

Basic first aid: Industrial Technology

Being able to give first aid is a valuable skill and to do it well requires sound training. This worksheet examines some of the basic steps to take in an emergency.

This material addresses aspects of the following syllabus outcome:

5.1.1 The student identifies, assesses and manages the risks and OH&S issues associated with the use of a range of materials, hand tools, machine tools and processes.

Extract from: Stage 4–5 Industrial Technology Syllabus © Board of Studies NSW 2003.

Basic first aid

While in some situations you may be able to give first aid, you should leave dangerous situations to the emergency personnel who have the training and equipment to manage the situation. Risking your own safety in a dangerous situation may increase the number of casualties to be managed; so waiting for the emergency services to arrive is sometimes the only option.



First aid symbol

Other situations may permit the removal of the hazard, or the removal of the casualty from the hazard. Examples of removing a hazard would be cleaning away broken glass, or turning electricity off at the main power board in an electrocution incident.

As a general rule you should avoid moving casualties unless there is a hazard that you cannot remove, such as fire or poisonous fumes. The movement of a casualty, especially an unconscious casualty, is very difficult and should be left to ambulance personnel who have the training and equipment necessary to protect themselves and the casualty. If it is essential to move a casualty before an ambulance arrives extreme care should be taken and good manual handling practice must be used.

However, there are some basic steps, which you can take to help the injured person.

Response

Check the casualty for a response by touching the casualty on the shoulders and asking loudly 'are you all right?' This is known as the *touch and talk* technique. There is no need to shake a casualty to gain a response, just putting your hand on the shoulder and talking loudly is an effective method and will awaken a sleeping person, or trigger a reaction in someone who is inebriated or sick. A casualty that does not react should be considered unconscious.

If you witness a person collapsing ring an ambulance immediately.

Activity 1

There are three levels of consciousness. Place the appropriate term below next to its description:

- unconscious
- fully conscious
- semi-conscious.

| State | Description |
|-------|--|
| | the casualty is responsive and alert and aware of time and place |
| | the casualty is drowsy or confused |
| | the casualty is unresponsive |

If the casualty responds by answering and appears conscious or is semi-conscious place them in the recovery position and monitor breathing, pulse and consciousness.

Activity 2

Place these basic first aid steps in the correct order:

- Observe and reassess the casualty's vital signs regularly.
- Check the casualty's condition and get help if needed.
- Send someone for help.

1. _____
2. _____
3. _____

The casualty may not respond to your efforts. If the casualty does not respond:

- shout for help
- check the airway.

Their airway may be blocked. Ensuring a clear airway is essential to allow the casualty to breathe. Check the airway is open and clear.

Activity 3

Place these steps required to clear an airway in the correct order:

- Lift the jaw forward to open the mouth.
- Lay casualty on their side and clear any obstructions.
- Support and lift the chin to open the airway using a pistol grip.
- Place your hand on the forehead and gently tilt the head back.

1. _____
2. _____
3. _____
4. _____

Try to avoid excessive head tilt if injury to the neck is suspected. If head tilt is necessary, tilt the head just enough to open the airway.

For further information on first aid visit the St John Ambulance web site
<http://www.stjohn.org.au/guide.htm>.