

# FIRST AID NEWS

First Aid Safety Training (RTO 32085) Newsletter

November 2015

## C.P.R. actually works...!

Our experience in successfully treating patients in cardiac arrest sets us apart from other training organisations. Of our patients who survived such an event, all had CPR applied as soon as they collapsed. Most of their rescuers had completed an approved CPR or first aid course. Some never had any formal experience and just wanted to **"Have A Go"** at saving someone's life.

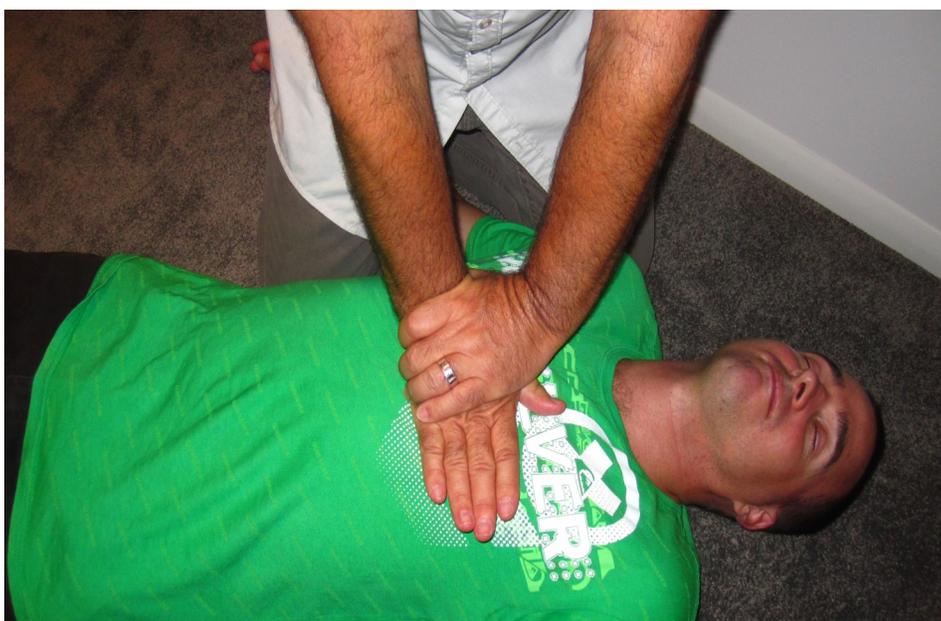
"I immediately rang Triple Zero for help. The paramedics on the phone told me how to perform CPR," said one husband who witnessed his wife collapsed in cardiac arrest.

"Although I was scared not to make a bad situation even worse, I just couldn't stand back and not do anything to save my wife's life. I decided that I would **"Have A Go"** and follow the instructions I was given rather than doing nothing.

"The ambos were here within ten minutes and set up their defibrillator which saved her life."

*"We found the first aid course to be a valuable resource."*

*"The skills I learned helped me stop one man from bleeding to death," said Mark Roberts, Townsville QLD.*



Place the heel of one hand in the centre of the chest and the other hand across your wrist and compress a third of the chest at a ratio of 30 compressions to 2 rescue breaths.

## In This Issue

- CPR actually works...!
- Chain of Survival.
- What happens when I ring Triple Zero?
- Commonly held fears about CPR.
- About First Aid Safety Training
- November Course Calendar



## What happens when I dial “Triple Zero”?

A Telstra operator will answer your call asking;

“Police, Ambulance or Fire?”

Ask for an agency that is appropriate to what you see as the emergency.

**Police:** Any emergency;

**Fire:** Fires or explosions;

**Ambulance:** Medical emergencies.

Please do not give the incident details to the Triple Zero operator as they cannot act on your call for help.

## Paediatric Emergencies;

Emergencies involving babies and infants can be remembered by ensuring that children are: Alert, warm, sweet, pink and wet.

1. **Alert:** The child should be easily aroused;
2. **Warm:** Have a temperature of less than 38C. Place the back of your hand on your own forehead and then on to the child's. If they feel hotter than your hand, then the temperature would be higher than 38C; Dry and crusty lips and eyes indicate a higher temperature than normal; dehydration and infection.
3. **Sweet:** A blood sugar higher than 4.0 as tested on a Blood Glucometer;
4. **Pink:** Adequate oxygen and circulation is in the blood, and
5. **Wet:** The child should regularly be passing clear or slightly yellow urine. To check for dehydration, gently press your thumb and index finger on the child's skin near their wrist and lift the skin which should retract to normal immediately. If it is slow to return to normal and looks like a “tent” then the child is dry. Another sign of de-hydration is constipation and very hard clay like stools.

You should consult a health care professional if you have any concerns or dial Triple Zero and ask the ambulance for assistance and advice.



Dial 112 or 106 (text)



Commonly held fears about CPR;

1. Will I injure the heart if it's still beating?

NO.

2. Will I break ribs?

YES.

3. Can I get sued?

NO.

4. When do I stop CPR?

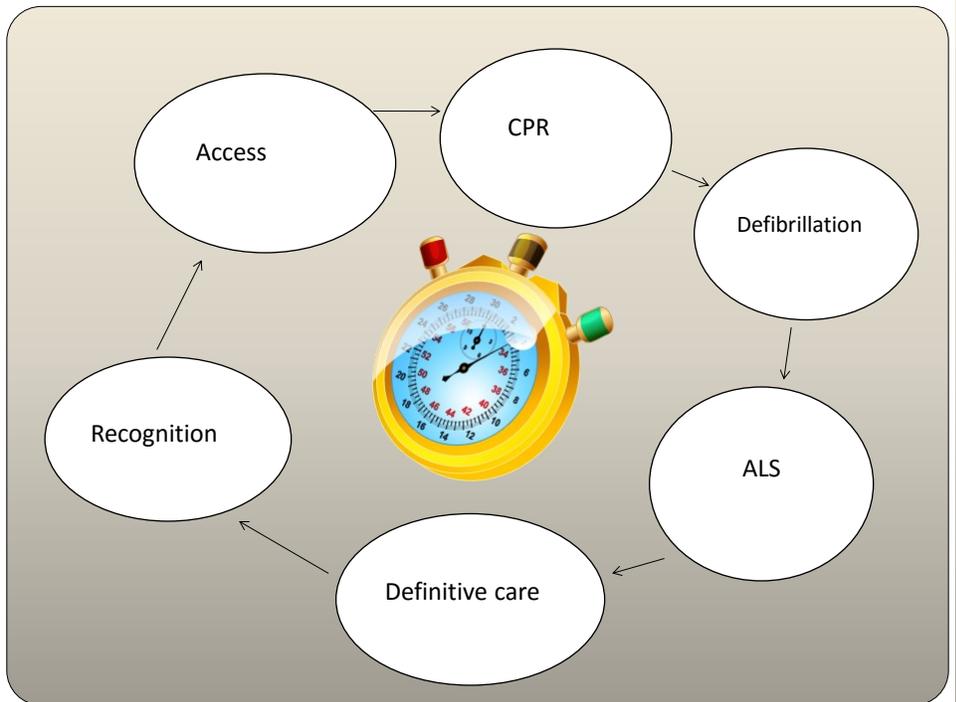
When you can no longer perform it;

When asked to stop by a more senior rescuer, and

When the patient recovers.

5. What if I forget the rates?

It doesn't matter, just keep doing CPR.



First Aid Safety Training's Chain of Survival

## Chain of Survival

1. **Recognising** that an emergency may exist is fundamental to an Emergency Management Plan. Hearing screaming; tyres skidding; followed by the loud "bang" of a car crash may prompt you to call Triple Zero.
2. **Accessing** a scene may be dangerous. Weigh up and think out the risks involved.
3. **C.P.R** saves lives. "**Have a Go.**"
4. **Defibrillation** (AED)'s are common in work and public places.
5. **ALS** (paramedics) should be called as early as possible to avoid delays.
6. **Definitive Care** (hospitals) all patients should be encouraged to attend.

The clock represents the "**Golden Hour.**" This is a critical factor in a patient's survival. Any delay getting to hospital care results in decreasing chance of survival.

First Aid Safety Training's **Chain of Survival** is based on a community which is educated, caring, willing and able to deliver life saving CPR skills.



We are registered (RTO 32085) with ASQA to deliver Australian Government nationally accredited training courses.

Our **Mission** is to empower our community with the skills and the confidence to be a life saver. Our courses are innovative, easy to understand and practical.

Our **Vision** is to be an industry leader providing quality skills that reflect World's Best Practice in resuscitation and First Aid.

Our **Values** are integrity and a brand name synonymous with quality courses that empower our students with the skills and confidence to save lives. While the ability to save a life is priceless, we aim to be value for money.

**HLTAID001 Provide Cardio-Pulmonary Resuscitation**

**HLTAID003 Provide First Aid**

**HLTAID007 Provide Advanced Resuscitation.**

Call for more information about our services and products

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Visit us on the web at  
[www.firstaidsafetytraining.com.au](http://www.firstaidsafetytraining.com.au)

We offer;

Clinics; First Aid Training; First Aid Kits; AED's; OH&S professionals; Paramedics; Auditing Services



## NOVEMBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CPR First Aid	3 CPR First Aid	4 CPR First Aid	5 CPR First Aid	6 CPR First Aid	7
8	9 CPR First Aid	10 CPR First Aid	11 CPR First Aid	12 CPR First Aid	13 CPR First Aid	14 CPR First Aid
15	16 Adv Resusc	17 Adv Resusc	18 Adv Resusc	19 CPR First Aid	20 CPR First Aid	21
22	23 CPR First Aid	24 CPR First Aid	25 CPR First Aid	26 CPR First Aid	27 CPR First Aid	28 CPR First Aid
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