

# PROVIDE FIRST AID





# Principles of First Aid

## **Preserve life**

Your first aim is to preserve life by carrying out first aid procedures.

## **Prevent further harm**

Protect the injured person from any potential dangers at the scene.

The casualty should not be moved unless they are in immediate danger.

Any unnecessary movement may cause greater complications.

You should also monitor their airway and breathing until the arrival of an ambulance.

## **Prevent illness or injury from becoming worse**

You should attempt to prevent the casualty's condition from deteriorating further. This could include asking them to stay still to prevent movement of possible fractures.

## **Promote recovery**

You can promote recovery by arranging prompt emergency medical help.

# Recognising first aid emergencies

## Medical emergencies

- Unconscious person
- Heart attack
- Stroke
- Breathing difficulty (e.g. asthma attack)
- Diabetes
- Shock
- Choking
- Drowning
- Seizure
- Faint
- Allergic reaction or anaphylaxis
- Poisoning or drug overdose
- Bites and stings
- Environmental impact (cold or heat)
- Hyperventilation

## Examples of trauma

- Fractures
- Dislocations
- Soft tissue injury (e.g. sprains, strains)
- Bleeding
- Burns
- Crush injury
- Head or spinal injury
- Abdominal injury
- Eye or ear injury

First aid is the immediate treatment or care given to someone suffering from an injury or illness until more advanced care is accessed (or they recover)

# PEAK BODIES

## To follow, or abide by Peak Bodies:

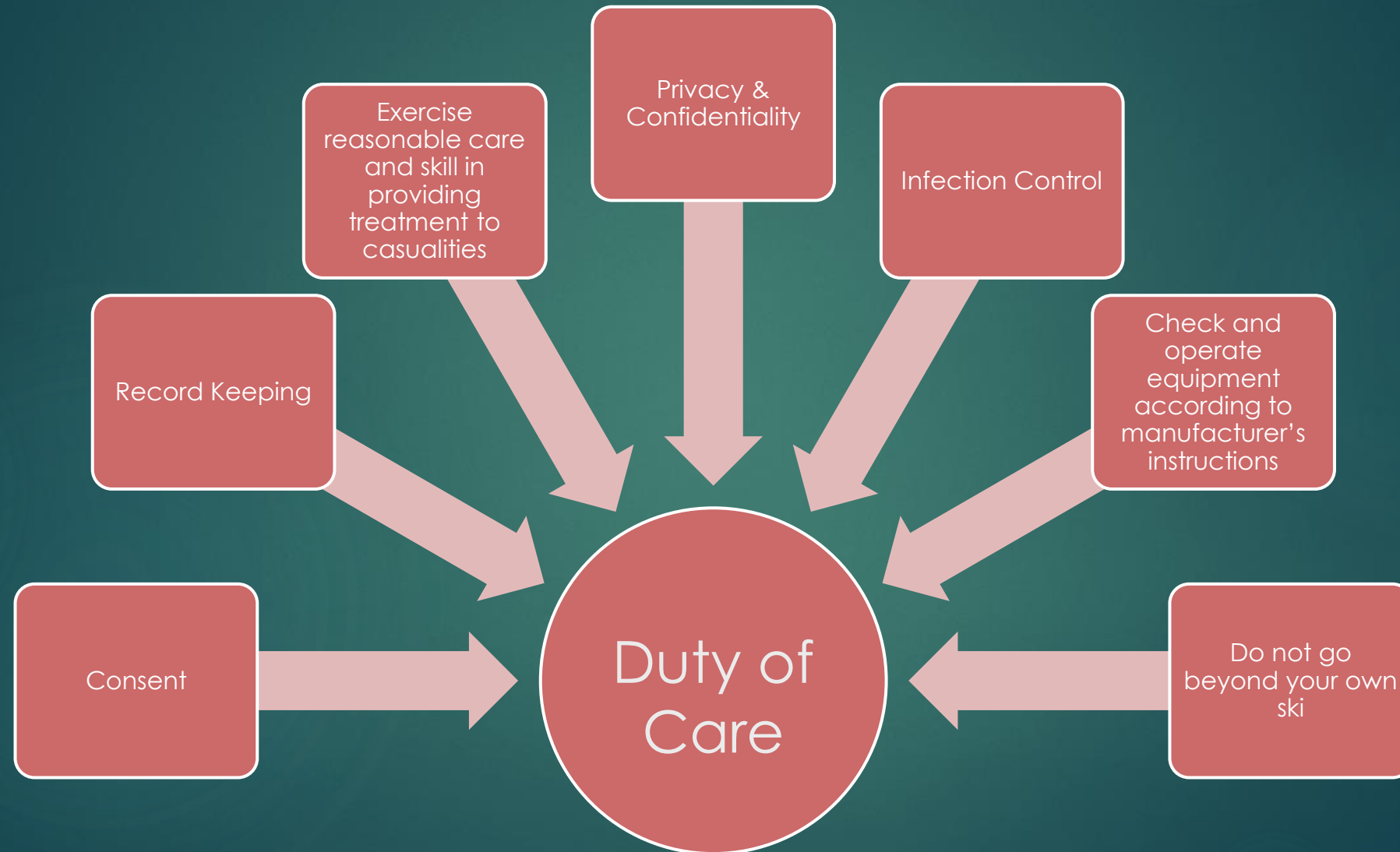
- Australian Resuscitation Council Guidelines
- National Heart Foundation
- National Stroke Foundation
- Diabetes Australia
- Asthma Australia

# WORKPLACE PROCEDURES

- Follow State and Territory Guidelines
- All records must be kept
- In the case of children, records must be kept for 25 years
- Medication cannot be administered without the consent of the parents
- Prevent the spread of infectious diseases

## Who can be a First Aider?

Those who have been trained to administer first aid



# CONSENT

- ▶ Before treating a casualty you should ask for and receive the casualty's consent to your treatment.
- If the casualty is unconscious, or is unable to give consent due to their injuries, you can assume consent and start treatment.
- If the casualty is under 18 years old, then you should seek consent from a parent or guardian. If a parent or guardian is not present, you can start treatment.
- ▶ Do not start treatment if an adult, who seems of sound mind and able to make a decision, refuses your offer of treatment.
- ▶ You only have the casualty's consent to treat them for a condition affecting their immediate health.  
You should not provide help for any ailment that goes beyond your knowledge of first aid.

# CONTAMINATION

A first aider must take precautions to minimise the risk of infection by practising good hygiene practices

## BEFORE

- Wash hands
- Gloves
- Protective clothing
- Cover areas likely to produce infection
- Barrier between bodily fluids

## DURING

- Gloves
- Face shield
- Clean bandages and dressings
- Avoid coughing, breathing, or speaking over the wound
- Avoid contact with body fluids
- Avoid treating more than one casualty without washing hands and changing gloves

## AFTER

- Clean up
- Safely dispose
- Wash hands
- Store first aid kit and organise for it to be replenished



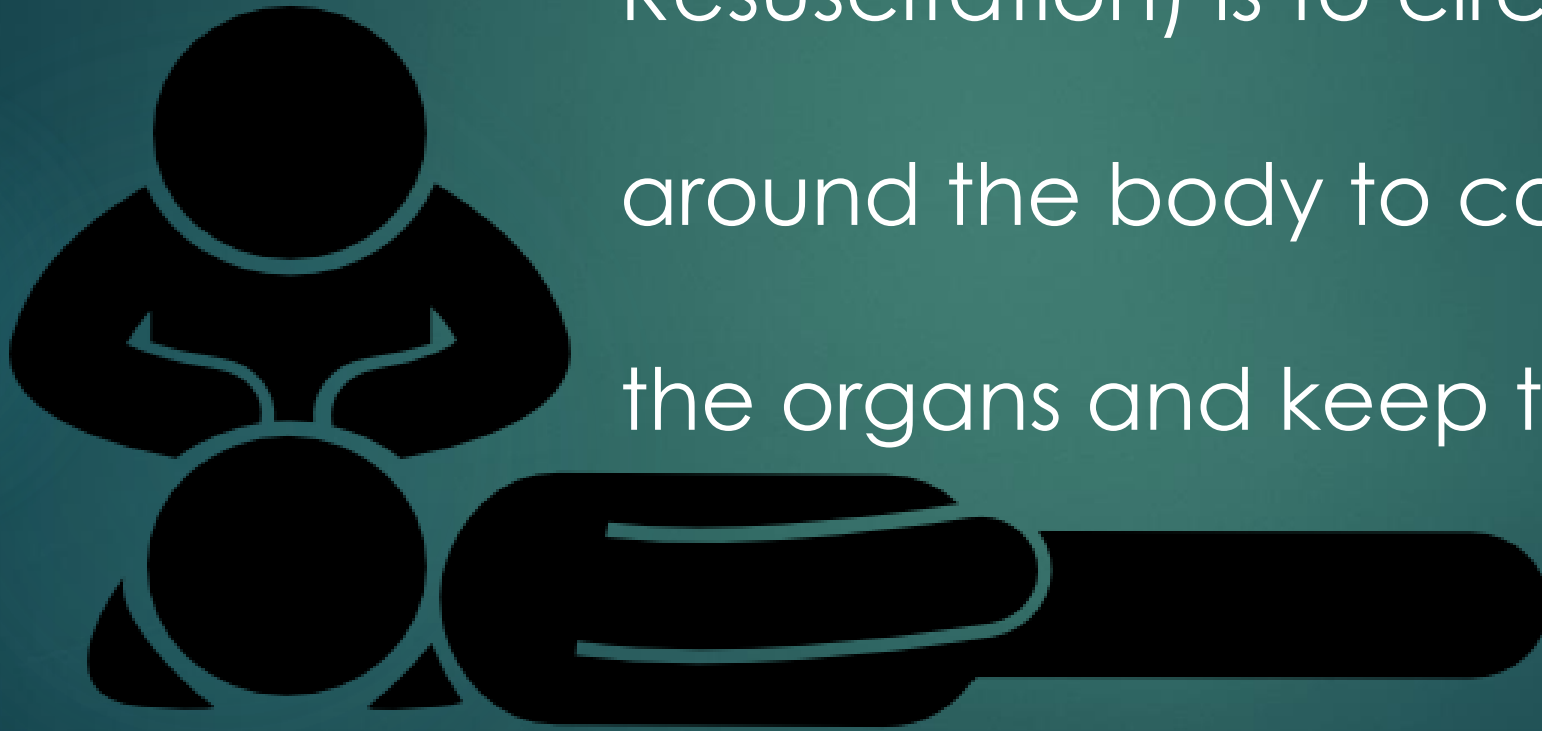
# NEEDLE STICK INJURIES

If pricked by a needle –

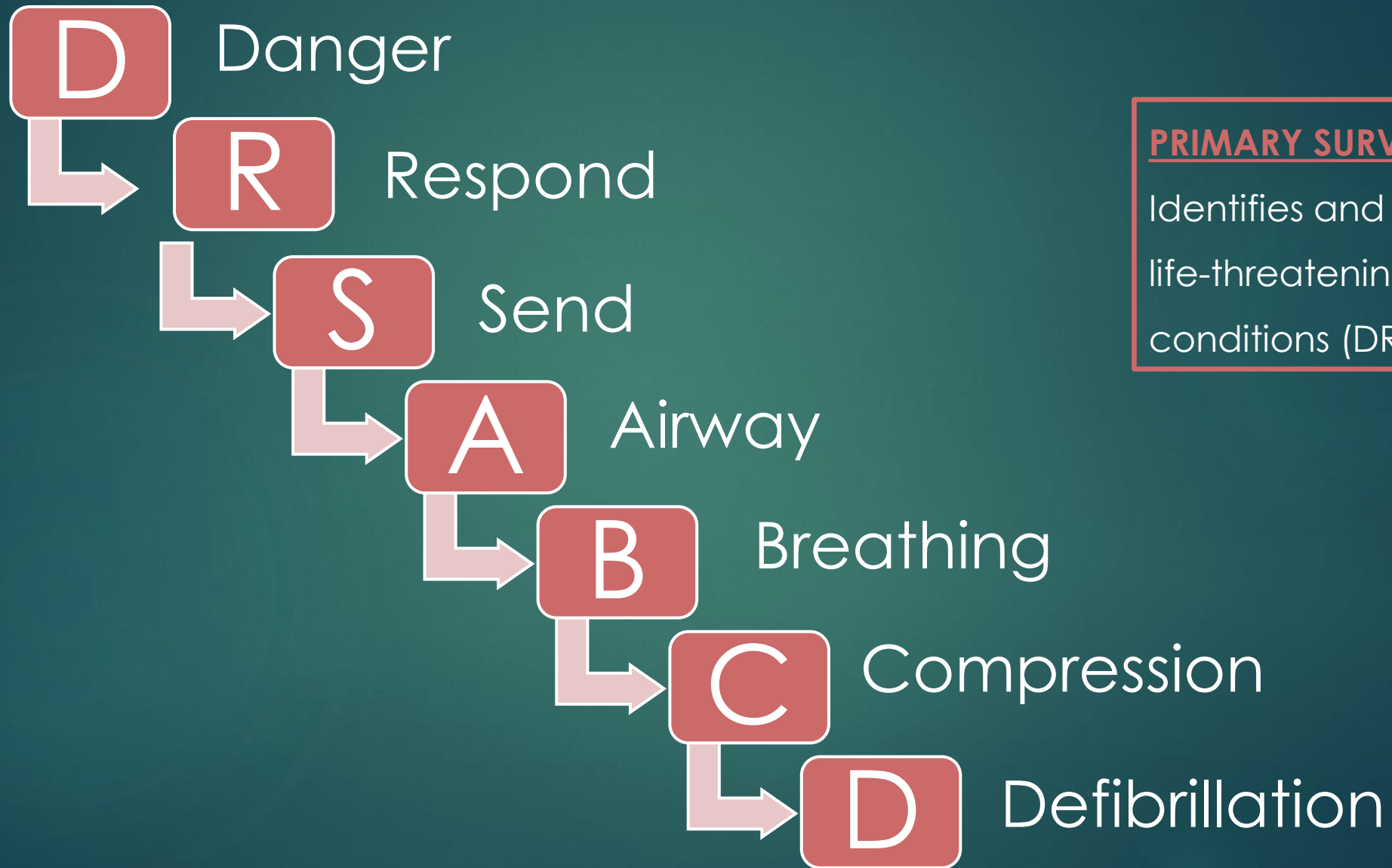
- Remove needle
- Wash area with soapy water where possible for 30 seconds
- Take needle with you if possible to doctor and get checked for any infectious substances

# CPR

The aim of CPR (Cardio Pulmonary Resuscitation) is to circulate blood around the body to carry oxygen to the organs and keep the brain alive.



# BASIC LIFE SUPPORT



## PRIMARY SURVEY

Identifies and manages life-threatening conditions (DRSABCD).

# Head To Toe Examination

S

Signs and Symptoms

A

Allergies

M

Medications

P

Previous medical or surgical history

L

Last meal time

E

Events leading up to the incident

## SECONDARY SURVEY

If there are no life-threatening conditions which require immediate first aid, then proceed to 'SAMPLE'

# PRIMARY SURVEY

DRSABCD

What do we do if our casualty doesn't respond?

# DANGER

- ▶ When you encounter an emergency it is important to survey the area and assess the dangers that are present.
- ▶ You need to remove or minimise hazards for the safety of the casualty, for yourself and for any bystanders.

- ▶ **Remember**

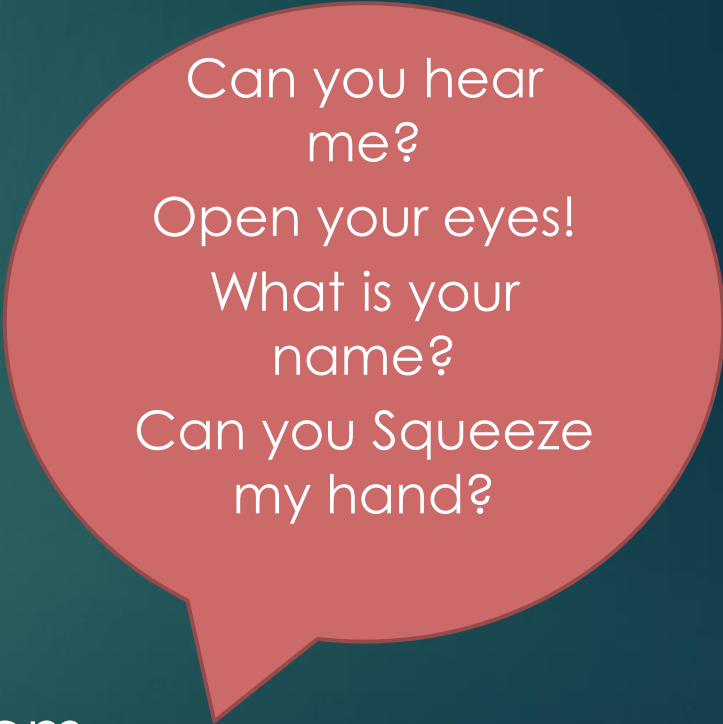
You can't help anyone if you injure yourself



What are the  
potential  
dangers in  
the  
environment

# RESPONSE

- Look for a response.  
Is the casualty conscious?
- Gently touch and talk to them as if you are trying to wake them up.
- Speak loudly, but don't shout.
- Squeeze their shoulders firmly rather than shaking them.



Can you hear  
me?  
Open your eyes!  
What is your  
name?  
Can you Squeeze  
my hand?

# SEND FOR HELP

- What is the exact location of the incident?
- What is the phone number from which you are calling?
- What is your name?
- What has happened?
- How many casualties are there?
- What is the condition of the casualty(s)?

► In a medical emergency, you will need to call

► **000**

► If calling 000 from a mobile phone fails, call

► **112**



# AIRWAY

## **Unconscious people may have a blocked airway -**

- \* Using pistol grip, pull down on the chin to open their mouth and have a look inside.

## **If airway is blocked -**

- \* Turn person on the side and clear mouth of vomit or other matter by using your fingers to scoop it out
- \* Ensure the airway is clear before rolling the person back onto their back

# AIRWAY



## FOR BABIES (0-12 MONTHS)

Support the chin, to open and have  
a look inside the mouth

Always ensure the head is in a  
neutral position

No head tilt

# BREATHING

## LOOK

Look to see if the chest rises and falls



## LISTEN

Listen for the sounds of breath



## FEEL

Feel for movement of the chest and exhaled air

Gasping

Wheezing

Gurgling noises

Long lasting air

Exhalation

This is not normal

breathing

START CPR

# BREATHING? YES

- ▶ Position the casualty in the recovery position, call emergency services and monitor them by observing their airway and breathing.
- ▶ **Step 1 – Place the casualty in position**
- ▶ **Step 2 – Stabilise the casualty**
- ▶ **Step 3 – Position the casualty's head**
- ▶ If a casualty is in advanced stages of pregnancy, place her in the recovery position so that she is leaning on **her left** side



# COMPRESSIONS

If not breathing- Start CPR

30 compressions + x2 breathes

Push down 1/3 of the depth of the chest

Heel of hand in the center of the chest



5 cycles every

2 minutes

# COMPRESSIONS

## REMEMBER FOR BABIES 0-12 MONTHS

Two fingers in the centre of the chest, between the nipples

Cover their nose and mouth with your mouth

Puff two little puffs of air from your cheeks (using the air that is already in your mouth).

No head tilt

5 cycles every

2 minutes

# STOP CPR WHEN:

- ▶ CASUALTY SHOWS SIGNS OF LIFE
- ▶ HELP ARRIVES AND TAKES OVER
- ▶ EXHAUSTION – CAN'T CONTINUE
- ▶ DOCTOR OR SENIOR AMBO PRONOUNCES DEAD
- ▶ SCENE BECOMES UNSAFE

# DEFIBRILLATION

An Automated External Defibrillator (AED) sends an electric shock to the heart to stop an extremely rapid, irregular heartbeat, and restore the normal heart rhythm.

How to use an AED:

1. If there are two (2) rescuers, one (1) should continue CPR while the other unpacks the AED.
2. Expose the chest and remove medication patches/jewellery, wipe chest dry and remove chest hair with razor.
3. Switch on AED and attach pads.
4. Follow the voice and visual prompts on the AED.
5. As directed by the AED, ensure nobody is touching the casualty during analysis or shock delivery.
6. Ensure casualty is not in contact with metal.

There are different AED approaches, depending on the casualty's age and available equipment.

### Adults and children aged 8+ years

- Use standard AED
- Place one pad on the casualty's upper right side (just below the collarbone) and the second pad on the casualty's left side, just below the armpit.



### Children aged 1-8 years

- Use paediatric AED or a standard AED with paediatric pads – both activate a lower voltage setting and have smaller pads
- If unavailable, standard AED and pads can be used – the AED will adjust according to its analysis
- Place one pad on the casualty's back and the second pad on the casualty's chest

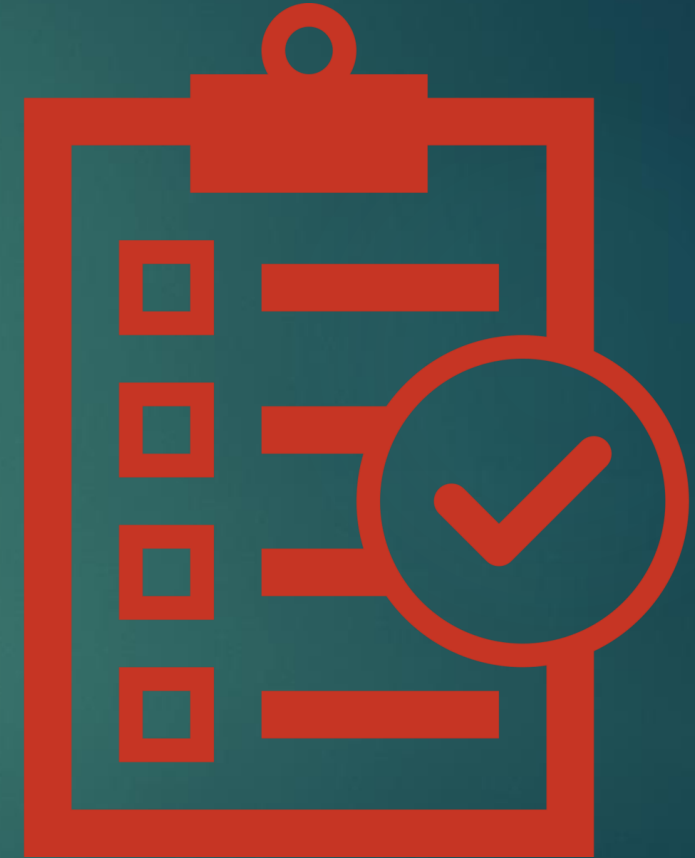
# REPORTING

- ▶ **VERBAL REPORT – HANDOVER**

- ▶ Accuracy
- ▶ Actual events
- ▶ Facts not opinions

- ▶ **FOLLOWING AN EMERGENCY**

- ▶ Maintain Privacy & Confidentiality
- ▶ Debrief & Evaluate
- ▶ Stress Management



# REPORTING First Aid Report Forms

Your workplace may supply a template for record keeping (see example); however, you can write down and submit details on a spare piece of paper.

- ▶ Reports are relevant to the following parties:
- ▶ Emergency services / paramedics
- ▶ Your employer (e.g. for insurance claims)
- ▶ Regulatory bodies, such as:
  - ▶ **Workplace Health and Safety Queensland (WHSQ)**, who must be notified of death, serious injury or illness or dangerous incidents in the workplace
  - ▶ **Australian Children's Education and Care Quality Authority (ACECQA)**, who must be notified within 24 hours of the death, serious injury/trauma/ illness of a child supervised by an education and care service
- ▶ Parents of child casualties

| FIRST AID REPORT FORM                                                                  |                                 |               |                                                                  |
|----------------------------------------------------------------------------------------|---------------------------------|---------------|------------------------------------------------------------------|
| <b>FIRST AIDER DETAILS</b>                                                             |                                 |               |                                                                  |
| First Aider name                                                                       |                                 |               |                                                                  |
| First Aider phone                                                                      |                                 |               |                                                                  |
| <b>INCIDENT DETAILS</b>                                                                |                                 |               |                                                                  |
| Incident date                                                                          |                                 | Incident time |                                                                  |
| Incident location                                                                      |                                 |               |                                                                  |
| <b>CASUALTY DETAILS</b>                                                                |                                 |               |                                                                  |
| Injured party name                                                                     |                                 |               |                                                                  |
| Date of birth                                                                          |                                 | Sex           | <input type="checkbox"/> Male<br><input type="checkbox"/> Female |
| Address of injured party                                                               |                                 |               |                                                                  |
| Contact person for injured party                                                       | Name:<br>.....<br>Phone number: |               |                                                                  |
| Description of incident / injury (e.g. cut, bruise, swelling, burn)                    |                                 |               |                                                                  |
| Describe First Aid provided                                                            |                                 |               |                                                                  |
| Injured party's other health details (e.g. conditions, medications, time of last meal) |                                 |               |                                                                  |
| <b>ACKNOWLEDGEMENT</b>                                                                 |                                 |               |                                                                  |
| First Aider signature                                                                  |                                 | Date          |                                                                  |
| Supervisor signature                                                                   |                                 | Date          |                                                                  |
| Parent/caregiver signature                                                             |                                 | Date          |                                                                  |

# REPORTING Confidentiality

- ▶ It is important that you keep any information that you gain **confidential**
- ▶ You need to respect the casualty's need for privacy and dignity.
- ▶ Confidential information includes:
  - Details of medical conditions
  - Treatment which has been provided
  - Test results

Disclosing personal information (e.g. to the media) without permission is disrespectful to the casualty and (in some situations) illegal.

## Stress from traumatic events

- Those involved in first aid incidents (e.g. rescuers, casualties, witnesses) may suffer psychological impacts from the event
  - Untreated, they could develop into chronic illness
  - It is best to address a person's reactions/feelings as early as possible
- People react differently to traumatic events – some people react (immediately or sometimes months later), others not at all

## Debriefing

- It is important for all people involved in an incident to take part in a debrief to relieve the stress of a traumatic event
  - Workplaces have a responsibility to provide an opportunity to their workers to have a debriefing after a traumatic incident
  - Families should be notified if children have witnessed an event (while maintaining confidentiality) so that parents/caregivers are prepared to respond at home
- There is no right or wrong way to feel after an event, so you should feel comfortable being completely honest

# THE CHAIN OF SURVIVAL



Early access to  
emergency  
services

Early CPR

Early defibrillation

Early  
advanced  
care

END TOPIC 1

