

FIRST AID

quick guide

DRSABCD

- D** Danger
- R** Response
- S** Send for help
- A** Airways
- B** Breathing
- C** CPR
- D** Defibrillation

CPR

- INFANTS: Use 2 of fingers
- CHILDREN: Use 2 hands
- ADULTS: Use 2 hands
- "DO COMPRESSIONS / 2 BREATHS"

EMERGENCY NUMBERS

EMERGENCY
000

SES
132 900

POISON INFO
13 11 26

CALL 000 IN AN EMERGENCY

MAJOR BLEEDING

1. Apply direct or indirect pressure
2. Apply haemostatic dressing
3. Apply tourniquet
4. Call 000

MAJOR BURNS

1. Follow DRSABCD
2. If clothing is on fire: Stop, Drop, Roll
3. Remove clothing if necessary
4. Cool the burn under cold water for 20 mins
5. Cover burn with wet dressing or plastic wrap
6. Call 000



SNAKE BITES

1. Call 000
2. Place wound dressing on the bite site
3. Immediately apply firm pressure on the bandage
4. Immobilise the limb

CHOKING

1. Call 000
2. Hold child's mouth open
3. Give up to 5 back blows
4. Remove any foreign material from mouth with your fingers
5. If unsuccessful after 5 back blows, give 5 chest thrusts
6. Commence CPR if child becomes unconscious



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RS Peters



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