LTSC AND ST JOHN

LTSC proudly supports St John. Help support St John and get your first aid training completed with them today. New shorter courses on your site or theirs at a time that suits you.

FIRST AID COURSES

A basic one-day course is the recommended training for workplace first aiders. It's also good for anybody who wants to be able to help in a medical emergency. Ill health or accidents can happen anywhere at any time – this course will ensure you know what to do.

- Ideal to learn basic first aid or refresh an existing first aid qualification
- Minimum qualification requirement for a workplace first aider
- Helps your workplace meet health and safety standards
- Compliant with Department of Labour and NZQA requirements
- Includes NZQA unit standards 26551, 26552

To book your first aid course call 0800 FIRST AID (347 782)

IN AN EMERGENCY ALWAYS CALL

111

- **AMBULANCE**
- **POLICE**
- **FIRE**

Ensure you have a plan and enough emergency supplies to get through a major emergency.

For more information on disaster preparation visit **www.getthru.govt.nz**





www.stjohn.org.nz





PRIORITIES

ACCIDENT

MEDICAL



DANGER

Ensure yourself and other people are safe.



RESPONSE

Check RESPONSE using voice and touch.



SEND FOR HELP

Call 111 and ask for AMBULANCE



AIRWAY

Tilt the head back and lift the chin.



BREATHING

Look for normal breathing.



CPR

Give 30 chest COMPRESSIONS at approximately 100 per minute, then give 2 breaths. Continue ratio of 30:2 until the ambulance arrives. Apply an AED.



- **Expose** check the wound (look for size, shape, objects)
- **Apply DIRECT PRESSURE** (with a sterile pad if possible)

Bleeding

- **DO NOT** remove objects
- **Elevate** to prevent blood flow
- Call 111 and ask for AMBULANCE





Tightness and pain in chest (also arm and jaw) unrelieved with rest

Signs and Symptoms



- Treatment reassurance
- Place patient in comfortable position
- Call 111 and ask for AMBULANCE



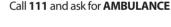
- Cool for 20 minutes (to prevent further damage)
 - Cover with a clean wet cloth or wrap in cling film (to prevent infection).
 - Call 111 and ask for AMBULANCE





- Signs and Symptoms Short of breath (few words) wheezv sounds
- Treatment Blue Inhaler
- Call 111 and ask for AMBULANCE







Breaks

- Check to see OPEN or CLOSED
- Open manage bleeding
- Closed keep still
- Call 111 and ask for AMBULANCE





Poisoning

- **Signs and Symptoms**
- Poison containers, burns around mouth, upset
- **Treatment** nil by mouth
- Call 111 and ask for AMBULANCE

