



Safety and Security Solutions

Ph: 087 644 4497 Email: info@securitysafety.ie

www.securitysafety.ie

First Aid Training

First Aid Kit

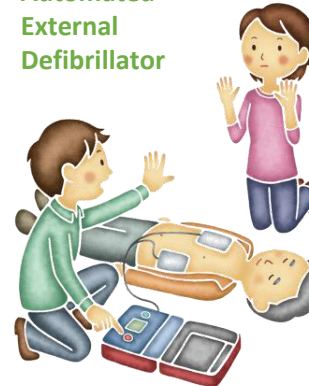
HSA Recommended Contents of Occupational First Aid Boxes and Kits

- Plasters
 - Safety Pins
 - Sterile Eye Pads
 - Triangular Bandages
 - Crepe Bandages
 - Shears
 - Disinfectant Wipes
 - Gloves
 - CPR Mask
 - Sterile Wound Dressings Medium / Large / Extra Large
 - Water Based Burns Dressing Small / Large
- Sterile water where there is no clear running water for eye irrigation / burns



AED

Automated External Defibrillator



Chain of Survival



Sudden cardiac arrest is the, unexpected loss of heart function, breathing and consciousness. **Switch AED on.** Follow the voice / visual prompts. Check the chest area for the P's: patch, pacemaker, paediatric, perspiration, pendant, playtex. **Attach pads.**

- **Clear** casualty when analysing
 - **Clear** before shocking
- If needed continue **CPR**



Vitals

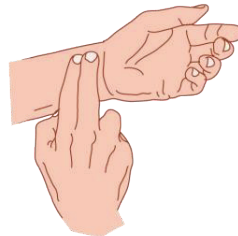
Levels of Consciousness, Pulse, Breathing, Skin colour & Temperature

Adult at rest 12–20 breaths per minute



AVPU scale

A	Patient is A lert
V	Patient responds to V oice
P	Patient responds to P ain
U	Patient is U nresponsive



60 to 100 beats per minute during rest



Choking

When a foreign object becomes lodged in the throat or windpipe, blocking the flow of air

Are you choking?

1. Back Slaps if coughing
2. Abdominal Thrusts if silent (Heimlich Maneuver)

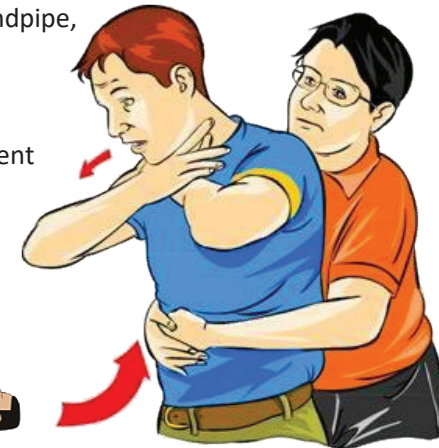


Infant

Child



Unresponsive Casualty





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First Aid Training

Scene Safety

Ask For Consent

Primary Survey

Secondary Survey

Recovery Position

First aid is the assistance given to someone suffering a sudden illness or injury, with care provided to preserve life, prevent the condition from worsening & promote recovery. Make sure you keep yourself, bystanders and the patient safe when approaching the scene of an accident. Hazards could be traffic, electricity, smoke, chemicals or fire. Remain calm, ease the victim's fears and anxieties.

Introduce Yourself. When offering any assistance to a casualty who is conscious, it is important to seek their permission for you to provide first aid

Check Responsiveness

- Airway
- Breathing
- Circulation

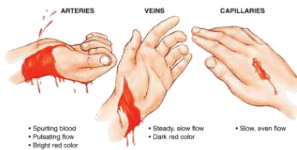
S.A.M.P.L.E

- Questions
- Signs & Symptoms
- Allergies, Medications
- Past medical history
- Last oral intake
- Events



Wounds Bleeding

- Posture
- Examine
- Elevate
- Pressure



Head to Toe physical exam

- Deformities
- Open Wounds
- Tenderness
- Swelling



Maintain First Aid Kit



Fill Report Form



Conditions



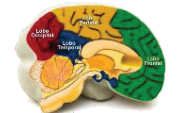
Asthma is a chronic (long term) disease of the airways that makes breathing difficult

Anaphylaxis Shock is life-threatening when a person's immune system overreacts to a substance

Shock is a life-threatening condition that occurs when the body is not getting enough blood flow

Diabetes without insulin, cells cannot absorb sugar (glucose), which they need to produce energy

Epilepsy recurrent seizures which occur because of a sudden surge of electrical activity in the brain



Heart



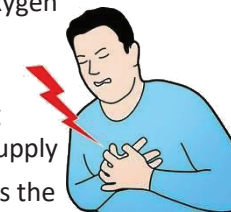
Angina (chest pain) is a warning sign of heart disease, Heart muscle does not get enough oxygen

Heart attack damaging of the heart muscle (myocardium) resulting from a blocked blood supply

Sudden cardiac arrest is the sudden, unexpected loss of heart function, breathing and consciousness

Stroke, ACT FAST

- Clot or Bleed



Soft Tissue Injuries

Sprains & Strains

- R - Rest
- I - Ice
- C - Compress
- E - Elevate



D.O.T.S



Fractures can be closed or open also called compound (the skin is open and risk of infection significant)

