

First Aid Tips Guide



0800 ST JOHN (0800 785 646)



www.stjohn.org.nz



St John

first to care



**LOG TRANSPORT
SAFETY COUNCIL**

PRIORITIES

D

DANGER

Ensure yourself and other people are safe.

R

RESPONSE

Check RESPONSE using voice and touch.

S

SEND FOR HELP

Call **111** and ask for **AMBULANCE**

A

AIRWAY

Tilt the head back and lift the chin.

B

BREATHING

Look for normal breathing.

C

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**.

ACCIDENT

B

Bleeding

- ▶ **Expose** – check the wound (look for size, shape, objects)
- ▶ **Apply DIRECT PRESSURE** (with a sterile pad if possible)
- ▶ **DO NOT** – remove objects
- ▶ **Elevate** – to prevent blood flow
- ▶ Call **111** and ask for **AMBULANCE**



B

Burns

- ▶ 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**



B

Breaks

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



MEDICAL

H

Heart Attack

- ▶ **Signs and Symptoms**
Tightness and pain in chest (also arm and jaw)
unrelieved with rest
- ▶ **Treatment – reassurance**
- ▶ **Place patient in comfortable position**
- ▶ Call **111** and ask for **AMBULANCE**



A

Asthma

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



P

Poisoning

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



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**