

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

U.S. Department of the Army

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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

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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**

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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

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

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