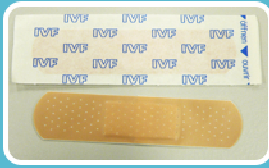


COMPONENTS OF A FIRST AID KIT



Adhesive Bandages

Saniplast - one box



Antiseptic solution and gels

Pyodine, Detol, Polyfax, Cicatrin powder etc.



Alcohol Swabs and Cotton balls



Dressing bandages - Preferably in small, medium and large sizes



Scissors, Tweezers and preferably a pen torch

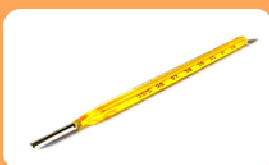


Medicines such as

Panadol, Anti-allergy drugs, Burns medication (Burnol), Angised, Aspirin

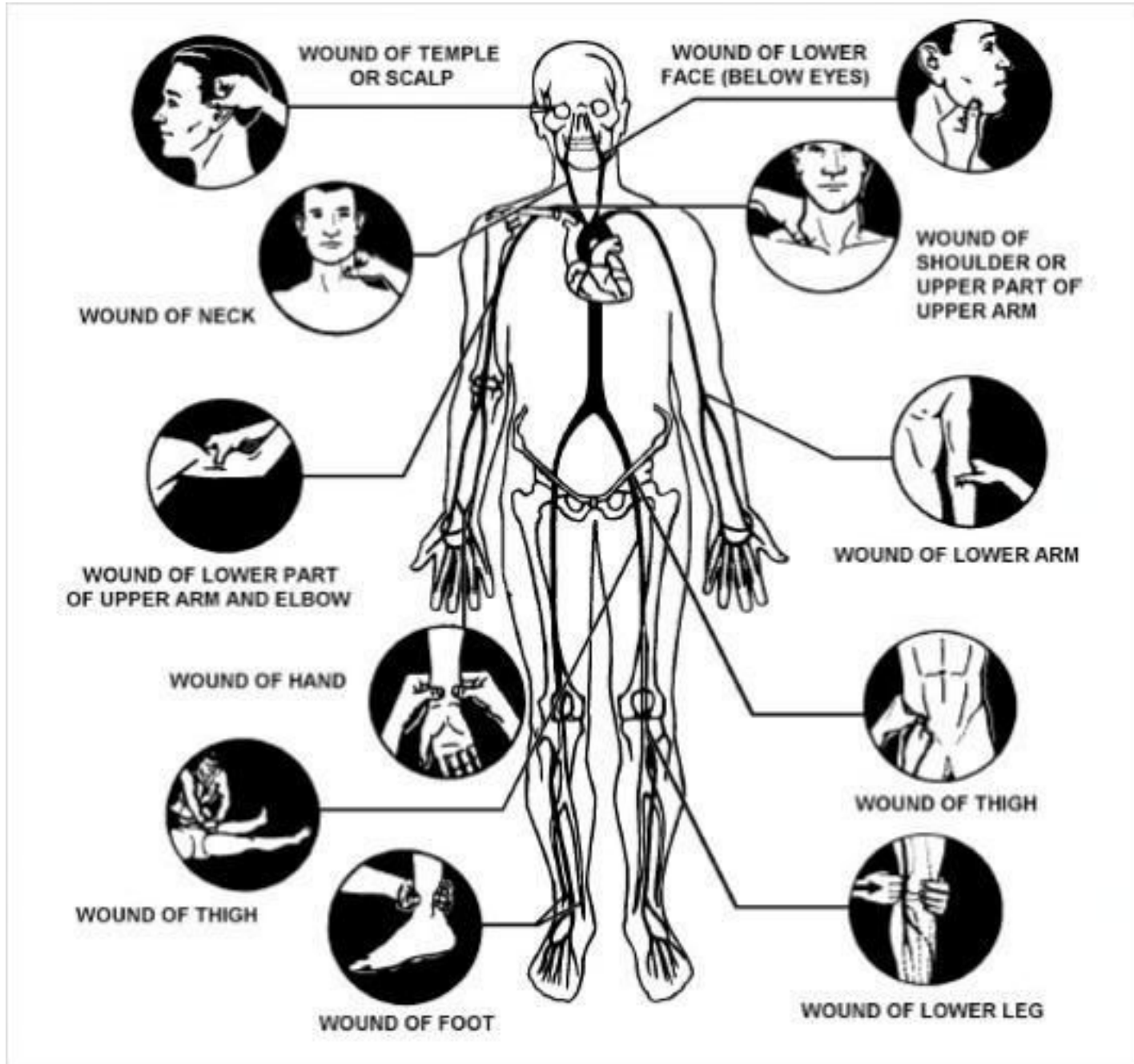


Ice packs



Miscellaneous Items like **thermometer**, syringes etc.

COMPONENTS OF A FIRST AID KIT



COMPONENTS OF A FIRST AID KIT

FIRST AID GUIDE

- **DON'T** leave the person • **YOU** are their best chance of survival • **SEND** someone for help
- **ALWAYS** wear gloves to avoid cross-contamination



HEART ATTACK

1. Convince the person to rest from any activity.
2. Help the person to a comfortable position.
3. Obtain any information about the person's condition.
4. Comfort the person.
5. ☎ 000 for an ambulance.
6. Assist the use of prescribed medication.
7. Monitor vital signs.
8. If the person is unconscious, turn the person on their side and follow the D-R-A-B-C of Resuscitation.



HEAD INJURY

1. ☎ 000 for an ambulance.
2. Assess the person's consciousness by talking to them and touching their hands.
3. If the person is unconscious, turn the person on their side and follow the D-R-A-B-C of Resuscitation.
4. If the person is conscious, comfort and help the person to rest while waiting for the ambulance.
5. Care for any other injuries such as a scalp wound.



HEAT STROKE

1. Stop the person from any activity.
2. Get person into a cool place, give them small sips of fluid.
3. Remove any unnecessary clothing and loosen tight clothing.
4. Cool the body with cold packs to the neck, groin and armpits to accelerate cooling.
5. Cover the person's body with a wet sheet and fan to increase air circulation.
6. Stop cooling when body feels cold to touch.
7. Give clear, cool fluids when the person is fully conscious.
8. If person becomes unconscious, ☎ 000 for an ambulance.



ELECTRIC SHOCK

- **HIGH VOLTAGE POWER**
1. Remain more than 6m from the person until electricity supply is turned off.
- **LOW VOLTAGE POWER**
1. Turn off the main power supply.
- **WHEN THE POWER IS TURNED OFF**
1. IF THE PERSON IS CONSCIOUS, apply sterile non-stick dressing to entry and exit wounds.
 2. Fix dressings with a light bandage.
 3. Seek prompt medical advice.
 4. IF THE PERSON IS UNCONSCIOUS, turn them on their side, follow the D-R-A-B-C of Resuscitation and ☎ 000 for an ambulance.



STROKE

1. If the person is unconscious, turn the person on their side and follow the D-R-A-B-C of resuscitation.
2. ☎ 000 for an ambulance.
3. Monitor vital signs.
4. If the person is conscious, ☎ 000 for an ambulance.
5. Help the person into a comfortable position with head and shoulders supported.
6. Do not give the person anything to eat or drink.
7. If the person is having trouble swallowing, or is drooling, place the person on their side to help fluid or vomit to drain.



DIABETES

1. Care for any life threatening injuries.
2. If conscious, look for any visible abnormalities.
3. Give the person food or fluids, lollies, fruit juices or table sugar dissolved in water.
4. The fully conscious person should eat a small meal or sandwich; this will raise and maintain the blood sugar level.
5. If the person becomes unconscious, ☎ 000 for an ambulance. Do not give anything by mouth. Turn the person on their side and follow the D-R-A-B-C of resuscitation.



EPILEPTIC SEIZURES

1. Protect the person from injury by removing all obstructions.. Do not hold or restrain the person. Do not put anything in the person's mouth.
2. Place the person on their side to allow fluid or vomit to drain.
3. Manage any injuries.
4. If the person falls asleep continue to check airway, breathing and circulation.
5. Call an ambulance if: - the seizure lasts more than a few minutes
- seizure takes place in water
- person has repeat seizures
- person is pregnant
- person is infant or child
- person has diabetes



ASTHMA ATTACK

1. Reassure the person.
2. Assist the use of medication, which has been prescribed for the person's asthma attacks and get them to rest in a comfortable position.
3. Seek medical aid.
4. If the person is unconscious, turn the person on their side and follow the D-R-A-B-C of Resuscitation. ☎ 000 for an ambulance.

The information outlined above is a guide for emergency action only.
Medical assistance must be sought promptly.
This guide follows Australian Resuscitation Council guidelines.
FIRST AID TRAINING SAVES LIVES

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COMPONENTS OF A FIRST AID KIT

FIRST AID GUIDE

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BLEEDING



1. Apply direct pressure to the wound with a sterile pad.
2. Raise and support the injured part above the heart.
3. Fix the pad with a firm sterile bandage.

BURNS



1. Remove person from danger.
2. Cool the burn with cold running water for 20 minutes.
3. Gently remove clothing and jewellery from the burnt area.
4. Cover the burn with a sterile non-stick dressing.

CHOKING



- **PARTIAL BLOCKAGE**

 1. Encourage the person to relax and breathe normally.
 2. Encourage the person to cough.
 3. Stay with the person and give reassurance. If the person becomes unable to breathe, go to total blockage
 4. ☎ 000 for an ambulance.

- **TOTAL BLOCKAGE**

 1. Lay the person on their side on the floor.
 2. Give 4 sharp blows between the shoulders.
 3. If unsuccessful, give 4 lateral chest thrusts (hands to be placed on the side of person's chest below their armpit).
 4. If still unsuccessful, begin resuscitation.
 5. If still unsuccessful, ☎ 000 for an ambulance.
 6. Repeat steps 2-4 every 60 seconds until help arrives or the blockage clears.

POISONING



1. Avoid any danger to yourself and others.
2. IF THE PERSON IS CONSCIOUS, look for evidence of the type of poison.
3. Wipe all poison away from the person's mouth.
4. Hold on to the poison container and vomited material.
5. Ring the Poison Information Centre on 13 11 26 and follow advice given.
6. Unless instructed, do not make the person vomit.
7. IF THE PERSON IS UNCONSCIOUS, turn the person on their side and follow the D-R-A-B-C of Resuscitation.
8. ☎ 000 for an ambulance.

EYE INJURIES



- **SEVERE BLOW TO EYE OR BLEEDING EYE**
 1. Seek prompt medical aid.
- **CHEMICAL IRRITANTS**
 1. Irrigate the eye for 20-30 minutes, from inner to outer corner.
 2. Seek medical aid.
- **WELDING FLASH**
 1. Cover the person's eye and seek medical advice.
- **FOREIGN BODY**
 1. Speck on the white of the eye may be removed with moistened corner of clean cloth.
 2. Do not try to remove a foreign body on coloured part of eye.
 3. If a foreign body is stuck, or penetrating the eye, do not remove it from the eye.
 4. Cover both eyes lightly with a bandage and seek medical aid. Tell the person to keep their eye still.



FRACTURES

1. IF THE PERSON IS CONSCIOUS, do not move the person unless they are in danger.
2. Apply a sterile dressing to any wounds and control bleeding.
3. Help the person into comfortable position.
4. Support the injured part with padding and a splint if needed.
5. Seek medical advice promptly.
6. IF THE PERSON IS UNCONSCIOUS, turn the person on their side and follow the D-R-A-B-C of Resuscitation.
7. ☎ 000 for an ambulance.



FAINTING

1. If possible, assist the person to the ground or other flat surface.
2. Raise the person's legs and let their body lie flat.
3. Loosen any tight clothing.
4. Check for injury or illness.
5. When recovered, let the person rest before moving.
6. If the person is unconscious, turn the person on their side and follow the D-R-A-B-C of Resuscitation. ☎ 000 for an ambulance.



SPRAINS & STRAINS

- Follow the **P-R-I-C-E-R** Management Plan.

 1. Prevent injuries by doing warm up stretches before exercising.
 2. Rest the injured body part.
 3. Ice to be applied for at least 20 minutes.
 4. Compression bandage to be wrapped around the injury.
 5. Elevation of the injured part above the heart.
 6. Refer the person to seek medical advice.



MINOR INJURIES

• NOSE BLEEDS

1. Sit the person forward.
2. Pinch the soft part of nose for 10 minutes.
3. Do not blow or sniff nose for 2 hours.
4. Seek medical advice if bleeding continues.

• SCRAPES & GRAZES

1. Wash area with running water to remove any dirt.
2. Cover with a non-stick sterile dressing.
3. Bandage or tape dressing into place.
4. If anything is embedded in wound, seek medical advice.

• TOOTH KNOCKED OUT

1. Clean with milk or saliva and replace into socket if possible.
2. Take the person to a dentist.
3. Store the tooth in milk if you are not able to put it back in.
4. Tooth should not be washed in water.



SHOCK

• INJURY OR SUDDEN ILLNESS MAY BRING ABOUT SHOCK

1. Do not move the person unnecessarily.
2. IF THE PERSON IS CONSCIOUS, lay the person down and raise their legs.
3. Loosen tight clothing.
4. Stop bleeding if any.
5. Place a blanket under the person and a cover over the person.
6. Do not give person any food or drink.
7. Seek prompt medical advice.
8. IF THE PERSON IS UNCONSCIOUS, turn the person on their side and follow the D-R-A-B-C of Resuscitation.
9. ☎ 000 for an ambulance.

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