FIRST AID



Evaluate Potential Dangers

- 1. Ensure power sources are 'off' before attending to victim.
- 2. Keep 25 meters from high voltage electricity until power turned off by authorities.
- 3. For low voltage, turn off mains power.
- 4. Insulate yourself from ground using books, newspaper, or rubber matting.
- 5. Remove cables or wires from victim using non-conductive object e.g. (wood, rolled up newspaper)



2 Check the Level of Response

- 1. When able to reach victim, check for a response to see if they are conscious.
- 2. Call out to them ask if they can open their eyes or hear you.
- 3. Give their shoulders a firm squeeze. Ask them to squeeze your hand.
- 4. Do not move the victim unless there is a hazard that could cause further injury.

3 Call for Help '000'

- 1. First aid may be required. Call for help right away.
- One person should stay with victim while another calls for help. If alone, stay with the victim and call for help with your phone
- 3. When dialling emergency, state you need an ambulance. Provide your phone number, description of incident, condition of victim, and exact location.
- 4. Do not hang up unless directed to by emergency services.

4 Check the Airway

- 1. Check airway of an unresponsive victim.
- 2. Open the victims mouth and look for obstructions without tilting the head back.
- 3. If there is any obstruction/fluid, roll victim into recovery position and clear the mouth/airway.
- 4. Once the mouth/airway is cleared, check breathing while victim is in the recovery position.

Check for Breathing

- 1. **Look** at the victim's chest is it rising and falling?
- 2. **Listen** for breathing place your ear near victim's face.
- 3. **Feel** for moving air on your cheek when near victim's nose and mouth.
- 4. Place one hand onto the victim's stomach while placing vour ear beside their mouth/nose to check for breathing.

5 Unconscious and NOT Breathing

- 1. Place victim on their back on a firm, flat surface.
- 2. Kneel so that you are 90 degrees to victim's upper body, with your knees shoulder width apart.
- 3. Place your hands, one atop the other, on victim's sternum (centre of chest). Compress chest 1/3 depth, at a rate of approx. 100 compressions per minute.
- 4. After 30 compressions open victim's mouth and tilt head back to open airway.
- 5. Use face shield/pocket mask and blow in victim's mouth. Look if chest rises. Stop and repeat for 2nd breath.
- 6. Continue cycle of 30 compressions to two breaths (30:2)
- 7. Call for a defibrillator.
- 8. If unable to perform rescue breaths, perform continuous chest compression CPR only, until help arrives.
- 9. Continue performing CPR until: help arrives, victim shows signs of response, AED says so, you cannot continue due to exhaustion, or, there is danger.

Breathing but Unconscious

- 1. If victim is breathing, place into recovery position.
- 2. Check airway again to ensure they are still breathing.

6 Dealing with Burns

Electrical exposure can cause burns to the skin and, in severe cases, internal organs. Proper treatment is vital.

- 1. If conscious, immerse injured area in cool, running water.
- 2. Once burn has been cooled, cover with clean, non-adhesive, non-flufy (wet) dressing.
- 3. Place unconscious victims in recovery position and cover burned area with wet dressing.
- 4. Do not remove blisters. Do not use adhesive or fluffy dressings. Do not apply fats, butter or ice.

Dealing withOther Injuries

- 1. Check for muscle spasms and seizures. Can occur after actual shock.
- 2. Place padding under head and cover victim in blanket.
- 3. Ensure victim's breathing is unrestricted.
- If victim breathing but unconscious, place in recovery position. If victim is NOT breathing, perform CPR and call emergency services.
- 5. Even if victim does not show signs of injury, call emergency services or seek medical advice, as electrical shock can affect internal organs.



DISCLAIMER: The information in this poster is not a substitute for proper first aid training.

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