



# Quick First Aid guide ProSafety NZ

## Topic: How to treat an unconscious person:

- Check for a response by gently shaking the casualty's shoulders and ask loud and clearly if they are all right!
- If there is no response, your priorities are to
  - Shout for help
  - Open the airway
  - Check for normal breathing

### Open the Airway

-place your hand on the patients forehead and gently tilt the head back and lift the chin gently with two fingertips.



### Look Listen and feel for Normal breathing

- by looking for chest movement
- listening for breathing sounds
- feeling for air by placing your cheek close to the patients mouth to feel for air.



### Patient breathing ?

- place in the recovery position;
- get help;
- check for continued breathing



The mouth is downward so that vomit or blood can drain from the patient; the chin is well up to keep the airway opened. Arms and legs are locked as to stabilise the position of the patient. Note that the patient is safely on her left side.

### Patient NOT Breathing?

- Get help
- Start CPR
- Place patient on their back, open airway as per above.
- If you have a CPR valve use it to protect yourself.



### CPR - Procedure

#### To start chest compressions:

- lean over the casualty and with your arms straight, press down on the centre of the breastbone 4-5 cm, then release the pressure;
- repeat at a rate of about 100 times a minute;
- after 30 compressions open the airway again;
- pinch the casualty's nose closed and allow the mouth to open;
- take a normal breath and place your mouth around the casualty's mouth,



making a good seal;

# **POISONING**

## **For poisoning by swallowing:**

- Check and monitor the person's airway, breathing, and pulse. If necessary, begin CPR.
- Try to make sure that the person has indeed been poisoned. It may be hard to tell. Some signs include chemical-smelling breath, burns around the mouth, difficulty breathing, vomiting, or unusual odors on the person. If possible, identify the poison.
- Only make the person throw up (vomit) if the poison control center tells you to do so.
- If the person vomits, clear the person's airway. Wrap a cloth around your fingers before cleaning out the mouth and throat. If the person has been sick from a plant part, save the vomit. It may help experts identify what medicine can be used to help reverse the poisoning.
- If the person starts having Convulsions give Convulsion first aid
- Keep the person comfortable. The person should be rolled onto their left side, and remain there while getting or waiting for medical help.
- If the poison has spilled on the person's clothes, remove the clothing and flush the skin with water.

## **For inhalation poisoning:**

- Call for emergency help. Never attempt to rescue a person without notifying others first.
- If it is safe to do so, rescue the person from the danger of the gas, fumes, or smoke. Open windows and doors to remove the fumes.
- Take several deep breaths of fresh air, and then hold your breath as you go in. Hold a wet cloth over your nose and mouth.
- Do not light a match or use a lighter because some gases can catch fire.
- After rescuing the person from danger, check and monitor the person's airway, breathing, and pulse. If necessary, begin CPR.
- If necessary, perform first aid for eye injuries.
- If the person vomits, clear the person's airway. Wrap a cloth around your fingers before cleaning out the mouth and throat.
- Even if the person seems perfectly fine, get medical help.

## **DO NOT**

- DO NOT give an unconscious victim anything by mouth.

- DO NOT induce vomiting unless you are told to do so by the Poison Control Center or a doctor. A strong poison that burns on the way down the throat will also do damage on the way back up.
- DO NOT try to neutralize the poison with lemon juice or vinegar, or any other substance, unless you are told to do so by the Poison Control Center or a doctor.
- DO NOT use any "cure-all" type antidote.
- DO NOT wait for symptoms to develop if you suspect that someone has been poisoned seek medical help immediately.

*Disclaimer. ProSafety NZ has taken care in preparing the guide. However, care should be taken in diagnosing and applying first aid treatment. Where possible professional help should be called.  
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