

To handle an emergency situation, use Emergency Scene Management (ESM).

- 1 Take charge.
- 2 Call out for help.
- 3 Assess hazards and make the area safe.
- 4 Find out what happened.

- 5 Identify yourself and offer to help.
- 6 If head or spinal injuries are suspected, support the head and neck.
- 7 Assess responsiveness.
- 8 Send or go for medical help and an AED.

Note: Protect yourself and others by wearing non-latex gloves when giving first aid. Use a shield or face mask with a one-way valve when giving CPR.

► Cardiopulmonary Resuscitation (CPR — Adult)

Check breathing. If the casualty is not breathing begin CPR.

- 1 Make sure casualty is on a firm flat surface.
- 2 Place hands on centre of chest.
- 3 Position shoulders directly over hands and keep elbows locked.
- 4 Compress 30 times. Push hard - Push fast
- 5 Pinch nose and make a tight seal over the mouth.
- 6 Give 2 breaths.
- 7 Continue cycles of 30 compressions and 2 breaths until help arrives or an AED is available.



POSITION YOUR HANDS IN THE CENTRE OF THE CHEST



PRESS DOWN FIRM 30 TIMES, PUSH HARD - PUSH FAST



TILT HEAD BACK AND BREATHE INTO CASUALTY TWICE



CONTINUE CPR UNTIL HELP ARRIVES OR AN AED IS AVAILABLE

If you are untrained or are unsure of your skills – don't give up. Give compression only CPR - pushing hard and fast at a rate of at least 100 times each minute.

► Bleeding To control severe bleeding

Immediately apply direct pressure to the wound over a pad of dressings. Keep the casualty lying down.



CONTROL BLEEDING IMMEDIATELY

► Unconsciousness

Get medical help. Make certain person is breathing and then place the casualty in the recovery position. If the casualty is not breathing, start CPR.



RECOVERY POSITION

► Choking (Adult)

If a choking person can speak, breathe or cough – STAND BY and encourage coughing.

If a conscious person cannot speak, breathe or cough:

- 1 Support the casualty's upper body and help her lean forward.
- 2 Give up to 5 sharp blows between the shoulder blades using the heel of your hand.
- 3 If the obstruction is not cleared, stand behind the casualty.
- 4 Place your fist midline just above the belly button.
- 5 Grasp fist with other hand and press inward and upward forcefully 5 times.
- 6 Continue back blows and abdominal thrusts until object is expelled or person becomes unconscious.



SHARP BACK BLOWS



ABDOMINAL THRUSTS

If the person becomes unconscious ease him or her to the ground and send for medical help.

- 1 Begin compressions immediately.
- 2 After the first 30 compressions, check the mouth.
- 3 Remove the foreign object if you see it.
- 4 Try to give two breaths and continue CPR, checking the mouth before each attempt to ventilate.

Emergency Numbers

AMBULANCE

FIRE

POLICE

FAMILY DOCTOR

POISON INFORMATION CENTRE

NOTE: This poster is a step-by-step guide to what you can do until medical help arrives. These tips do not take the place of first aid training.



St. John Ambulance
SAVING LIVES
at work, home and play

Guide To First Aid And Emergency Care

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Guide To First Aid And Emergency Care:

First Aid Essentials James L McMillin Emt-P, 2025-02-25 Editorial Reviews First Aid Essentials A Practical Guide to Emergency Care and Life Support Immediate Response Injury Management and Critical Life Saving Techniques By James L McMillin EMT P EMS Instructor Emergency Medical Technician Paramedic Expert in Emergency Medical Services and Life Support Training A Comprehensive Guide to Emergency First Aid and Life Support In a medical emergency knowing what to do can make all the difference First Aid Essentials A Practical Guide to Emergency Care and Life Support provides a structured easy to follow approach to first aid offering essential knowledge for healthcare providers emergency responders and individuals looking to enhance their emergency preparedness Written by James L McMillin EMT P a highly experienced paramedic and EMS instructor this guide covers core first aid principles and life saving techniques that can be applied in a wide range of medical emergencies Whether you are a trained professional or someone who wants to be ready for unexpected situations this book serves as a valuable resource What You ll Find Inside Fundamentals of Emergency Response Learn how to assess and manage medical emergencies effectively ensuring safety for both the responder and the injured individual Basic Life Support BLS and CPR Techniques Gain an understanding of high impact skills including cardiopulmonary resuscitation CPR airway management and Automated External Defibrillator AED usage Trauma and Injury Care Learn techniques for managing bleeding fractures burns soft tissue injuries head trauma and spinal injuries Medical Emergencies Recognize and respond to conditions such as cardiac arrest stroke seizures diabetic crises respiratory distress and anaphylaxis Environmental and Special Situations Explore first aid techniques for drowning poisoning hypothermia heat related illnesses electrical injuries and more Advanced Techniques for Emergency Situations Understand specialized first aid interventions including tourniquet application wound packing and field improvisations for remote or high risk environments Who Can Benefit from This Guide Healthcare Providers First Responders A reliable reference for paramedics nurses physicians and emergency personnel Students Trainees A valuable educational resource for medical and emergency response training programs Workplace Community Members Ideal for those looking to enhance their first aid skills for workplace safety home emergencies and community preparedness Outdoor Travel Enthusiasts Useful for individuals in remote or wilderness settings where emergency medical care may not be immediately available Be Prepared Take Action with Confidence Emergencies can happen anytime anywhere Having the right knowledge and skills can empower you to respond effectively when it matters most First Aid Essentials A Practical Guide to Emergency Care and Life Support is designed to provide practical evidence based guidance for a wide range of emergency situations *Outdoor Emergency Care: A Patroller's Guide to Medical Care* Edward C. McNamara, David H. Johe, Deborah A. Endly, 2020-05-07 Update July 1 2024 The Outdoor Emergency Care course has migrated to NSP s Center for Learning Platform From July 1 December 31 2024 NSP will offer both the Navigate Advantage Access Navigate and NSP Center for Learning Hybrid versions of the course Prior to

enrolling verify with your instructor which course to choose Students enroll in either course through the NSP Center for Learning from the nsp.org website For students enrolled in the Outdoor Emergency Care Navigate version of the course please purchase either the Advantage Access fully digital or Paperback Advantage textbook to access the online course materials You will access the course portal via the Navigate Advantage Access code provided with your textbook For students enrolled in the Outdoor Emergency Care Hybrid version of the course please do not purchase the Advantage Access digital only version of the textbook You will access the course from your NSP Center for Learning Developed in partnership with the National Ski Patrol Outdoor Emergency Care A Patroller's Guide to Medical Care Sixth Edition is designed to prepare first responders to handle any medical situation in the outdoor environment during all seasons The Sixth Edition features A straightforward consistent patient assessment process The patient assessment process is presented in the same way patients are assessed in the health care system Flowcharts are provided throughout the Patient Assessment chapter to keep the reader focused on each step of the process Up to date content As you read through each chapter you will find new information that is current with present prehospital patient care Subject matter that meets and in many cases exceeds the National Emergency Medical Responder criteria Information unique for ski and bicycle patrollers including extrication is included This material is presented in a format that combines the disciplines of urban EMS and wilderness medical rescue Continuous case studies A continuous case study is included in each chapter to encourage critical thinking and application of the information as readers progress through the chapter End of chapter review questions The review questions included at the end of each chapter allow students to evaluate the knowledge they have gained while reading the chapter Focus on learning objectives Specific objectives listed at the beginning of each chapter tell students at the outset what they are expected to learn as they move through the chapter Physical Textbook Interactive eBook version of the textbook Navigate online access code that unlocks an eBook Audiobook Study Tools Assessments and Analytics Navigate online access code that unlocks Lecture Outlines Lecture PowerPoint Slides Skill Guides Scenario Bank and a Test Bank Available to instructors only Paperback Navigate Advantage Access ISBN 9781284205251 X X Access to eBook included with your Navigate online access code X X Access to Online Instructor's ToolKit included with your Navigate online access code Navigate Advantage Access ISBN 9781284240764 X Access to eBook included with your Navigate online access code X X Access to Online Instructor's ToolKit included with your Navigate online access code Online Instructor's ToolKit ISBN 9781284240726 X Standalone access to Online Instructor's ToolKit eBook ISBN 9781284224085 X Standalone access to eBook 2021 1000 pages

Basic Guide to Medical Emergencies in the Dental Practice Philip Jevon, 2014-03-07 The Basic Guide to Medical Emergencies in the Dental Practice is a must have book for all dental care professionals and general dentists Written in a clear and accessible style this second edition has been fully revised and updated in line with the latest guidelines Chapters cover such key topics as the ABCDE approach to patient assessment resuscitation equipment respiratory and cardiac

disorders paediatric emergencies and legal and ethical issues Readers will also find two brand new chapters on the principles of first aid and drugs for medical emergencies Follows Resuscitation Council UK Guidelines Companion website with self assessment exercises serving as revision as well as non verifiable CPD credit Over 50% new images Student friendly colourful layout with learning outcomes **The Ultimate Guide to U.S. Army Survival Skills, Tactics, and Techniques**

U.S. Department of the Army,2007-09-17 Here for the first time in one place is everything you will ever need to know in order to survive just about any difficult or dangerous situation Drawing from dozens of the U S Army s official field manuals editor Jay McCullough has culled a thousand pages of the most useful and curious tidbits for the would be soldier historian movie maker writer or survivalist including techniques on first aid survival in the hottest or coldest of climates finding or building life saving shelters surviving nuclear biological and chemical attacks physical and mental fitness and how to find food and water anywhere anytime With hundreds of photographs and illustrations showing everything from edible plants to rare skin diseases of the jungle every page reveals how useful Army knowledge can be *Guide to Reference in Medicine and Health* Denise Beaubien Bennett,Christa Modscheidler,2014-04-26 Drawn from the extensive database of Guide to Reference this up to date resource provides an annotated list of print and electronic biomedical and health related reference sources including internet resources and digital image collections Current Catalog National Library of Medicine (U.S.),1992-10 *National Library of Medicine Current Catalog* National Library of Medicine (U.S.),1982 **The**

Equestrian's Guide to Selecting, Training, and Showing the Arabian English Pleasure Horse Pasquale De Marco,2025-08-16 The Arabian English Pleasure Horse is a versatile and athletic breed that excels in a variety of equestrian disciplines Whether you are a seasoned rider or just starting out this comprehensive guide will provide you with everything you need to know to select train and show your Arabian English Pleasure Horse to the best of its ability In this book you will learn about the unique characteristics of the Arabian English Pleasure Horse including its conformation temperament and trainability You will also learn about the basic principles of training from groundwork to advanced dressage movements We will cover nutrition and health care as well as tack and equipment And of course we will provide you with everything you need to know about showing your horse from grooming and show preparation to competition rules and etiquette Whether you are interested in dressage jumping trail riding or simply enjoying the companionship of a beautiful horse this book will help you achieve your goals With its clear and concise instructions helpful tips and stunning photography The Equestrian s Guide to Selecting Training and Showing the Arabian English Pleasure Horse is the essential resource for every horse enthusiast In addition to providing practical advice on all aspects of horse care and training this book also explores the history and heritage of the Arabian English Pleasure Horse You will learn about the breed s origins in the Middle East and its development in England and America You will also learn about the important role that the Arabian English Pleasure Horse has played in the development of other horse breeds such as the American Quarter Horse and the Thoroughbred This book is

not just a training manual it is also a celebration of the Arabian English Pleasure Horse With its beautiful photography and engaging writing this book will inspire you to fall in love with this amazing breed So whether you are a seasoned rider or just starting out this book is for you With its comprehensive coverage of all aspects of horse care and training The Equestrian s Guide to Selecting Training and Showing the Arabian English Pleasure Horse is the essential resource for every horse enthusiast If you like this book write a review *The New Youth: A Guide To Inspiring Young People* Pasquale De Marco,2025-08-13 The New Youth A Guide To Inspiring Young People is a comprehensive guide to the physical mental and social benefits of physical activity for young people Written in an accessible and engaging style this book provides practical advice and strategies to help young people incorporate physical activity into their daily lives and make healthy choices From understanding the mind body connection to developing leadership skills the chapters in this book cover a wide range of topics relevant to the lives of young people The importance of nutrition safety and technology in physical activity are also explored providing readers with a comprehensive guide to healthy and active living In addition the book highlights the role of role models mentors and communities in fostering a culture of physical activity among young people This book is designed to be a valuable resource for young people parents educators and anyone interested in promoting the health and well being of the younger generation By embracing the principles outlined in this book young people can unlock their full potential live healthier and more fulfilling lives and make a positive impact on their communities Physical activity should be an enjoyable and rewarding experience for all young people regardless of their abilities or circumstances This book provides practical tips and strategies to make physical activity accessible and inclusive for everyone It encourages young people to find activities that they enjoy and that fit into their lifestyles empowering them to make healthy choices and develop lifelong physical activity habits Investing in the physical activity of young people is an investment in their future health and well being By providing them with the knowledge skills and motivation to live active lives we can help them reach their full potential and thrive in all aspects of their lives This book is a call to action for young people parents educators and policymakers to prioritize physical activity and create a supportive environment where all young people can reap its many benefits As young people navigate the challenges and opportunities of the 21st century it is more important than ever to equip them with the tools and knowledge to make healthy choices and live fulfilling lives Physical activity is a cornerstone of a healthy and balanced life and it is essential for the success and well being of our future generations This book is a valuable resource for anyone who wants to inspire and empower young people to embrace physical activity and live healthier more active lives If you like this book write a review Subject Guide to Books in Print ,1997 **Emergency Care for Birds** Rob van Zon,2023-12-06 Due to their often small size and unique physical characteristics birds can deteriorate rapidly in the event of illness and injury Timely intervention in the event of clinical signs is therefore essential for an optimal prognosis Authored by avian veterinarian Rob van Zon this concise practical guide will help veterinary professionals to provide first aid and

emergency care for birds as well as to instruct clients on providing basic first aid when they are unable to get to the clinic This full color book packed with photographs and anatomy drawings includes instructions for veterinary professionals on stabilizing sick avian patients and management of many specific emergency situations at the veterinary clinic This includes guidance for those presented with a moribund critically ill patient i e recognizing and treating hypothermia hypoxia hypovolemia and hypoglycemia The book also lists of alarming signs of disease and toxic plants and includes clinical procedures an emergency drug formulary and bandaging techniques Finally it offers guidance to veterinarians giving advice to bird owners for first aid at home **Highway Safety Program Manual: Emergency medical services** United States.

National Highway Safety Bureau,1969 Directory of United States Poison Control Centers and Services ,1983

Bulletin ,1981 **Practical Guide to First Aid** Pippa Keech,Anne Charlish,2017-04-28 Authoritative accessible and reliable advice on dealing with everyday problems and emergencies clearly illustrated throughout *Resources in Education* ,1994 Bug Out Readiness, Advisory Book, Hudkins Publishing Ronald Hudkins,2023-03-10 This Bug Out Bag Book is a comprehensive guide that provides detailed instructions on preparing and packing a Bug Out Bag a portable kit containing essential items necessary for survival in emergencies or disaster scenarios This book typically covers a wide range of topics including the importance of having a Bug out Bag the types of emergencies or disasters for which the bag is intended the selection and organization of items to include and the maintenance and updating of the bag It also includes practical tips and tricks such as properly packing and distributing the bag s weight choosing the proper clothing and footwear creating a survival plan and navigating through different terrain and environments A Bug Out Bag Book is an essential resource for anyone who wants to be prepared for unforeseen events and emergencies whether they are avid hikers campers or preppers *Emergency and Trauma Care for Nurses and Paramedics* Kate Curtis,Clair Ramsden,2011-08-15 Emergency and Trauma Care is written for Australian emergency care providers including paramedics emergency nurses pre hospital care providers nurse practitioners general practice nurses and allied health practitioners including occupational therapists and physiotherapists who are caring for trauma patients This book follows the patient journey from pre hospital to definitive care Using a body systems approach each chapter provides comprehensive coverage of all aspects of adult and paediatric emergencies Implications for clinical practice is supported by chapters of professional practice clinical skills research evidence based practice and legal ethical and cultural issues Clinical assessment physiology management and rationale for intervention of common and not so common emergency presentations are provided with each chapter providing clear and relevant examples for both Paramedics and Nurses Emergency and Trauma Care brings together a team of highly respected clinical practitioners and academics to deliver the most up to date text dealing with the practical procedures and evidence experienced by emergency and trauma care providers every day Chapter 2 Pre hospital care overview in Australia and NZ Chapter 10 Scene assessment management and rescue Chapter 11 Pre Hospital Clinical Reasoning Triage and

Communication Pre hospital and emergency nursing considerations included in all relevant chapters Chapter 5 Cultural Considerations in Emergency Care addresses cultural diversity beliefs and values and focuses on Aboriginal and Torres Strait Islander health and Maori health Chapter 19 Resuscitation includes advanced life support airway management and incorporates the 2010 Australian Resuscitation Council guidelines Chapter 37 People with disabilities provides assessment examination and communication strategies for working with clients with intellectual and physical disabilities Section 5 focuses on examination and communication strategies for working with unique population groups including the elderly disabled obstetric and paediatric patients Section 6 details major trauma assessment and management blast injury and trauma to specific body regions Essentials outline the main points addressed in each chapter Practice tips assist with communication skills procedures and assessment Case studies supported by questions throughout Summaries and Key points review questions web links and references provide for consolidation and further research Evolve resources include Power point slides 30 additional Case studies image bank web links Three paramedic specific chapters including scene assessment and management

National Search and Rescue Manual United States. Coast Guard,1959

The Complete Walker IV Colin Fletcher,Chip Rawlins,2015-11-17 For the first time since 1984 we have a new edition of the classic book that Field they talk in detail about everything from socks to freeze dried trail curries They end as they began with a philosophical and literary disquisition on the reasons to walk capped off with a delightful collection of quotes about walking and the outdoor life After a thoughtful and painstaking analysis of hiking gear from hats to boots from longjohns to tent flaps they remind us that ultimately hiking is about the experience of being outdoors and seeing the green world anew Like its predecessors The Complete Walker IV is an essential purchase for anyone captivated by the outdoor life

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