

St John First Aid Basics

St John DRABCD Action Plan

This Action Plan is a vital aid to the first aider in assessing whether the casualty has any life threatening conditions and if any immediate first aid is necessary. It is always important to call 000 for an ambulance as soon as possible.

D check for DANGER: to you, others, and to casualty.

R check for RESPONSE: squeeze casualty's shoulders, ask casualty for their name. If casualty responds, check for other injuries.

A check AIRWAY: If casualty does not respond, look in mouth—is the airway clear of foreign material?

- If no foreign material is present, leave casualty on back and open airway.
- If foreign material is present, turn casualty to recovery position, clear airway with fingers.



B check BREATHING: look and feel for chest movement, listen for air escaping from mouth and nose (an occasional gasp is not adequate for normal breathing).

If breathing place in recovery position, call 000 for ambulance, regularly check for signs of life.

If NOT breathing ask someone to call 000.

- Open airway—lift head backwards.
- Pinch nose closed.
- Lift chin and open mouth.
- Take a breath and blow into casualty's mouth—watch for chest to rise.
- Repeat to give two initial breaths.



C CPR: Check for signs of life: is casualty breathing, responding, moving?

If NO signs of life, start CPR.

Adult/Child (over 1 year)
Place heel of hand on lower half of breastbone in centre of chest with other hand on top of first.

Infant (under 1 year)
Place two fingers (index and middle) over lower half of breastbone.



- Press down 1/3 of depth of chest, give 30 compressions and 2 breaths.
- You should achieve 5 sets of CPR (30:2) in about 2 minutes.
- Continue CPR until ambulance arrives.

D Apply a DEFIBRILLATOR: (if available)

- Follow voice prompts.

Recovery Position

- Kneel beside the casualty.
- Place nearer arm across chest.
- Place further arm at right angle to body.
- Lift nearer leg at knee so it is fully bent upwards.
- Roll casualty away from you onto side.
- Keep leg at right angle, with knee touching ground to prevent casualty rolling onto face.



Choking

Adult/Child (over 1 year)

- Encourage casualty to relax, breathe deeply and cough to remove object.
- If coughing does not remove blockage, or if an infant—Call 000 for an ambulance.
- Bend casualty well forward and give 5 back blows between the shoulder blades—checking if blockage removed after each back blow.
- If unsuccessful, give 5 chest thrusts—in the CPR compression position, slower but sharper than compressions—checking if blockage removed after each chest thrust.
- If blockage not removed, alternate 5 back blows with 5 chest thrusts until medical aid arrives.



If casualty two-ones: unconscious

- 1 Call 000 for an ambulance.
- 2 Remove any visible obstruction from the mouth.
- 3 Commence CPR.

Poisoning

- Follow DRABCD Action Plan.
- Call 000 for an ambulance.
- Ring the Poisons Information Centre on 13 11 26.
- Monitor airway and breathing.

WARNING—Do not attempt to induce vomiting unless advised to do so by the Poisons Information Centre.

Burns

1. Move casualty from danger

If clothing on fire:

- STOP, DROP AND ROLL.
- Wrap casualty in blanket.
- Roll casualty along ground until flames extinguish.

2. Cool the burnt area

- Hold burnt area under cold running water—for at least 10 minutes.
- If chemical burn, run cold water over burnt area for at least 20 minutes.
- Remove clothing and jewellery from burnt area unless sticking to burn.
- Place sterile non-adherent dressing or burn sheet over burn.
- Seek medical aid.



Bleeding

1. Apply pressure to the wound

- Remove or cut casualty's clothing to expose wound.
- Wear gloves if available.
- Apply direct pressure over wound using sterile or clean dressing and pad.

2. Raise and support injured part

- Lie casualty down and then raise injured part above heart.

3. Bandage wound

- Bandage dressing and pad firmly in place.
- Apply another pad and bandage if bleeding continues.
- If bleeding persists seek medical aid.



Sprains and Strains

Follow RICE management plan:

REST: the injured part in comfortable position.

ICE: icepacks (joint compress wrapped in a wet cloth, apply for 10 minutes every 2 hours for 24 hours).

COMPRESSION: apply compression bandage firmly to extend well beyond the injury.

ELEVATE: the injured part unless you suspect a fracture.



Minor Injuries

Nosebleeds:

- Sit up with head slightly forward.
- Pinch soft part of nose for 10 minutes.
- Breathe through the mouth, do not blow nose.
- Loosen tight clothing around neck.
- Apply cold pack to neck and forehead.

If bleeding persists, seek medical aid.

Scrapes and grazes:

- Wash with running water to remove dirt.
- Cover with non-stick dressing.
- Bandage or tape in place.

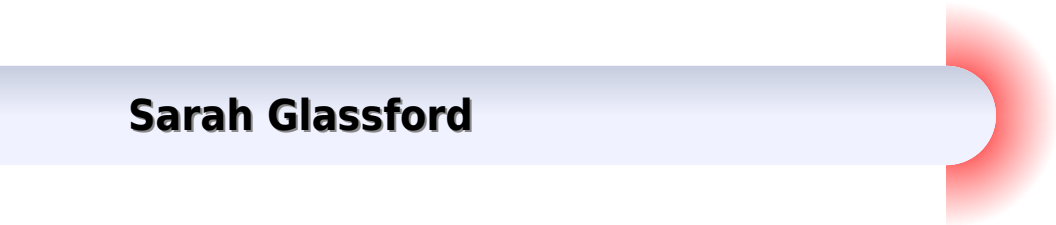
Seek medical aid if anything is embedded in wound, or becomes red, painful, warm or swollen.

Tooth knocked out:

- Clean with milk or casualty's own saliva and replace in socket—unless casualty is a child under 7 years (baby tooth).
- Ask casualty to hold in place.
- If unable to put tooth back, wrap tooth in plastic or store in milk or sterile saline and take casualty and tooth to a dentist.
- If tooth has been in contact with dirt or soil, advise casualty to have tetanus injection.

St John First Aid Manual Ontario

Sarah Glassford



St John First Aid Manual Ontario:

National Library of Medicine Current Catalog National Library of Medicine (U.S.),1965 Summer Courses and Examinations in 1918-1919. for Teachers Ontario. Department of Education,1918 Handbook Ontario. Civilian Defense Committee,1940 The Maple Leaf and the White Cross Christopher McCreery,2008-07-21 As a foundation of the Order of St John St John Ambulance has been providing first aid training programs in Canada for the past 125 years From the sweatshops of the Victorian era and military hospitals of the First World War to a modern day volunteer organization devoted to the service of humanity this history recounts the remarkable story of the Order s contribution to our country and those who made it possible With connections to the hospitaller work of the Order of St John in the tenth and eleventh centuries the Order of St John finds its modern roots in the English revival of this charitable work in 1831 The 1883 establishment of the Order of St John in Canada signalled the beginning of a long and distinguished history of service to Canadians and people around the globe As a nationwide volunteer organization involving more than 25 000 Canadians St John Ambulance continues to be the principal provider of first aid training in Canada Current Catalog National Library of Medicine (U.S.),1983 First multi year cumulation covers six years 1965 70 **First Aid for the Mineral and Allied Industries** United States. Bureau of Mines,1971 **Handbook of the Canadian Rockies** Ben Gadd,1995 **Workers' Compensation in Ontario** Douglas G. Gilbert,Leslie A. Liversidge,2001 The Illustrated Practical Book of Family Health and First Aid ,2005 From treating cuts sprains and bandaging in an emergency to making decisions on headaches fevers and rashes plus all you need to know about the long term health and fitness of your family *Medical Record* George Frederick Shrady,Thomas Lathrop Stedman,1895 *Medical record* ,1895 **Mobilizing Mercy** Sarah Glassford,2016-11-01 For more than a century the Canadian Red Cross Society has provided help and comfort to vulnerable people at home and abroad In the first detailed national history of the organization Sarah Glassford reveals how the European born Red Cross movement came to Canada and took root and why it flourished From its origins in battlefield medicine to the creation of Canada s first nationwide free blood transfusion service during the Cold War Mobilizing Mercy charts crucial organizational changes the influence of key leaders and the impact of social cultural political economic and international trends over time Glassford shows that the key to the Red Cross s longevity lies in its ability to reinvent itself by tapping into the concerns and ambitions of diverse groups including militia doctors government officials middle class women and schoolchildren Through periods of war and peace the Canadian Red Cross pioneered new services and filled gaps in government aid to become a ubiquitous agency on the wartime home front a major domestic public health organization and a respected provider of international humanitarian aid Opening a window onto the shifting relationship between voluntary organizations and the state Mobilizing Mercy is a compelling portrait of a major humanitarian organization its people and its ever evolving place in Canadian society *Library of Congress Catalog: Motion Pictures and Filmstrips* Library of Congress,1968 The Canadian Paediatric Society Guide to

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