Support both of the casualty's lower and upper limbs (or only speaking, and have called them out of their body, proceed to step 4).
- Remember **C-A-B** (circulation, airways, breathing).
- If the casualty is breathing normally, proceed to step 4. Otherwise (Cardiopulmonary Resuscitation).

- If the person stops breathing or begins to snort, place them in the recovery position (see pg. 21).
- If the person is showing signs of an injury or illness, proceed to treating the injury or illness (see pg. 17).

STEP 3: PRIMARY SURVEY (CONT)

3a. CIRCULATION: Bright Compressions

CPR for Adults (16+ Years)

Hand Hand Position: (see Fig. A)

Place the heel of your hand on the center (middle) of the casualty's chest. Place your other hand on top of the first, with your thumbs and fingers interlocked and parallel.

CPR for Children (1-10 Years)

Hand Hand Position:
Place the heel of your hand on the center (middle) of the casualty's chest. Place your other hand on top of the first, with your thumbs and fingers interlocked and parallel.

CPR for Infants (Under 1 Year)

Hand Hand Position: (see Fig. C)

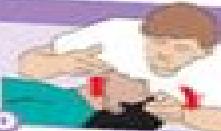
Place the heel of your hand on the center (middle) of the casualty's chest. Place your other hand on top of the first, with your thumbs and fingers interlocked and parallel.

CPR 30 Compressions: (see Fig. B)

- Position shoulders over hands.
- Compressions should be forced 2 inches (5 cm) down and up 2-3 times per minute.
- Compressions should be at a rate of 100-120 compressions per minute.
- Keep fingers on casualty's chest (or chest of infant).
- Push hard, push fast.
- Allow complete recoil of chest between compressions.
- If two hands, check hand position and weight (see Fig. D).

3b. AIRWAYS: Open the Airway

- Obstructed airway:** (if neck injury is not suspected) these techniques will open the airway and allow the casualty to breath. If the airway is still obstructed, then **check for signs of life** and **call 911** (if available).



3c. BREATHING: Give 2 Full Breaths

- Push nostrils and give 2 breaths of air, each lasting 1 second (see Fig. E).
- Check for one that opens when you give air.
- Check chest rise.
- Check pulse. Always do **check circulation** and **check breathing**.

Obstructed airway: (if neck injury is not suspected) these techniques will open the airway and allow the casualty to breath. If the airway is still obstructed, then **check for signs of life** and **call 911** (if available).

Breathless (still) (Do Not Call)

- The first and last breathlessness occurs when the airways are first opened.
- Check for airway obstruction.

Breathless (call)

- Obstructed airway: 2 compressions, 1 breath.
- Other non-resuscitation emergencies:
 - Seizure (not epileptic)
 - Stroke (not transient)
 - Cardiac arrest
- Other respiratory emergencies:
 - Choking (breathing is threatened)
 - Acute respiratory distress syndrome (ARDS)
 - Severe asthma attack
 - Severe allergic reaction (anaphylaxis)



Fig. 10
Air is
in, air
out



Fig. 11
Air in
Air out
Air out

Fig. 12
Air in
Air out
Air out

Fig. 13
Air in
Air out
Air out

Fig. 14
Air in
Air out
Air out

Fig. 15
Air in
Air out
Air out

Fig. 16
Air in
Air out
Air out

CARDIAC ARREST: REVENGE OF THE STUPID

Number: 10-00-0000-000-000-0000

10-00-0000-000-000-0000

Australian Home First Aid Reference Guide

Jicheng Xie

Australian Home First Aid Reference Guide:

The Complementary and Alternative Medicine Information Source Book Alan Rees,2001-03-30 From acupuncture to yoga the increasing popularity of unconventional medical therapies has risen sharply during the past decade Consumers are turning to complementary and alternative medicine CAM for a variety of reasons and are spending billions annually for treatments Recognizing the growing need to locate authoritative CAM information award winning author Alan M Rees has compiled a first stop resource for those seeking information to guide their decisions Noted health information expert Alan Rees organizes the best of complementary and alternative medicine CAM information resources in this new guide for librarians and patients The book is divided into twelve sections beginning with an overview of CAM terminology safety concerns ongoing research and education and the movement towards integrative medicine Best of lists of books magazines newsletters CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups an extensive section on the Internet as a source of CAM related information and reviews of 355 popular books on CAM Librarians will use the Source Book as a collection development tool Consumers and students will find it an easy to use guide for locating hard to find resources about the latest in alternative medical therapies and treatments This unique volume brings together in one volume print and electronic resources pertaining to an in demand topi provides recommendations of authoritative sources of current information on a wide variety of unconventional medical therapies will fill the information gap in the rapidly growing field of CAM

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