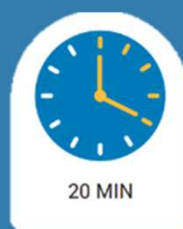


Basic first aid

Extension for everyday lifesaver



Lifesaving
education programs

Students will learn basic first aid skills to respond to common injuries such as breaks/sprains, cuts, bites/stings and burns

Equipment

- ❑ First aid kit items (bandages, gauze, tape, antiseptic wipes, burn cream, triangular bandages)

Instructions

- 1) Discuss the importance of first aid and how it can help in emergencies. It is always important to stay calm and act quickly in emergency situations
- 2) Demonstrate how to provide first aid for 4 common injuries: cuts, breaks/sprains, bites/stings and burns.
- 3) Divide class into 4 small groups
- 4) Have one person from each group (the "patient") come to you – give them symptoms of an injury (e.g. you have fallen off your bike and your arm hurt a lot!)
- 5) The patient must return to their group and act out their injury
- 6) Their group must diagnose the issue, and provide basic first aid following DRSABCD.



Cuts

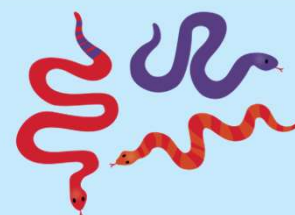
- 1) **Clean thoroughly:** Wash with water to remove dirt and germs
- 2) **Apply pressure:** Use a clean cloth to stop bleeding
- 3) **Apply antiseptic:** to prevent infection
- 4) **Cover safely:** Protect the cut with bandage
- 5) **Monitor for infection:** Watch for signs of redness, swelling or pus and see a doctor



Breaks/sprains

RICER

- 1) **Rest:** Keep limb still and avoid moving
- 2) **Ice:** Use cold pack or ice in cloth for 15-20 minutes
- 3) **Compress:** Wrap gently in a bandage to support the area minimize swelling
- 4) **Elevation:** Raise the limb above the heart to minimize swelling
- 5) **Referral:** See a doctor or call 000



Bites/stings

- 1) **Identify:** What caused the sting?
- 2) Follow **DRSABCD**
- 3) If a snake, funnel-web or mouse spider, blue ringed octopus or cone shell, use **pressure bandage immobilization (QR code)** and **Call 000**



Burns

- 1) **Cool it:** Run cool water on the burn for 10-20 minutes
- 2) **Loosen clothing:** Remove any clothing or jewellery that is not stuck to the burn
- 3) **Cover it:** use a non stick dressing to protect the burn
- 4) **Get medical help:** Call 000 for serious burns or difficulty breathing. See a doctor for minor burns if needed.