



**A**ccidents can happen, anywhere, anytime. Knowing how to provide proper care can save a life. First aid can range from calling emergency medical personnel (EMS) to performing more advanced procedures such as administering CPR. Guidelines 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 (EMS) (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 turns.
- If you feel your safety is threatened, stay back and allow professionals to handle any dangerous situations.

## STEP 2: CHECK FOR RESPONSIVENESS

- Gently tap casualty and shout "Are you okay?"
- If the casualty responds, begin a Secondary Survey (see pg. 2).
- If the casualty is conscious but appears to be choking, use "First Aid for Choking Adult or Child with Complete Airway Obstruction".
- If the casualty does not respond, send someone to call EMS (911). If no one else is available, place the call yourself, then return and begin the Primary Survey (see below).
- If you are alone and dealing with a child or infant, give care for 2 minutes first, then call EMS (911).

## STEP 3: PRIMARY SURVEY

- The Primary Survey will help you to determine if any conditions threaten the casualty's life.
- Roll the casualty onto his or her back if they are not breathing or only gasping, or if the casualty's position keeps you from checking their breathing.
  - Roll the casualty onto the side they are not facing.
  - Roll the casualty toward you, "face up" - as a single unit - do not twist.
  - Support back of the casualty's head and neck.
- Once you have determined that the casualty is either not breathing or only gasping and have rolled the casualty onto their back, proceed to step 3a.
- **Circulation:** Check for a pulse, always.
- **Breathing:**
  - If the casualty is breathing normally, proceed to step 4a. Check for Control Bleeding.

- If the person starts breathing or begins to move, place them in recovery position (see pg. 2).
- If the person is showing signs of an injury or illness, provide ongoing casualty care until EMS arrives.

## STEP 3: PRIMARY SURVEY (CONT.)

### 3a. CIRCULATION: Begin Compressions

#### CPR for Adults (18+ Years)

**Head Hand Position:** (see Fig. 4)



Place the heel of your hand on the person's sternum in the center (middle) between the chest nipples.

Interlock your fingers.

Place the heel of the other hand on top of the first so that the hands are overlapped, interlocked and parallel.

**Give 30 Compressions:** (see Fig. 5)

- Position shoulders over hands.
- Compress sternum at least 2 inches (5 cm) down and up smoothly at a rate of at least 100 times per minute.
- Keep hands in contact with the chest at all times.
- Push hard, push fast. Allow for complete recoil of chest between compressions.
- If alone, check head position and keep going, do not stop.

#### CPR for Children (1-18 Years)

##### Head Hand Position:

Position is the same as for adult. Position your hands on the center of the chest and use one of two hands to do compressions.

#### CPR for Infants (Under 1 Year)

##### Head Hand Position:

Position is the same as for adult. Position your hands on the center of the chest and use one of two hands to do compressions.

**Give 30 Compressions:**

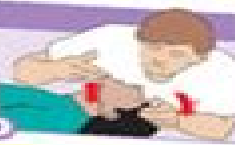
- Compress sternum at least 1.5 inches (4 cm) down and up smoothly at a rate of at least 100 times per minute.
- Keep fingers in contact with the chest at all times.
- Push hard, push fast. Allow for complete recoil of chest between compressions.



### 3b. AIRWAY: Open the Airway

- The "head-tilt/chin-lift" of neck injury is not suggested. Use the "head-tilt/chin-lift" if neck injury is not suspected. Place the person in the recovery position.

If head/neck injury is suspected and the person is not breathing, only use the "head-tilt/chin-lift" if it is necessary to get air into the person. Opening the airway may be difficult to do and is therefore not recommended.



### 3c. BREATHING: Give 2 Full Breaths

- Mouth-to-mouth and give 2 breaths of air, each lasting 1 second (see Fig. 6).



- Look it to see that chest rises as breath is given.
- If breath does not go in, adjust airway by tilting the head further back (head-tilt) and give another breath.

- The infant uses a mouth-to-nose technique (see Fig. 7).

- To do this, use your mouth to cover the infant's mouth and nose.
- If you have difficulty making airtight seal, use your mouth to cover the infant's mouth and nose.

#### BREATHS STILL DO NOT GO IN

- Do first aid for choking (see pg. 2).
- If the person is still not breathing, give another 2 breaths.
- If the person is still not breathing, give another 2 breaths.
- If the person is still not breathing, give another 2 breaths.

#### BREATHS GO IN

- Give another 20 compressions, followed by 2 breaths. Continue cycle until:
- The area becomes dangerous.
- You are too physically exhausted to continue.
- EMS (911) arrives.

- The person starts breathing or begins to move.
- Another trained rescuer takes over.
- Someone arrives with an AED (Automated External Defibrillator).

CASUALTY BEGINS BREATHING: Proceed to Step 4

# Australian Home First Aid Reference Guide

**Jicheng Xie**



## **Australian Home First Aid Reference Guide:**

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