



1 Use PPE

Your safety should always come first.

1. Check for any hazards before approaching the victim.
2. Use gloves as a protective barrier. If you do not have gloves, then avoid direct contact with the victim's blood.
3. You can improvise a barrier to prevent direct contact.



Dealing With Crush Injuries

Crush injuries result in damage to muscles and bones due to heavy objects. Toxins can also build up around injuries, causing complications.

2. Neutralise any hazards before attending to the victim.
3. Call emergency services and reassure the victim
4. Any crushing weight should be removed from the victim as soon as possible, provided it is safe to do so.
5. Check if victim has suffered any injuries and treat accordingly.
6. Be prepared to treat the victim for shock.

7. If in doubt about how long the person has been crushed, seek medical advice prior to moving the object.

8. Monitor the victim and document the incident.



DISCLAIMER: The information in this poster is not a substitute for proper first aid training

Dealing With Burns

1. Neutralise hazards before attending to victim.
2. For chemical burns, wash affected area with cool running water for up to 20mins. Ensure water does not carry chemical to unaffected parts. Refer to Safety Data Sheet (SDS).
3. For other burns, flush the area with cool running water for up to 20 minutes.
4. Apply non-adhesive, non-fluffy, wet dressing to affected area.

Dealing with Fall Injuries

1. Any fall greater than 1 meter should be treated as possible head or spinal injury. Stabilise the head and neck and call emergency services.
2. Any head injury should be treated as possible concussion. Call emergency services or seek medical advice.
3. Confusion, vision impairment, nausea and drowsiness are some signs of concussion.
4. If the victim has suffered any fracture, instruct him to remain still, treat any wound, and then immobilise the part that was fractured. Call emergency services.



Dealing With Bleeding

1. When profuse bleeding occurs, you need to act fast.
2. Using your gloved hand, apply direct pressure to the injured area.
3. If there is a foreign object embedded in the wound, apply pressure around it 4. If the victim is able, allow them to apply the direct pressure on his own.
5. Remember, the victim might go into shock if lots of blood is lost.



Dealing With Collapse

if breathing place in recovery position

If not breathing

1. Place victim on their back on a firm, flat surface.
2. Kneel so that you are 90 degrees to victim's upper body, with your knees shoulder width apart.
3. Place your hands, one atop the other, on victim's sternum (centre of chest). Compress chest 1/3 depth, at a rate of approx. 100 compressions per minute.
4. After 30 compressions open victim's mouth and tilt head back to open airway.
5. Use face shield/pocket mask and blow in victim's mouth. Look if chest rises. Stop and repeat for 2nd breath.
6. Continue cycle of 30 compressions to two breaths (30:2)
8. If unable to perform rescue breaths, perform continuous chest compression CPR only, until help arrives.
9. Continue performing CPR until: help arrives, victim shows signs of response, you cannot continue due to exhaustion, or, there is danger.

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