

First Aid Summary

Emergency 000 or 112



Basic concern is A B C = **AIRWAY, BREATHING, CIRCULATION**

CPR - Cardiopulmonary resuscitation -Is a combination of mouth-to-mouth resuscitation and chest compressions which delivers oxygen and artificial circulation to a person whose heart has stopped.

Aim: To get Oxygen (air) O2 to the brain. To achieve this: Open the airway, get air to the lungs if the patient is unable to breath and pump O2 to the brain if the heart has stopped.

In an emergency remember : **Always DRSABCD**

D Danger - Assess and if possible remove any threats. Number 1. is yourself.

R Response - Talk, squeeze a shoulder (from behind) and if the px responds put into recovery position - consent.

S Send someone for help / ring ambulance. If no one is around to help, put patient in recovery position while you ring.

A Airway - Check (including tongue) whilst on back and clear by removing foreign material and draining fluid whilst in recovery position. Do not tilt yet. With baby only hold sides of head.

B Breathing - tilt, look (at chest), listen and feel (on cheek) for breathing. If patient is breathing normally (2 in 10 seconds), place in recovery position and monitor. If NOT: Start CPR.

C CPR - Compressions/breaths ratio 30:2. This means 30 chest compressions on the lower half of the sternum (not the very bottom) alternating with two breaths (if know Px or has a "clean" mouth) which are hard enough to ensure that the chest rises. Keep repeating, don't give up and continue until defibrillator arrives or patient recovers.

D Defibrillator - Apply a defibrillator if available and follow the prompts. Once the AED (automatic external defibrillator)electrode pads are attached to the patient's chest, the AED will analyse the heart rhythm and display action to be taken. Give a shock if told to do so, continue CPR until told to give another shock. If or when the patient recovers put into the recovery position. Pads 8 cms + from pacemaker scar, remove any metal. Check next for bleeding and injuries. .

A - Z of more specific conditions

If serious injury, normally **SHOCK** also occurs.

Px means patient
S/s means signs and symptoms

ABDOMINAL / INTERNAL INJURIES - DRSABCD

ALLERGIC REACTION - Call 000. Use adrenaline in EPIPEN (single use as locks) by removing the coloured end then pushing end (monkey grip) (blue to sky!) hard into the mid outer thigh until a click is heard. Hold 3 seconds and remove. Keep comfy, and use O2, asthma medication if available. If no improvement after 5mins repeat with another EPIPEN, check for response and follow DRSABCD. Px on floor. Epipen lasts 1 year.

ASTHMA - Try to calm Px, sit up, and use their puffer. Four puffs with 4 breaths (for each puff) in each time. After four minutes, repeat if no relief. Call 000. . So 4 x 4 x 4

BITES/STINGS- Serious bites/stings from a snake, Funnel Web spider, Mouse spider (dark blue) Cone Shell, Blue Ring Octopus the aim is to slow the spread of poison. 1. Use a **CONSTRUCTIVE** bandage the length of the limb from fingers /toes up. Make sure some blood still flows. 2. **SPLINT** to immobilise the limb. 3. Keep Px **CALM** to lower the heart rate. For other smaller bites use a cold compress. **JELLYFISH** in **tropical** waters above Geraldton and Bundaberg (Qld), and Box and Irukandji jellyfish use **vinegar** or if not available, use seawater (not fresh water) for 30 seconds. Remove tentacles and do NOT rub. **NON TROPICAL JELLYFISH** such as Blue bottles, remove the tentacles, flush with **sea water** or moderate to hot H2O. Failing that, use a cold pack. Same for Stone Fish. **BEE STING** scrape sideways. **TICK** place pointed tweezers low around mouthpart of the tick and gently remove.

BLEEDING - Apply pressure, elevate, pad and bandage. Do not attempt to remove an object if it is impaled. For a nose bleed, lean patient forward and pinch soft part of nose for 10minutes. Apply cold pack to the neck.

BURNS - Apply running cold water for 20 minutes. Remove loose clothing but not stuck clothing. Cover with a non-stick dressing. If on fire STOP, DROP, ROLL and smother with a blanket. Treat for shock. Ring 000.

CHEST INJURIES - s/s : pain, breathing issues, blue. Sit or lean to injured side. If an open wound use a three sided bandage.

CHOKING- Px against wall. Encourage coughing if possible otherwise five back blows with Px bent over. If still choking then five chest thrusts at CPR position whilst seated. Alternate until clear.

DIABETIC- Give sugar every 15minutes. If unconscious massage sugar onto gums. DRSABCD. Call 000.

EYES- Flush with H2O, inner to outer corner. Do not remove if something is impaled, cover with a pad. Do not rub.

FEVER- Reduce clothing and sponge with tepid H2O. Cool fluids. Normal temp should be just less than 37deg.

FIT - Early s/s: may get headaches, see flashing lights and fall down. Protect Px and place on their side.

FRACTURE -Control bleeding, immobilise and splint. Same for dislocation. Check circulation.

FRACTURED RIBS -Comfort, sit or lean to injured side and pad that side. Use a tri bandage to secure arm and pad to the chest. Advise short breaths.

HEAD, NECK, SPINAL - S/s: abnormal responses, pupils uneven, blurred vision, memory x, maybe concussion. Suspect spinal issue also. If fluid from ear let it drain. Monitor breathing and pulse, support head and neck, control bleeding. If unconscious DRSABCD. Ring 000

HEART ATTACK (reduced blood to heart) -S/s: chest pain, L side, back, jaw, pressure, hard to breath, pale, clammy, nausea, dizzy. Check if Px has medication and use it. DRSABCD. Give one aspirin unless allergic. Angina (warning) reduced blood flow, pain to left side of body. Heart attack - reduced blood flow to coronary vessel. Heart arrest - heart stops.

HYPERTHERMIA - overheated, dehydrated, sunstroke. Need cool fluids. Lie, raise legs, remove most clothing.

HYPOTHERMIA - cooling as core temp is not maintained and less than 35deg. To prevent: suitable clothing, dry spare, wind-proof, rest, energy snacks, H2O so no dehydration. Warm drinks. Starts as shiver, then slurred speech, irritable, unco., low pulse. Must warm slowly. Skin to skin is best, rug up, sleeping bag, no alcohol, not too close to fire. If worse and shivering stops = very serious.

SHOCK- caused by reduced blood to organs. Treat cause. S/s: pale, cold, clammy, dizzy. Elevate legs or recovery position NO food nor drink.

SPRAIN/STRAIN -Think **R.I.C.E.** R-rest, I-ice 15mins 2hrs repeat, C -compression, not too tight, E-elevation.

STROKE (CVA) - Think **F.A.S.T** F -face, smile see if symmetric, A -raise arms, S -speech, T -act fast. **DRSABCD**

UNCONSCIOUS - Cause may be: **1.** Injury/illness affecting the brain from trauma, CVA, fit, meningitis. **2.** Lack of O2 so not breathing, blood loss, respiratory problems, allergy, smoke. **3.** Poison, toxin, diabetes, kidney, alcohol, drugs.

OXYGEN cylinder is black and white. Flow should be 8Litres per minute. Add to mask or into mouth whilst CPR.

POISON- Ring 13 11 26 - Rinse mouth only. Do not induce vomiting.

RECOVERY position if pregnant - Tilt pelvis to left when on back, with pad, and put to left side in recovery position.

Compiled by Richard Jolly. With thanks to St. John handbooks and various first aid apps. June 2021

