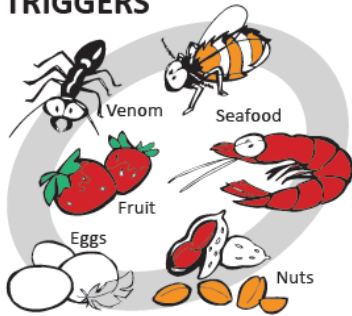


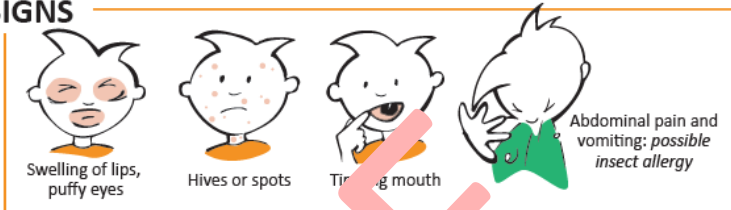


MILD TO MODERATE ALLERGIC REACTION

TRIGGERS



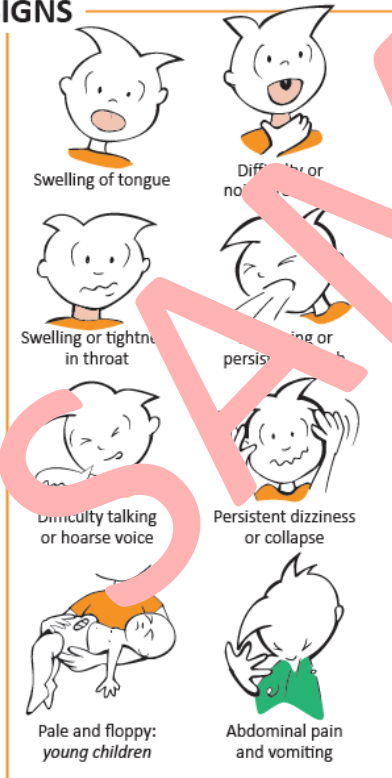
SIGNS



Mild to moderate allergic reaction (e.g. hives or swelling) may not always occur before severe allergic reaction

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

SIGNS



MANAGEMENT

1. Lay person flat
DO NOT allow them to stand or walk
- If unconscious or pregnant, place in recovery position, on left side if pregnant
- If breathing is difficult, allow them to sit with legs outstretched
- Hold young children flat, not upright
2. Remove trigger or exposure to trigger
3. Administer EpiPen into lateral thigh.
4. Call an ambulance - 000

Commence CPR any time if casualty is unresponsive and not breathing

CONTINUE CPR UNTIL RESPONSIVE OR NORMAL BREATHING RETURNS

FIRST AID PLAN FOR ASTHMA

WHEN EVERY SECOND COUNTS

Asthma is the swelling, narrowing, inflammation, and possible blockage of air passages with mucus.

Asthma comes in three stages:

Severe asthma?

Call 000 immediately

4 puffs... 4 breaths... 4 minutes

MILD	MODERATE	SEVERE
<p>SIGNS</p> <p>Short of breath Wheeze Cough Chest tightness</p>	<p>SIGNS</p> <p>Loud wheeze Breathing difficulty Difficulty speaking in short sentences</p>	<p>SIGNS</p> <p>Gasping for breath Blueness around the mouth Distressed Difficulty speaking two words</p>

MANAGEMENT

1. Get casualty to sit upright & keep them calm.
Do not leave them alone.
2. Follow their written personal asthma action plan. Ask if they have their own puffer.
3. Administer puffer with or without spacer. After 4 minutes, repeat as required.
4. **If no improvement - call an ambulance immediately.**

Commence CPR any time if casualty is unresponsive and not breathing normally

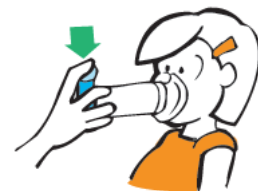
Administer puffer **without spacer**

- Shake the puffer before every puff.
- Place mouthpiece into their mouth and seal lips around it. Administer **1 puff** as they inhale slowly.
- Remove puffer. Ask them to hold their breath for **4 seconds**, then breathe out slowly.
- **Repeat for 4 puffs.**
- Wait **4 minutes**.

OR...

Administer puffer **with spacer**

- Shake the puffer.
- Put **1 puff** into the spacer.
- Take **4 breaths** from spacer.
- **Repeat for 4 puffs.**
- Wait **4 minutes**.



Western Australia is home to some of the most deadly creatures in the world...

ICE PACK

Place an ice pack or wrap ice in a cloth and place on the bite.

HOT WATER

Soak in water as hot as you can take, or stand in a hot shower.



CALL 000 AND ADMINISTER CPR IF CASUALTY STOPS BREATHING

W.A.'s MOST COMMON DEADLY SNAKES

Snake photos credit: The West Australian Reptile Park www.wareptilepark.com.au



DUGITE



SOUTHERN DEATH ADDER



GUARDAR



MULGA (King Brown)



DESERT DEATH ADDER

HEAT BURNS

Sunburn, flame, scald, blast (hot gas), and contact with direct heat e.g. stove

DO NOT...

- peel off clothing or burnt substances
- cool burn with ice or ice water
- break blisters
- use lotions, ointments, creams or powders



COOL water



If no running water, use clean cool liquid e.g. beer or soft drink.



*Use cooling gels only after 20 mins of cool running water.

MANAGEMENT

1. Remove casualty from danger if safe to do so
2. Cool burns with cool running water for at least **20 minutes** (or up to 3 hours after the burn)*
3. If not stuck to the skin, remove jewellery and clothing from burnt area
4. Cover burn with sterile non-stick dressing
5. Change/rewet dressing regularly as the dressing will absorb heat from burn
6. Cover unburnt areas and keep the casualty warm
7. Elevate burnt limbs to minimise swelling
8. For severe burns, send for an ambulance

CHEMICAL BURNS

DO NOT...

- attempt to neutralise burns with another chemical
- apply cling wrap or hydrogel dressings



1. Protect yourself e.g. gloves, mask, etc.
2. If safe to do so, remove casualty to safe area
3. Flush burns with cool running water for at least **20 minutes** and up to 1 hour until stinging stops
4. Refer to Safety Data Sheets for specific treatment
5. Call the Poisons Information Centre on **13 11 26**
6. Send for an ambulance

ELECTRICAL BURNS

Electric shock and lightning strike
- look for entry and exit wound.

DANGER
RESPONSE
SEND
AIRWAY
BREATHING
CPR
DEFIBRILLATION



1. Isolate/turn off power supply if safe to do so
2. **High Voltage?** Keep at least 8m from the casualty or wires and call 000 immediately
3. Once power is off, commence CPR if needed
4. Cool burns with cool running water for at least **20 minutes** (or up to 3 hours after the burn)
5. Send for an ambulance

D

DANGER

Is it safe for yourself, the casualty and bystanders



R

RESPONSE

Talk and touch

C can you hear me?
O open your eyes
W what's your name?
S squeeze my hand



S

SEND

...for HELP! Call 000



A

AIRWAY

Clear mouth and open airway
Head back, chin up



B

BREATHING

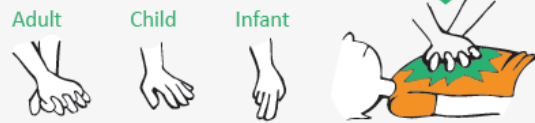
Look, listen, and feel for
10 seconds



C

CPR

30 Compressions : 2 Breaths
Continue until help arrives or
casualty starts breathing



D

DEFIBRILLATION

Attach defibrillator and
follow the prompts

