Presentation: Introduction to Basic First Aid for common events

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- It is important to have some basic information and skills in first aid as any non medical person will be able to make a big difference by just doing something to help even if it is basic.

- **DRS ABCD** action plan:

  DANGER
  - Ensure the area is safe for your self, others and the patient

  RESPONSE
  - Check for response—ask name—squeeze shoulders
  - No response
  - Response
  - Make comfortable
  - Monitor response

  SEND for help
  - Call triple zero (000) for an ambulance
  - or ask another person to make the call

  AIRWAY
  - Open mouth—if foreign material present
  - Place in recovery position
  - Clear airway with fingers

  BREATHING
  - Check for breathing—look, listen, feel
  - Normal breathing
  - Place in recovery position
  - Monitor breathing

  CPR
  - Start CPR—30 chest compressions : 2 breaths
  - Continue CPR until help arrives
  - or patient recovers

  DEFIBRILLATION
  - Apply defibrillator if available
  - and follow voice prompts
• **Choking:**
  - If a partial blockage, encourage the child to keep coughing and give reassurance.
  - If a complete blockage, position leaning forward, or for a baby face down in your arms, and administer 5 firm blows with the heal of your hand between the shoulder blades.
  - If unsuccessful, position upright against a firm surface, and administer 5 upward chest thrusts.
  - Continue back blows and chest thrusts as needed until blockage is dislodged or the Ambulance arrives.
  - Administer CPR if the child becomes unconscious.

• **Trauma (eg) fractured wrist or bleeding nose**
  - Immobilise the fracture – using a t-shirt folded over or even a pillow, or apply a sling with arm slightly elevated but comfortable.
  - Check for allergies and administer pain relief (eg) panadol.
  - For a bleeding nose an adult should apply firm pressure on the soft part of the child’s nose for 10 minutes non-stop. Do not let go to check if it is still bleeding until at least 10 minutes.

• **Burns**
  - Call 000
  - Remove any clothing and/or jewellery.
  - Cool with tepid running water for at least 20 minutes. This can mean getting into the shower.
  - Administer pain relief such as panadol.
  - Don’t try to remove any bits of clothing stuck in the wound.
  - Cover with a clean, non stick, sterile dressing.

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*‘Initiate First Aid Training’* offer accredited and non-accredited courses for adults and children

For further information or to book please contact: 0421 280 677, initiatetraining@gmail.com