

# EMERGENCY FIRST+ AID

This is a guide to emergency aid for those in injured circumstances. It is not intended to replace formal first aid training or professional medical treatment.

### REMOVING AN INJURED PERSON

**STEP 1** Move the person away from danger if this can be done safely.  
**STEP 2** Take care to immobilise major joints.  
**STEP 3** If possible, have someone else support the neck and back. Do not lift heavy or bend back. Bump or strain injuries to the neck or back are serious. Keep body in straight line and never in a straight line.  
**STEP 4** In emergency, move injured patient with care and stability out of danger zone. Keeping head straight is essential. Do not bend neck or back.

## CHOKING

**1. If victim can cough**  
 Do not do anything to assist.

**2. If victim is unable to cough, speak or breathe**  
 a) Stand behind the victim, make a fist with the thumb and index finger of the hand on the other side of the victim's navel.  
 b) Grasp the fist with your other hand and pull it up to the victim's navel.  
 c) Push hard and quick into the navel area 5 times.  
 d) Repeat until the object is dislodged.  
 e) If the victim is unconscious, lay them on their back and perform the Heimlich maneuver.

**Always call for expert help at the earliest possible moment.**

### MINIMAL FIRST AID SUPPLIES NEEDED (Keep together in accessible place)

- Bandages (various sizes)
- Eye drops
- First aid kit
- First aid manual
- First aid training manual
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## BURNS AND PRESSURE

### EMERGENCY NUMBERS

Dial: \_\_\_\_\_  
 Fire: \_\_\_\_\_  
 Police: \_\_\_\_\_  
 Ambulance: \_\_\_\_\_

## CARDIOPULMONARY RESUSCITATION (CPR)

CPR means artificial heart compression plus artificial respiration. Used when the heart has stopped beating. SHOULD BE PERFORMED ONLY BY THOSE TRAINED IN CPR.

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### EMERGENCY NUMBERS

Police: \_\_\_\_\_  
 Fire: \_\_\_\_\_  
 Gas Co.: \_\_\_\_\_  
 Elec. Co.: \_\_\_\_\_

## BURNS AND BITES

Always call for expert help at the earliest possible moment.

## BANDAGING

Diagrams illustrating bandaging techniques for various body parts:

- Hand
- Forehead, Eyes, Ears
- Elbow or Knee
- Head and Forehead
- Wrist

## POISONING BY MOUTH

Always call for expert help at the earliest possible moment.