



## FIRST AID

Use the resources below from St John's Ambulance Victoria to improve your first aid skills!

### Learn how to [stop a nosebleed](#)

1. Ask the casualty to breathe through their mouth and not to blow their nose.
2. Sit the casualty up, head slightly forward.
3. Apply pressure from the finger and thumb to the soft part of the nostrils below the bridge of the nose for at least 10 minutes. You can get the casualty to do this themselves if they are able to.
4. Loosen tight clothing around the neck.
5. Place cold wet towels (or ice wrapped in a wet cloth) on the neck and forehead.
6. If bleeding persists beyond the 10 minutes, seek medical aid.
7. If the casualty has lost a lot of blood or feels faint, seek medical aid.

### Check out how to provide [first aid for a snakebite](#)

1. Follow [DRSABCD](#).
2. Lay the casualty down and provide reassurance.
3. Apply a pressure immobilisation bandage:
  - Wrap a broad pressure bandage around the bite as soon as possible.
  - Apply a firm heavy elasticised roller bandage just above the fingers (for a bite on the arm) or toes (for a bite on the leg) and work your way upwards on the limb. Wrap the bandage past the snakebite and as far up the limb as possible.
  - Ensure the bandage is applied firmly without hindering blood circulation.
4. Splint the bandaged limb.
5. Ensure the casualty remains still.
6. Call triple zero (000) for medical assistance.
7. Record the time the bite occurred and when the bandage was applied.
8. Wait with the casualty, monitor and record any changes in their condition.

## Learn how to [treat and recognise a burn](#)

1. **REMOVE** all jewellery from around the burn area. Remove any clothing and nappies around the burn area unless stuck to the skin.
2. **COOL** the burn under cool running water for no more and no less than 20 minutes. *DO NOT use ice or creams as this can further damage the skin.*
3. **COVER** the burn loosely with cling wrap or a clean, damp lint-free cloth.
4. **SEEK** immediate medical advice if the burn is:
  - larger than a 20-cent coin;
  - on the face, hands, groin, or feet;
  - deep or infected; and/or
  - caused by chemicals or electricity.

## Read about simple [first aid for fractures](#)

1. Follow [DRSABCD](#).
2. Cover wounds and apply pressure to halt bleeding.
3. Check for other fractures (open, closed, or complicated).
4. Request casualty does not move.
5. Immobilise fracture with wide bandages above and below joints to prevent movement:
  - Apply the bandages under the natural hollows of the body to support the limb (handle with care).
  - Create a splint with padding and apply to the injured area.
  - If it is a leg fracture, you must immobilise the foot and ankle.
  - After applying the splint you must check that it is not too tight or too loose in 15-minute intervals.
  - Check for signs or circulation loss in the foot or hand.
  - Seek medical assistance.
  - Observe casualty closely.

