



FIRST AID LEVEL 1

SECTION 2: FIRST AID AND SAFETY

Exit Outcomes

At the end of this section you will be able to:

- *Explain the need for the practice of personal safety by the person performing first aid.*
- *Identify methods used to ensure you are prepared for an emergency or sudden illness.*

2.1 THE FIRST AIDERS SAFETY AND PREPAREDNESS

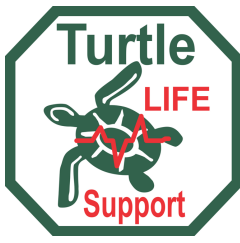
What can the first aider do to ensure their own safety and preparedness?

- **Take charge of the situation:** once you have decided to help you need to take charge of the situation. Your aim is to bring order, to find and correct any life-threatening conditions and to call for help. Remember to remain calm, take a deep breath and don't panic. You can't think clearly when you panic as it paralyses instead of energizing.
- **Use the bystanders:** to direct traffic, keep the crowds away from the casualties or phone for additional support such as Police or fire department.
- **Wash hands:** if possible before treating the casualty to prevent giving the casualty an infection in any open wounds. Washing your hands after treating the casualty is very important to protect yourself from infections, such as Hepatitis, Herpes, HIV, and TB.



- **Wear disposable gloves:** as these protect you and the casualty from any viruses, bacteria and body fluids. Remove the gloves without contaminating yourself and dispose of them in a biohazard bag if available or a separate clear plastic bag.
- **Use a One-way respiratory mask:** when applying mouth-to-mouth to the casualty as this allows your air to enter the casualty but prevents the casualty's air and body fluids (vomit, blood) from reaching you, thus preventing contamination.
- **Avoid any sharp objects:** such as broken glass or sharp metal. Needles need to be disposed of carefully if you have to handle them. Change your gloves if they are torn or cut open.
- **Be prepared** by having a well-stocked first aid kit with you at all times. I.e. in the car; office; workshop; when camping/hiking. First aid kits should be accessible to all designated first aiders. They are responsible for checking expiry dates and restocking the kit daily. Know the telephone number of your local ambulance service.





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- **Develop an emergency plan:** draw up an evacuation plan for your workplace with assembly points in case of an emergency. Put up visible notices with emergency procedures and contact numbers.
- **Clean up body fluid spills** using a strong disinfectant or bleach, especially if the accident occurred at your place of work where there is a risk of contamination of other employees.

2.2 CONTENTS OF A BASIC FIRST AID KIT

Recommended: Regulation 3 (OHS): Basic First Aid kit for places of work and home.

| ITEM | QUANTITY | Application |
|-----------------------------------------|----------|--------------------------------|
| Disposable Gloves | 2 | Protective Clothing |
| Gauze swabs 100 sheets/ pack | 1 | Cleaning Wounds |
| Sterile gauze 5 sheets/ pack | 2 | Cover/Clean Wounds |
| Cotton wool | 1 roll | Padding |
| Pair of tweezers | 1 | To remove splinters |
| Pair of blunt-nose scissors | 1 | Cutting clothing/Bandages |
| Safety pins | 10 | Fasten bandages |
| Triangular bandage | 4 | Sling support/Pressure bandage |
| Bandage 75mm | 4 | Cover Wounds |
| Bandage 100mm | 4 | Cover Wounds |
| Antiseptic cream 100ml | 1 | Clean Wounds |
| Adhesive plaster strips | 20 | Cover Wounds |
| Adhesive tape | 1 roll | Fasten dressings |
| First aid dressing 75mm X 100mm | 4 | Cover wounds |
| First aid dressing 150mm X 100mm | 4 | Cover Wounds |
| Splints | 2 | Stabilize fractures |
| CPR mouth piece | 2 | Protective equipment |
| Cold pack (optional extra) | 1 | Reduce swelling |
| Eye pad (optional extra) | 1 | Protect eye |
| Thermal rescue blanket (optional extra) | 1 | Treat shock |
| Burn dressing | 1 | Cover burn wounds |



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|---------------------------------------------|---|-----------------------------|
| Plastic bag /Biohazard bag | 1 | Disposal of waste |
| Other- Antihistamine cream (optional extra) | 1 | Allergic reaction Rx |
| Eye wash 20ml, glucose gel sachet | 1 | Dust in eye/Low blood sugar |
| Cervical collar (optional extra) | 1 | Stabilize a Neck injury |
| Fluid spill cleanup kit (regulation7) | 1 | Disinfect incident area |

In many cases first aid kits will be 'tailored' to the first aiders' preferences. Additional equipment may include spine-boards, inflatable splints, chemical ice packs, sterile dressings, activated charcoal, a childbirth kit (obstetric kit), Ambu-bag (or bag-valve mask) used for CPR, etc. Equipment available should meet the first aiders' level of experience and qualification.

2.3 INCIDENT REPORT FORM

| | | | | |
|---------------------|---------------------|--|--|--|
| Date: | Time: | | | |
| Casualty's Name: | Breathing rate | | | |
| Surname: | Pulse rate | | | |
| Address: | Temperature | | | |
| | Skin colour | | | |
| Tel. No: | Pupil reaction | | | |
| What happened? | Injuries (detailed) | | | |
| Treatment Given | Ambulance Company | | | |
| First Aider's Name: | Paramedic's Name: | | | |
| Tel. No: | Tel. No: | | | |

End of Section 2.