

First Aid - Simple, Fast, Effective

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The emergency care procedures outlined in this book reflect the standard of knowledge and accepted emergency practices in Australia at the time of publishing. It is the individual's responsibility to stay up to date with the latest information and applicable techniques in this rapidly evolving industry.

This book is designed to give the reader First Aid Information “at a glance” with little or no training or equipment, however, the publisher makes no guarantees and takes no responsibility for the correctness, or completeness of the information or recommendations, as all procedures are subject to change without notice.

Please read and familiarise yourself with this manual - *You Never Know When You Will Need It...*



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# D.R.S.A.B.C.D

## D

### Check for Danger

Be sure that it is safe for you, the patient and any bystanders

## R

### Check for Response

Squeeze shoulders firmly and talk: Can you hear me? Open your eyes

## S

### Send for help

Call an Ambulance. Send someone to get help. Ask bystanders for assistance

## A

### Open the airway

Gently tilt the head backwards and lift the chin

## B

### Check for breathing Look-Listen-Feel

Look and feel chest for air movement, listen and feel for air from the mouth and nose. If the airway appears to be blocked roll the patient onto their side and remove the obstruction

## C

### Commence CPR

Give 30 compressions then 2 rescue breaths and repeat

***If you do not wish to give rescue breaths use Hands-Only Resuscitation***

(Chest compressions only, no mouth to mouth)

**D**

**Attach a defibrillator**

(AED-Automated External Defibrillator)

Turn it on and follow the automated voice commands

***Continue CPR until the casualty responds, medical assistance arrives or you are too exhausted to continue***

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# Allergic Reaction and Anaphylaxis

## Note

Anaphylaxis is a severe, potentially life threatening medical emergency. **Call an Ambulance Immediately**



## Moderate Allergic Reaction Signs and Symptoms

- Tingling or itching in the mouth
- Hives, itching or eczema (inflamed irritated skin)
- Swelling of the lips, face, eyes or other parts of the body
- Abdominal pain, diarrhoea, nausea or vomiting

## Severe Allergic Reaction (anaphylaxis) Signs and Symptoms

All of the above and / or

- Shortness of breath
- Swelling of the tongue
- Trouble breathing
- Wheezing or noisy breathing
- Dizziness
- Fainting

## **Treatment**

### **Unconscious Patient**

- DRSABCD
- If the patient has an Adrenaline Auto Injector Administer It Immediately.
- If the person stops breathing perform [CPR](#)

### **Conscious Patient**

- DRSABCD
- Place the patient in a comfortable position to assist breathing
- If the patient has an Adrenaline Auto Injector Administer It Immediately.
- If there is no response after 5 minutes the Adrenaline Auto Injector may be used Again

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# Asthma Attack

## Note

Severe Asthma is a potentially life threatening medical emergency. **Call an Ambulance Immediately**

## Asthma Attack Signs and Symptoms

- Coughing
- Wheezing
- Chest Tightness
- Short of breath

## Severe Asthma Attack Signs and Symptoms

- A rapid worsening of symptoms
- Persistent shortness of breath
- The inability to speak in full sentences
- Breathlessness even while lying down
- Chest that feels closed
- Bluish tint to the lips
- Agitation, confusion, or an inability to concentrate
- Hunched shoulders and strained abdominal muscles

## Treatment





## **Unconscious Patient**

- DRSABCD

## **Conscious Patient**

- Help the patient into a comfortable position
- Give comfort and reassurance
- Give 4 puffs of a Blue/Grey reliever
- After 4 minutes if there is no improvement give 4 more puffs
- If there is still no improvement call an ambulance immediately
- Keep giving 4 puffs every 4 minutes until the ambulance arrives

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# Bites and Stings Overview

Marine Envenomation, Bites and Stings

## Things to Remember

- Keep the person still to slow toxins circulating through the body
- Don't suck the poison out or cut the wound
- Do not use tourniquets
- Any unknown marine sting should be treated with vinegar

**Funnel Web Spider, Mouse Spider, Snakes, Blue-Ringed Octopus, Cone Shells and Sea snakes**

## Immobilise and apply a pressure bandage

- DRSABCD
- Keep patient still
- Firmly apply a crepe bandage starting from the toes or the fingers and working up the limb
- Immobilise the limb with [splints](#)

**Bees, Wasps, Ants, Ticks, Scorpions, Centipedes and most other spiders not mentioned, including Red-back**

## Ice-Pack

- Apply an ice pack to the injury site to reduce pain and swelling
- Do not put ice directly on the skin

**Blue-Bottle Jellyfish, Bullrout Fish, Catfish, Crown of Thorns Starfish, Stingray, Stonefish and non-tropical jellyfish**

## Hot Water

- Water should not be hotter than 45 degrees Celsius and emersion should be for no more than 30 minutes
- Follow DRSABCD
- Keep patient calm
- Place the sting site into hot water for up to 30 minutes

### **Box Jellyfish, Irukandji, Sea anemones and tropical marine stings of unknown origin**

#### **Vinegar**

- DRSABCD
- Flush with vinegar for 30 seconds (if vinegar is not available use sea water)
- Remove tentacles (do not use bare hands)

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# Bites and Stings: Spider Bite

## Note

If severe symptoms are present Seek Medical Attention Immediately

## General Symptoms of Spider Bite

- Pain at bite site
- Sweating profusely
- Nausea and vomiting
- Abdominal pain

## Funnel Web Spider Bite



## General Symptoms and/or

- Difficulty in breathing
- Numbness around the mouth and lips
- Excessive fluid secretions from the body e.g. saliva, tears
- Joint pain and severe muscle spasms
- Disorientation

- Fast pulse
- Confusion
- [Unconsciousness](#)

## Treatment

- DRSABCD
- Calm the patient and lay them down
- If the bite is on a limb apply a pressure bandage as soon as possible

## The Pressure Bandage



Use a wide crepe or elasticised bandage and start just above the fingers or toes on the affected limb. Firmly wrap as far as you can up the limb including the bite. Mark the bandage above the bite site and note the time

## Note

Don't bandage too tight, ensure there is still blood flow in the limb (if the limb is very pale or numb, loosen the bandage)

## General Symptoms of Spider Bite

- Pain at bite site
- Sweating profusely
- Nausea and vomiting
- Abdominal pain

### **Red-back Spider**



### **General symptoms and/or**

- Increasing pain at the bite site which may spread
- Muscular weakness
- Headache
- Loss of coordination
- Convulsions (in serious cases)

### **Treatment**

- Apply an ice pack to help reduce the pain and swelling
- If more severe symptoms are experienced seek medical attention

### **Note**

Do Not Use a Pressure Immobilisation Bandage

### Other Spider Bites



- Pain at bite site
- Sweating profusely
- Nausea and vomiting
- Abdominal pain

### Treatment

- Wash the bite with soap and water
- If severe symptoms are experienced seek medical advice

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# **Bites and Stings: Snake Bite**

**Remember To Send for Help – Call an Ambulance**

## **General Symptoms of Snake Bite**

- Nausea
- Vomiting
- Headache
- Abdominal pain
- Diarrhoea
- Profuse sweating

## **More Severe Symptoms of Envenomation**

- Muscular pain / weakness
- Drooping of eyelids and drooling (early signs)
- Altered mental status
- Difficulty breathing
- Bleeding from nose and gums
- Seizures
- Paralysis
- Renal impairment / Failure

## **Treatment**

- Keep the patient still, do not let them walk
- DO NOT WASH THE BITE SITE
- Cover the bite site with a dressing



- If the bite is on a limb, apply a wide crepe or elasticised bandage and start just above the fingers or toes.
- Firmly wrap as far as you can up the limb including the bite.
- Mark the bandage with an X above the bite site
- Further immobilise the limb by applying splints
- Write down the time of the bite and when the bandage was applied
- Manage for shock if needed

**Note**

Check blood supply below the bandage. If the limb is very pale or numb loosen the bandage a little

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