

BASIC LIFE SUPPORT



Danger

CHECK FOR DANGER

Always check for danger to yourself, bystanders and the patient. Remove hazards to self and to others.



Response

CHECK FOR RESPONSE

Check response to talk & touch for example "are you alright?" or "tap on my hand". If responsive, leave in comfortable position and monitor.



Send for help

SEND FOR HELP - CALL '000'

Or ask another person to make the call.



Airway

CHECK AIRWAY

If it is blocked, roll casualty on side and use fingers to clear airway. Once unblocked roll back. Open airway by supporting jaw & tilting head backwards. For infants, hold head in line with the body.



Breathing

CHECK BREATHING

Look, listen, feel. If breathing normally place in recovery position & monitor. If not breathing normally - COMMENCE CPR.



CPR

COMMENCE CPR

30 compressions, 2 breaths of trained and willing. Compression rate of 100 - 120 per minute Adult/ Children. 2 breaths, up to 1/3 depth of chest. Infants. 30 compressions, up to 1/3 depth of chest. Continue until responsive or breathing normally.



Defibrillation

ATTACH DEFIBRILLATOR

Early defibrillation greatly increases a casualty's chance of survival. If a defibrillator is available, attach as soon as possible and follow its prompts.

Foreign bodies or chemical in the eye



IMPORTANT: SEEK MEDICAL ATTENTION STRAIGHT AWAY IF YOU HAVE A CHEMICAL IN YOUR EYE OR IF SOMETHING HAS PIERCED YOUR EYE.

DO NOT try to remove foreign body or chemical with a cotton bud or anything else. Wash your hands in warm soapy water and dry them before and after touching your eye. Try not to rub or scratch the eye.

PLAN OF ACTION/CHEMICAL

SEEK MEDICAL ATTENTION. Try to find the container or packet that the chemical came in. It will have instructions on the back that tell you what to do if you get the product in your eye. If you cannot find the instructions, follow those below.

1/Flush the affected eye out gently with water or a sterile saline solution for 10 - 20 minutes.

2/Cover your eye with a clean pad or a piece of sterile gauze and go to your nearest Emergency Department as soon as possible. Do not drive yourself. Ask someone to take you.

PLAN OF ACTION/FORCEFUL BODY

1/Flush the affected eye out gently with water or a sterile saline solution.

2/If you can't wash the object out of your eye, you should see a doctor within 24 hours.

You should see a doctor as soon as possible if:

- the pain gets worse
- there is a change in your vision (especially if it's a sudden loss of vision)
- your vision is blurred or there are black spots
- you get a discharge from your eye that is colored or has blood in it
- you develop a fever

Eye protection should always be used if you are working in an environment where there's a risk of getting objects or chemicals in your eyes. This includes at home during activities, such as using garden equipment, clearing or working with chemicals.

FIRST AIDER NAME & PHONE

ACCIDENT NOTES



Healthcare
we do
it better

First Aid Quick

www.onsethealth.org

In an emergency call

Ambulance

Fire

Police

000

131 126

National Poisons Information
Line

First Aid Supplies • Good Testing • Bulk Orders • PPE • First Aid Kits

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First Aid Cheats, Hacks, Hints, Tips, And Tricks Guide Trevor Clinger, 2024-10-13 Be prepared for any emergency with the First Aid Cheats Hacks Hints Tips and Tricks Guide This essential resource equips you with practical knowledge and quick reference techniques to handle common injuries and medical situations From CPR and wound care to managing allergies and burns this guide offers straightforward instructions helpful illustrations and life saving hacks to boost your confidence in critical moments Perfect for beginners and seasoned caregivers alike this book empowers you to act decisively and effectively ensuring you re always ready to lend a helping hand when it matters most Stay safe stay informed and be the hero in any emergency

Leadership Education and Training (LET 1), 1999

The Complete First Aid Pocket Guide John Furst, 2018-11-13 From minor cuts and burns to heart attacks and strokes this handy take anywhere guide gives you the knowledge and advice you need to recognize and respond to any medical emergency Be prepared for any medical emergency and handle it safely and efficiently with The Complete First Aid Pocket Guide Quickly identify signs and symptoms of a wide range of medical conditions and learn how to recognize the difference between a minor injury or illness and those that are more serious with this essential handbook Each section of The Complete First Aid Pocket Guide includes a quick list of signs and symptoms to look for and step by step first aid instructions for dealing with each situation all in user friendly simple language that s easy to understand Medical issues covered include First aid basics including roles and responsibilities of a first aider managing an incident activating emergency services and infection control Lifesaving skills including the recovery position cardiopulmonary resuscitation CPR and use of an automated external defibrillator AED Minor injuries and conditions including soft tissue injuries splinters blisters eye injuries nosebleed diarrhea and vomiting Traumatic injuries including severe bleeding amputation shock fractures crush injuries burns and head and neck injuries Medical emergencies including heart attack stroke asthma anaphylaxis hypoglycemia meningitis seizures poisoning and emergency childbirth Environmental conditions including hypothermia frostbite heat stroke sunburn and lightning strike Pediatric emergencies and illnesses including assessing an unresponsive child or baby pediatric cardiopulmonary resuscitation CPR choking croup and febrile seizures First aid kit lists for home vehicles and outdoor use With an appendix featuring an A to Z list of every condition covered it s easy for you to quickly find the exact information you need in any situation you may face With its small trim and portable size The Complete First Aid Pocket Guide is the perfect addition to a home first aid kit car first aid kit disaster survival bag as well as a pocket companion for EMTs and other first responders in the field

ACEP First Aid Manual 5th Edition DK, 2014-09-01 A possible life saving reference to keep around the house or in the car DK s First Aid Manual looks at more than 100 different conditions from splinters and sprained ankles to strokes and unconsciousness and shows exactly what to do with step by step photographic sequences Every condition is clearly explained outlining causes symptoms and signs and action plans The updated design makes the instructions easier to follow whether you need

information on emergency first aid first aid for babies and children or tips on resuscitation This ACEP First Aid Manual is an invaluable resource to keep you and your loved ones safe and healthy *U.S. Navy Medicine* ,1973 *Let's Live Off Grid* Let's Live Off Grid, Let s Live Off Grid Imagine breaking free from the constraints of modern society and embracing a simpler sustainable lifestyle Let s Live Off Grid is a compelling guide for anyone interested in the off grid living movement This insightful book explores the journey of individuals and families who choose self sufficiency focusing on essential skills like growing food harnessing renewable energy and building eco friendly shelters Readers will discover the joys and challenges of disconnecting from traditional utilities and learning to rely on nature The theme of resilience and adaptability resonates throughout the narrative inspiring readers to consider their own connection to the environment This book serves as both a roadmap and a source of inspiration encouraging others to take the leap into a fulfilling off grid existence Join the adventure and find out why living off the grid can lead to a richer more meaningful life Prepper's Medical Manual James C.

Jones,2023-03-14 Be Prepared to Face Any Medical Emergency With This Essential Guide While many first aid manuals provide valuable instructions on how to respond to various medical situations they may not meet the needs of the average citizen preparing to meet a broad range of medical emergencies with limited skills limited supplies and limited or non existent support from the Emergency Management System and medical professionals In this color photo illustrated manual veteran survivalist and trained EMT James C Jones did not create just another first aid book Instead each subject is approached from the perspective of equipping the untrained citizen to provide care for family members and neighbors under extremely trying conditions without expert help Prepper s Medical Manual includes basic first aid subjects such as bandaging splinting control of bleeding and treatment of shock along with those subjects specifically associated with the needs of those responding to true disaster emergencies Complete with multiple step by step response guides and checklists for stocking personal medical emergency kits Prepper s Medical Manual can ensure readiness for even the worst case scenario The Autocar ,1912

105 IAP Guidelines for Parents and Caregivers Piyush Gupta,Deepak Ugra,2022-04-30 Sect 1 How To Take Care of My Child Sect 2 Preventing Diseases by Immunization Sect 3 Behavioral and Developmental Issues Sect 4 Is My Child Growing Well Sect 5 Understanding My Adolescent Child Sect 6 Infections Sect 7 Nutrition Sect 8 Newborn Infants Sect 9 Cardiovascular Disorders Sect 10 Endocrinologic Disorders Sect 11 Gastro Intestinal Disorders Sect 12 Hematological Disorders Sect 13 Nervous System Disorders Sect 14 Respiratory Disorders Sect 15 Renal Disorders Sect 16 Miscellaneous

Let's talk about jobs: A career guide Ade Popoola,2018-03-11 This book gives a simple and brief description of some of the most common jobs that children and young adults can aspire to do when they are older It also includes the abilities and education or training required to do these jobs Pupils who aren t sure of what they would like to do in future can get some ideas from the jobs listed in the book It can also serve as a reference material **Film Guide for Industrial Training**

National Metal Trades Association (U.S.). Committee on Industrial Education,1957 Let's Go 2003: Egypt Let's Go

Inc.,2002-12-12 Let s Go The Resource For The Independent Traveler For over forty years Let s Go Travel Guides have brought budget savvy travelers closer to the world and its diverse cultures by providing the most up to date information Entries at all price levels for lodging food attractions and more Must have tips for planning your trip getting around and staying safe Advice on outdoor activities including sample itineraries In depth cultural information that offers an insider s look at life in Egypt Opportunities to make a difference through study work and volunteering Detailed maps to help navigate cities and the outdoors Cultural Connections Crack hieroglyphic code in the Valley of Kings Hidden Scoops Hidden Deals Bargain for a burden at the Daraw market Off The Beaten Path Become a scuba instructor in Dahab The grand daddy of budget guides The New York Times Guides that penetrate the veneer of holiday brochures and mine the grit of real life The Economist Visit Let s Go online at www.letsgo.com

Safe Dog Handbook Melanie Monteiro,2009-03-01 We know their favorite spots to scratch We know which funny noises make them cock their heads We know what treats they love the best But do we know how to keep our dogs safe The truth is we often don t consider what hazards lurk in our home and garden until an incident occurs Each year thousands of dogs are seriously hurt and even killed by a host of easily preventable accidents The Safe Dog Handbook teaches readers about the myriad ways to ensure a safe home and outdoor experience for their dogs Full of practical information this book is an essential guide for any dog owner

Pokémon: Let's Go, Pikachu! & Let's Go, Eevee! - Strategy Guide GamerGuides.com,2018-11-29 A complete walkthrough with strategies to defeat all the Kanto Gym Leaders and conquer the Pok mon League Encounter tables for all the wild Pok mon including the rare Pok mon with undisclosed habitats in the Pok dex Explanations of all the gameplay mechanics for both beginner trainers and Pok mon Masters Where to find all the Master Trainers and hidden battles after beating the game A handy mini Pok dex containing the key details for all 153 obtainable Pok mon and where to find them

Let's Go Southeast Asia 9th Edition Deysia L. Dundas,Let's Go Inc.,2004-12-13 Completely revised and updated Let s Go Southeast Asia puts our forty five years of travel savvy at your fingertips with helpful commentary and plenty of listings to get you where you need to be From cosmopolitan Singapore to the most remote villages of Laos the new edition delivers expanded cultural information and more study and volunteering opportunities the tools that will help you hit the road like a seasoned traveler not just a tourist Whether you d rather tempt Lady Luck at a five star casino on the Thai Cambodian border or watch fireflies flit off into the night in Malaysia Let s Go s intrepid researchers ensure that you re in tune with this quickly changing region

The Complete guide to pregnancy and child care - The baby manual - PART TWO Sarah Owen / Gardner,2015-03-07 They say babies don t come with instruction manuals I tried to change this this guide will be as close to one as you will get It will answer questions that you hadn t even thought of It focuses on conception to 3 years They say babies don t come with instruction manuals this guide will be as close to one as you will get It also has sections for you to record your journey and keep as a keepsake making it an invaluable 2 in 1 complete guide reference book that you can keep referring to and a

memory book to keep forever This book is in 2 parts this is part one You will also need to purchase part two for the complete book it is too large to publish as one book Shadow and Ghost Woodlands Survey Guide Ian D. Rotherham,Christine Handley,2013 This short survey guide is an introduction to investigating landscapes looking for shadow and ghost woodlands These are often lost woods which do not appear on maps as woodlands or even have names can be indicators of former land use over hundreds of years The guide results from many years investigating wooded landscapes and has developed specifically from a project begun in 2009 by Professor Ian Rotherham and colleagues In 2012 the project received funding from the Peak District National Park s Sustainable Development Fund to involve volunteers in investigating the local landscape in the eastern Peak District A version of the survey guide was produced for local volunteers This publication brings the work together and illustrates wider issues and applications using some of the information from the project to date There is still much more to do and other areas to investigate The authors hope that this publication will act as both a guide and catalyst for further work **United States Navy Medical Newsletter** ,1973 **Engineering and Mining Journal** ,1913
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Table of Contents First Aid Guide Let

1. Understanding the eBook First Aid Guide Let
 - The Rise of Digital Reading First Aid Guide Let
 - Advantages of eBooks Over Traditional Books
2. Identifying First Aid Guide Let
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an First Aid Guide Let
 - User-Friendly Interface
4. Exploring eBook Recommendations from First Aid Guide Let
 - Personalized Recommendations
 - First Aid Guide Let User Reviews and Ratings
 - First Aid Guide Let and Bestseller Lists
5. Accessing First Aid Guide Let Free and Paid eBooks
 - First Aid Guide Let Public Domain eBooks

- First Aid Guide Let eBook Subscription Services
- First Aid Guide Let Budget-Friendly Options
- 6. Navigating First Aid Guide Let eBook Formats
 - ePub, PDF, MOBI, and More
 - First Aid Guide Let Compatibility with Devices
 - First Aid Guide Let Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of First Aid Guide Let
 - Highlighting and Note-Taking First Aid Guide Let
 - Interactive Elements First Aid Guide Let
- 8. Staying Engaged with First Aid Guide Let
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers First Aid Guide Let
- 9. Balancing eBooks and Physical Books First Aid Guide Let
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection First Aid Guide Let
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine First Aid Guide Let
 - Setting Reading Goals First Aid Guide Let
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of First Aid Guide Let
 - Fact-Checking eBook Content of First Aid Guide Let
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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