

## 1 Check for Hazards

1. Check and neutralise hazards to victim, yourself and bystanders before treating victim. Check for:

- Falling objects
- Incoming traffic
- Fire and Fumes
- Electricity
- Spilled chemicals

## 2 Check Level of Response

1. Check whether victim is conscious or not.
2. Ask them to open their eyes. Call their name (if known).
3. Firmly squeeze victim's shoulders and ask them to respond your name.
4. Do not move victim unless there is a hazard that may come further harm.

## 3 Call for Help '000'

1. You should call emergency services immediately.
2. Ask someone with you or a bystander, to call for help while you respond to victim. If you are alone, stay with victim and call emergency services yourself.
3. Be ready to provide information regarding your location and the incident.

## 4 Check Airway

1. Check airway of unresponsive victim.
2. Open victim's mouth and look for obstructions without tilting the head back.
3. If there is any obstruction or fluid, roll victim into recovery position and clear mouth and airway.
4. Check breathing while victim is in recovery position.

## 6 Performing CPR

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 - 120 compressions per minute.
4. After 30 compressions open victim's mouth and tilt head back to open airway.
5. Use flow 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 compressions (CPR) only, until help arrives.
9. Continue performing CPR until help arrives, victim shows signs of response, AED says its job is done, continue due to exhaustion, or there is danger.



## 5 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 breathing by placing one hand on victim's stomach and your ear beside their mouth and nose.
- 
- A. If victim is breathing, put them into recovery position.
- B. If the victim is NOT breathing, start doing Cardiopulmonary Resuscitation and call for a defibrillator (AED).

## 7 AED Defibrillation

1. Turn on AED and follow prompts.
2. Prepare casualty by removing clothing from chest area. Dry victim's chest if wet. Move jewelry and medical patches, check for pacemaker or internal defibrillator.
3. Place defibrillator pads on victim's chest. One above right breast and other below left breast.
4. Continue CPR until AED advises to stop.
5. Make sure no one is touching victim while AED is analysing victim's heart rhythm.
6. If no shock advised, check for breathing before continuing CPR.
7. If shock advised, ensure no one is touching victim. Deliver shock when instructed by AED.
8. Resume CPR when instructed to do so by AED and follow prompts.
9. If victim begins to breath normally, place into recovery position, re-check airway and breathing every 2 minutes.
10. Leave AED pads on victim until medical aid arrives.
11. Monitor victim and document incident.

### Remember!

1. The chances of survival decrease by about 10% for each minute that passes without defibrillation.
2. An AED can be used by an untrained person. Each AED is equipped with step-by-step instructions.



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

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# Beginners Guide To First Aid

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## **Beginners Guide To First Aid:**

*Beginner's Guide to Family Preparedness* Rosalie Mason, 2023-07-17 This indispensable guide to family emergency storage provides a wealth of information for anyone who is serious about being prepared. In the eight sections of this book you will find Basic food suggestions for home food storage Food storage facts and tips Directions on dehydrating fermenting smoking and curing meat Nonfood necessities such as medical supplies clothing and baby needs Ovenless baking soap making candle molding tanning hides using white gas and kerosene and tips for a survival garden Survival mechanics Recipes for tasty survival foods including main dishes breads and desserts Techniques for sprouting grain washing on a rub board building animal traps and other handy information No other literature on the market offers a more in depth guide to family emergency preparedness *Beginner's Guide to Family Preparedness* is a valuable addition to any home or community library This useful book contains a wealth of valuable information that can help any family be prepared for emergencies that may arise It is written in simple language so that beginners can use it but the information far exceeds that found in most other books The beginner's guide is conveniently organized in eight sections Part 1 discusses the why what how and where of food storage and recommends basic foods for a home storage program Part 2 presents food storage facts and covers fumigation the storage environment containers shelving plans and rotation Dehydration fermenting smoking and curing meat are the themes of Part 3 Non food necessities such as medical supplies clothing and baby needs are treated in Part 4 Survival mechanics Part 5 includes ovenless baking soap making candle molding tanning hides using white gas and kerosene and tips for a survival garden Part 6 is a recipe section for survival foods presenting simple tasty recipes for many dishes including cookies and crackers breads and cereals main dishes and desserts Part 7 presents tips on techniques for sprouting grain washing on a rub board building animal traps storage utensils other handy hints The final chapter Part 8 presents information for a comprehensive survival library

[Beginner Guide to First Aid](#) Gloria Cornwell, 2023-04-09 When Emily a inside her home heard a huge smash outside it was the middle of a dark and rainy night She rushed outside to check what had occurred and was horrified to see a vehicle slam into a tree Emily rushed up to the vehicle and saw a guy inside bleeding heavily from a cut on his head She realized she needed to act immediately to save his life Emily started to use the first aid skills she had learned years before her pulse pounding She cleansed the wound and pressed on it to stop the flow She then tested his airway and breathing discovering that he was having trouble breathing Emily analyzed the situation immediately and determined that the guy required emergency medical assistance She dialed 911 and continued to monitor the man's health ensuring that he remained aware and breathing until the paramedics came Emily felt relief when the ambulance came but also a great feeling of pleasure knowing she had saved someone's life She watched as the guy was escorted to the hospital hoping and praying that he would recover completely Emily got a call from the man's family a few days later thanking her for her bravery They informed her that their loved one might not have lived if it hadn't been for her fast

thinking and knowledge of first aid Emily was humbled by their words and she knew that her decision to learn first aid had paid off in the most important way possible She was pleased that she had been able to make a difference in someone s life Do you know what to do in an emergency if someone s life is in danger Do you wish to master the abilities needed to save someone s life in an emergency Accidents may happen anywhere and at any time whether you are at home work or out in the community In an emergency knowing basic first aid skills may make all the difference Beginner s Guide to First Aid will teach you all you need to know to deal with any medical emergency This book is intended to provide readers a complete understanding of the fundamentals of first aid Beginner s Guide to First Aid written in plain easy to understand language covers the most critical components of first aid such as how to react in crises conduct life saving operations and treat common injuries Beginner s Guide to First Aid will teach you The fundamentals of first aid and why it is critical to be prepared How to evaluate an emergency and react accordingly Airway Breathing and Circulation are the ABCs of resuscitation How to handle common injuries including cuts burns and fractured bones How to identify and handle allergic reactions and other medical crises The significance of infection control and ways to reduce infection risk What to put in a first aid pack and how to make one This book is a must have for anybody interested in learning the basics of first aid Beginner s Guide to First Aid offers all you need to know to react to a medical emergency with confidence and expertise whether you re a parent caregiver teacher or just someone who wants to be prepared for crises You ll have the information and abilities you need to possibly save someone s life after reading this book So why delay Get reading now to become a first aid hero

[Beginner's Guide to Off-Road Adventures](#) Colin Tandy,2025-01-28 Unleash the Adventure Your Guide to Off Road Freedom Tired of the same old routine Craving the thrill of the unknown This comprehensive guide is your passport to off road freedom Inside you ll discover Essential 4WD Vehicle Preparation Learn how to prepare your vehicle for any terrain from muddy trails to rocky climbs Mastering Off Road Driving Techniques Conquer challenging obstacles with expert guidance on winching traction control and vehicle recovery Navigating Challenging Terrain Learn to read the landscape identify potential hazards and choose the safest and most effective routes Off Road Safety Best Practices Prioritize safety with essential tips on vehicle preparation emergency procedures and responsible off roading practices Planning Your Off Road Adventures Learn how to plan your trips effectively including route planning camping essentials and communicating with other off roaders Whether you re a seasoned adventurer or just starting out this guide will equip you with the knowledge and confidence to explore the great outdoors responsibly and safely Download now and start your off road adventure today

**Quail Keeping: The Complete Beginner's Guide to Raising and Breeding Quails** Boreas M.L. Saage, Discover the rewarding world of quail keeping with this practical guide designed specifically for beginners Whether you re interested in raising quails for eggs meat or simply as delightful backyard pets this comprehensive quail book provides all the essential information you need to get started on the right foot The journey into quail keeping begins with an introduction to different

quail species highlighting the popular Japanese quails for their excellent egg production the charming Chinese Button quails for hobby keepers and the specific requirements of European quails You ll learn how to assess the time commitment calculate costs and consider neighborhood factors before bringing home your first birds Creating a species appropriate living environment is crucial for healthy quails This guide details the minimum space requirements optimal bedding materials and essential protection measures against predators and weather conditions You ll discover how to design the perfect interior setup with appropriate perches dust bathing areas and hiding spots that satisfy the natural behaviors of quails Proper nutrition forms the cornerstone of successful quail keeping The book explains balanced feeding practices specialized quail feeds natural supplements and efficient watering systems to maintain optimal health The comprehensive health management section helps you identify early signs of illness and implement preventive care routines For those interested in quail breeding the guide emphasizes humane and ethical practices that prioritize bird welfare You ll learn about collecting and storing hatching eggs evaluating egg quality and mastering both natural and artificial incubation techniques for successful hatches Daily care routines handling techniques and seasonal adjustments round out this practical resource ensuring your quails remain comfortable year round With detailed charts comparing housing requirements nutritional needs and breeding success factors this for beginners guide transforms novices into confident quail keepers Embark on your quail keeping journey with knowledge that supports both your success and the welfare of these fascinating birds

[Calm in Every Stitch: A Beginner's Guide to Mindful Quilting for Stress-Free Creativity](#) Caleb Prescott,2025-12-21 Mindful quilting turns simple stitches into a calming ritual that quiets racing thoughts soothes anxious minds and helps you reconnect with your body and breath You do not need artistic talent perfect seams or prior sewing experience only a willingness to slow down This gentle beginner s guide shows you how to use quilting as a stress relief practice step by step

*Beginners* Tom Vanderbilt,2021-01-05 An insightful joyful tour of the transformative powers of starting something new no matter your age from the bestselling author of *Traffic* and *You May Also Like* Vanderbilt elegantly and persuasively tackles one of the most pernicious of the lies we tell ourselves that the pleasures of learning are reserved for the young Malcolm Gladwell bestselling author of *Outliers* Why do so many of us stop learning new skills as adults Are we afraid to be bad at something Have we forgotten the sheer pleasure of beginning from the ground up Inspired by his young daughter s insatiable curiosity Tom Vanderbilt embarks on a yearlong quest of learning purely for the sake of learning Rapturously singing Spice Girls songs in an amateur choir losing games of chess to eight year olds and dodging scorpions at a surf camp in Costa Rica Vanderbilt tackles five main skills but learns so much more Along the way he interviews dozens of experts about the fascinating psychology and science behind the benefits of becoming an adult beginner and shows how anyone can get better at beginning again and more important why they should take those first awkward steps Funny uplifting and delightfully informative *Beginners* is about how small acts of reinvention at any age can make life seem magical

**Beginner's Guide to the Western Horse** Natlee Kenoyer,1962 *A Guide to*

*Books on Recreation* ,1956      *Agitated Argentums* Farokh J. Master,2023-11-21 Since time immemorial silver is known to possess disinfected properties and is used to keep drinking water clean Today we know that silver has the capability to destroy harmful germs in water and eradicate 650 types of disease carrying germs Pharmacologically silver compounds are described as powerful disinfectants from their action in coagulating the proteins of bacteria      **A Guide to Hindustani Specially Designed for the Use of Officers and Men Serving in India, Including Colloquial Phrases in Persian and Roman Character and a Collection of Arzis, with Transliteration in Roman-Urdu and English Translations** George Spiers Alexander Ranking,1895      **Normal Instructor and Teachers World** ,1924      **The Complete Outfitting & Source Book for Sport Diving** Larry Clinton,1978      The United States Catalog ,1913      **Catalog of Copyright Entries. Part 1. [B] Group 2. Pamphlets, Etc. New Series** Library of Congress. Copyright Office,1923      Catalogue of Title-entries of Books and Other Articles Entered in the Office of the Librarian of Congress, at Washington, Under the Copyright Law ... Wherein the Copyright Has Been Completed by the Deposit of Two Copies in the Office Library of Congress. Copyright Office,1925      *Catalog of Copyright Entries* Library of Congress. Copyright Office,1923      Association Medical Journal ,1914      John Crerar Library [Anonymus AC10074978],1904      New South Wales Railway and Tramway Magazine ,1919      *Manual of Military Training* James Alfred Moss,1914

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