

# FACE AN EMERGENCY

Always remember to call 000 in case of an emergency

## IF EVER IN DOUBT CALL TRIPLE ZERO (000)

### REMEMBER TO REMAIN CALM AND STATE CLEARLY THE EMERGENCY

When faced with an emergency situation, follow the guidelines below. Remember to start each situation the same way, so reacting to an emergency becomes second nature to you! Seconds can count!

#### STEP 1

##### ASSESS THE SITUATION

- How can you protect yourself from any danger?
- Protect yourself with PPE
- How can you protect the injured person from any further danger?
- Call for paramedics on 000

Be mindful of or avoid:

- Bodily fluids (Blood, Saliva etc.)
- Burns to the body
- Back or Neck injuries
- Fumes & possible explosions
- Violent behaviour

#### STEP 2

##### ASSESS THE PATIENT

- How badly injured are they?
- Is there any visible life signs?
- If the patient has stopped breathing check their airways for any blockages
- Commence CPR if necessary

Also known as DRS ABCD:

- Danger (Assess the situation)
- Response (Any visible life signs?)
- Send For Help (Call Triple Zero)
- Airway (Are there blockages?)
- Breathing (Breathing normally?)
- CPR (Begin CPR)
- Defibrillation (For Paramedics)

#### STEP 3

##### GET TO THE HOSPITAL

- Begin basic treatment until paramedics arrive at the scene
- If no help is coming arrange own transport to the Hospital
- Provide mental support to the patient to keep moral high

Remember that:

- When providing temporary first aid, protect yourself from harm
- Remain calm and confident
- If using own transport to get to a hospital, remember seconds can count