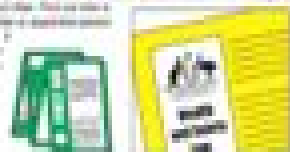


WORK PLACE FIRST AID GUIDE

READ ME FIRST

This guide is designed to help you and your colleagues understand the basic first aid and emergency procedures. It is not a substitute for a full first aid course. It is intended to be used as a reference guide. It is not intended to be used as a substitute for a full first aid course. It is intended to be used as a reference guide.



Responsible Health
The name of the responsible person is: _____
The name of the person in charge of the first aid kit is: _____
The name of the person in charge of the first aid kit is: _____

INCIDENT MANAGEMENT

When an incident occurs, it is important to follow the correct procedure. This guide provides a checklist of the correct procedure to follow. It is intended to be used as a reference guide.



1. Ensure the area is safe for the casualty.
2. Assess the casualty's condition.
3. Call for help and get the first aid kit.
4. Provide first aid to the casualty.
5. Monitor the casualty's condition.
6. Report the incident to the responsible person.

READ ME FIRST

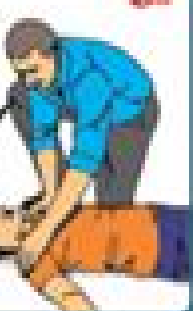
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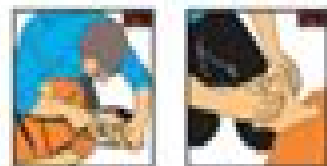
RESPONSE

To get your casualty the correct response of first aid, you must ensure that they are safe. It is important to ensure that they are safe before providing first aid.



AIRWAY OPEN THE AIRWAY

1. Check for breathing.
2. Open the airway by tilting the head back and lifting the chin.
3. If there is no breathing, use the head-tilt/chin-lift technique.
4. If there is no breathing, use the head-tilt/chin-lift technique.



BREATHING

Is the casualty breathing? If not, use the head-tilt/chin-lift technique to open the airway.

1. Check for breathing.
2. Open the airway by tilting the head back and lifting the chin.
3. If there is no breathing, use the head-tilt/chin-lift technique.
4. If there is no breathing, use the head-tilt/chin-lift technique.

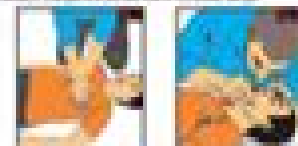


CIRCULATION

To commence CPR, ensure the casualty is on their back on a flat surface.

1. Place the casualty on their back on a flat surface.
2. Check for breathing.
3. If there is no breathing, use the head-tilt/chin-lift technique.
4. If there is no breathing, use the head-tilt/chin-lift technique.

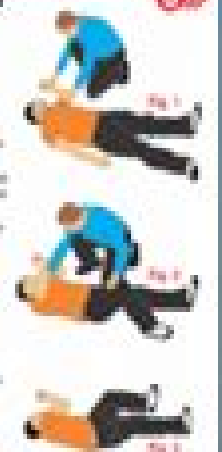
1. Place the casualty on their back on a flat surface.
2. Check for breathing.
3. If there is no breathing, use the head-tilt/chin-lift technique.
4. If there is no breathing, use the head-tilt/chin-lift technique.



UNCONSCIOUS

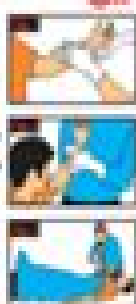
If the casualty is unconscious, ensure they are safe and call for help.

1. Check for breathing.
2. Open the airway by tilting the head back and lifting the chin.
3. If there is no breathing, use the head-tilt/chin-lift technique.
4. If there is no breathing, use the head-tilt/chin-lift technique.



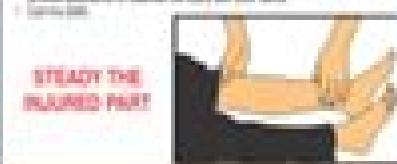
BLEEDING

1. Stop the bleeding.
2. Apply direct pressure to the wound.
3. If the bleeding does not stop, use a bandage to apply pressure.
4. If the bleeding does not stop, use a bandage to apply pressure.



FRACTURES

1. Immobilize the casualty.
2. Do not attempt to move the casualty.
3. If the casualty is in pain, use a bandage to immobilize the limb.
4. If the casualty is in pain, use a bandage to immobilize the limb.



STEADY THE INJURED PART

BURNS

1. Stop the burning process.
2. Cool the burn with running water.
3. Do not attempt to remove the casualty from the water.
4. Do not attempt to remove the casualty from the water.



Australian Home First Aid Reference Guide

David John Gordon



Australian Home First Aid Reference Guide:

The Complementary and Alternative Medicine Information Source Book Alan Rees, 2001-03-30 From acupuncture to yoga the increasing popularity of unconventional medical therapies has risen sharply during the past decade Consumers are turning to complementary and alternative medicine CAM for a variety of reasons and are spending billions annually for treatments Recognizing the growing need to locate authoritative CAM information award winning author Alan M Rees has compiled a first stop resource for those seeking information to guide their decisions Noted health information expert Alan Rees organizes the best of complementary and alternative medicine CAM information resources in this new guide for librarians and patients The book is divided into twelve sections beginning with an overview of CAM terminology safety concerns ongoing research and education and the movement towards integrative medicine Best of lists of books magazines newsletters CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups an extensive section on the Internet as a source of CAM related information and reviews of 355 popular books on CAM Librarians will use the Source Book as a collection development tool Consumers and students will find it an easy to use guide for locating hard to find resources about the latest in alternative medical therapies and treatments This unique volume brings together in one volume print and electronic resources pertaining to an in demand topic provides recommendations of authoritative sources of current information on a wide variety of unconventional medical therapies will fill the information gap in the rapidly growing field of CAM

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Table of Contents Australian Home First Aid Reference Guide

1. Understanding the eBook Australian Home First Aid Reference Guide
 - The Rise of Digital Reading Australian Home First Aid Reference Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Australian Home First Aid Reference Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Australian Home First Aid Reference Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Australian Home First Aid Reference Guide
 - Personalized Recommendations
 - Australian Home First Aid Reference Guide User Reviews and Ratings
 - Australian Home First Aid Reference Guide and Bestseller Lists

5. Accessing Australian Home First Aid Reference Guide Free and Paid eBooks
 - Australian Home First Aid Reference Guide Public Domain eBooks
 - Australian Home First Aid Reference Guide eBook Subscription Services
 - Australian Home First Aid Reference Guide Budget-Friendly Options
6. Navigating Australian Home First Aid Reference Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Australian Home First Aid Reference Guide Compatibility with Devices
 - Australian Home First Aid Reference Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Australian Home First Aid Reference Guide
 - Highlighting and Note-Taking Australian Home First Aid Reference Guide
 - Interactive Elements Australian Home First Aid Reference Guide
8. Staying Engaged with Australian Home First Aid Reference Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Australian Home First Aid Reference Guide
9. Balancing eBooks and Physical Books Australian Home First Aid Reference Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Australian Home First Aid Reference Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Australian Home First Aid Reference Guide
 - Setting Reading Goals Australian Home First Aid Reference Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Australian Home First Aid Reference Guide
 - Fact-Checking eBook Content of Australian Home First Aid Reference Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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