

S.A. POLICE DEPARTMENT
EMERGENCY FIRE SERVICES
Police Barracks
THEBARTON 5031

FIRST AID HINTS IN FIRE EMERGENCIES

*by courtesy of
Chief Training Officer, St. John Ambulance Brigade

-*-*-*-*-

In the case of injured persons, these are the objectives - to save life, to obtain as rapid and complete recovery as possible and to relieve suffering.

The first aid attendant must always recognize his limitations, and be reminded of the old proverb which warns us so truthfully, that "a little knowledge is a dangerous thing".

The following first aid hints are not intended to constitute the entire therapy required, but will assist you and the patient until he can be placed in more experienced hands.

RESUSCITATION:

Everyone should be able to perform artificial respiration. The mouth to mouth or mouth to nose method is the one of choice.

BURNS:

- (a) Superficial - Where there is reddening and minor blister formation -
Wash with cold water.
Apply a sterile dressing and bandage firmly.
- (b) Deep - Remove or cut away clothing over the burnt area, but leave clothing that is stuck.
Wash liberally with cold water.
Cover the burned area with a sterile or clean dressing and bandage securely.
Do not apply any lotions, ointments or oily dressings.
Do not break blisters.
Refer to medical aid.

BLEEDING:

All breakages of the skin should be covered to minimize infection. Apply direct pressure. The application of firm pressure directly to the wound controls haemorrhage by compressing the blood vessels leading into the wound and by retaining blood in the wound long enough for it to clot. Pressure is applied by placing a large dressing over the wound. This extends well beyond the edges of the wound and a firm bandage holds it in position. Act quickly - every drop of blood is important. Elevate the part. Rest the casualty. Rest the injured part.

HEAT EXHAUSTION:

Place the casualty at rest in a cool place. Sponge with cold water. Give plenty of water (containing a teaspoonful of salt to the pint) to drink.

FRACTURES:

Immobilize fractures before moving the casualty unless danger to the casualty or rescuers prevents this. Warn the casualty not to move. Control haemorrhage if present. Support the injured part or limb in as natural a position as possible without using force, and

Fractures cont:

maintain this support until immobilization is completed. Support and immobilize with slings, bandages and splints when necessary. Support in the elevated position when possible.

STRAIN:

A strain is the result of overstretching of a muscle or tendon. Prevent further damage, and treat by :- Controlling haemorrhage and reducing the swelling; Preventing further overstretching and damage; Supporting the injured muscle with pressure; Encouraging gentle exercise to reduce painful spasm and shortening; Avoiding all massage.

SPRAIN:

Caused when the ligaments which bind the opposing bony surfaces together are forced beyond their normal range. Rest the joint in the most comfortable position. Elevate the limb. Expose the joint and apply a firm bandage. Apply ice packs or cold compresses over the joint. In all doubtful cases, treat as a fracture.

EYE INJURIES:

Heat Burns - common in bushfires

Irrigate the eye with cold water.
Place an eye pad over the affected eye or eyes.
Seek medical advice.

Smoke -

Irrigate freely with cold water.
If symptoms relieved duty may be resumed.

Foreign Bodies -

Are often washed out by tears or irrigation.
If not, get a wisp of cotton wool or the corner of a clean handkerchief moistened with cold water, then gently draw the eyelid away from the eye ball. This may expose the foreign body which can be removed with the wisp of cotton wool or the handkerchief.

* * * * *

THE ST. JOHN AMBULANCE BRIGADE
SOUTH AUSTRALIA DISTRICT INC.

21 Austin Street,
Adelaide. S.A. 5000.

SUGGESTED CONTENTS OF A FIRST AID KIT

- Bandages: 12 only Triangular Bandages (40" sides)
5 " 3" Crepe roller bandages
1 " 2½" Rubber constrictive Bandage
- Dressings: 6 large prepared sterile dressings) Field
6 small prepared sterile dressings) Dressings
3 Sterilized eye pads and bandages in sealed packets
1 Sterile ½ sheet size burn dressing
1 Pkt. x 100 Bandaides
3 x 2 oz. Cotton Wool
2 x 12" Square Absorbent Lint
1 x 1 yd. Adhesive strip dressing
1 x 5 yds. adhesive tape
Finger stalls (leather)
1 roll Tubegauz with applicator (finger injuries)
- Miscellaneous: 1 Pair 5" S/S Blunt/Sharp scissors
1 Pair 5" S/S Pointed end Forceps
1 Bottle headache powders or tablets
1 Bottle salt tablets (Dextrose)
1 Graduated medicine glass
1 Pkt. Tissues
1 Bottle 8 oz. Antiseptic Liquid (Savlon)
1 Tube Savlon cream (small cuts and scratches)
1 Card medium size safety pins
1 6" kidney basin or bowl
1 small torch with spare battery
3 small (Barbers) towels for use as cold compress
1 plastic eye irrigator
1 small bottle clean water
1 Stretcher
2 Grey blankets
1 Hand operated suction Unit, including sterile suction catheter
St. John First Aid Manual (current edition)
Note paper and pencil
2 plastic inflatable splints (arm and leg)

If required further material may be added to the above list but it should suffice a working party of up to 30 men. The material should be kept in a clean portable container which can easily be transported to the accident or illness site. As the various items are used immediate replacement should be made to ensure an effective kit is maintained.

* * * * *