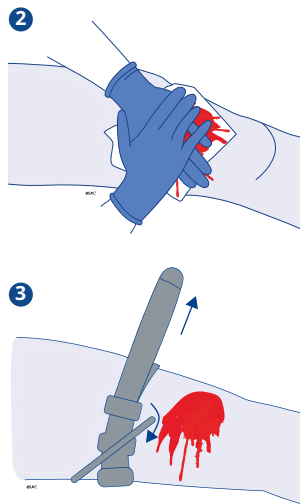
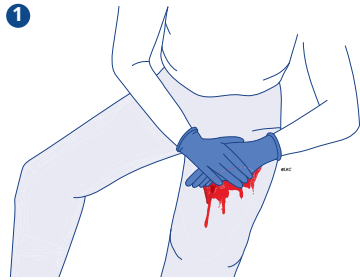


FIRST AID

WAYS TO SAVE SOMEONE'S LIFE

Stop life-threatening bleeding

1. Apply pressure with hands
2. Apply dressing and press
3. Apply tourniquet if needed



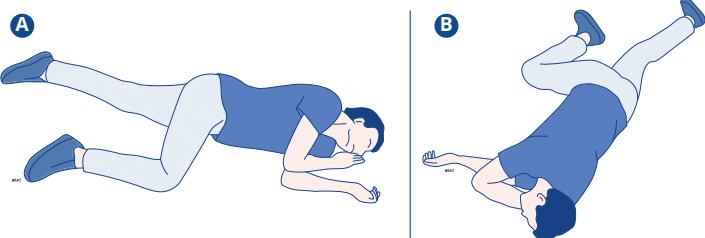
Cool for heat stroke

1. Call emergency medical services
2. Passive cooling:
 - Move to a cooler location
 - Remove excess clothing
 - Measure core temperature
3. Active cooling:
 - Immerse their whole body in cool/cold water until core temperature $<39^{\circ}\text{C}$, neurological symptoms resolve, or for 15 min



Maintain an open airway in a person with impaired consciousness

Place them in the recovery position (A or B)



Act in case of opioid overdose

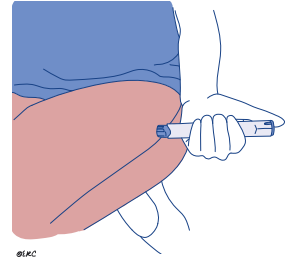
Signs: slow/irregular/no breathing, extremely drowsy or unresponsive, very small pupils

1. Not responsive and not breathing?
Start CPR and call emergency medical services
2. Administer naloxone (follow package instructions)

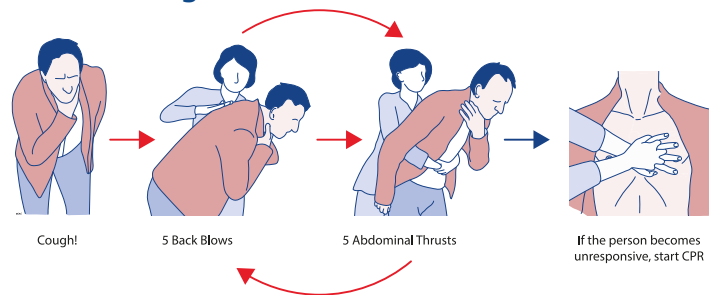
Recognise and treat anaphylaxis

Signs: difficulty breathing, airway swelling, stridor

1. Administer adrenaline in outer thigh
2. Call emergency medical services
3. Have the person sit or lie down
4. Repeat adrenaline after 5 minutes if needed

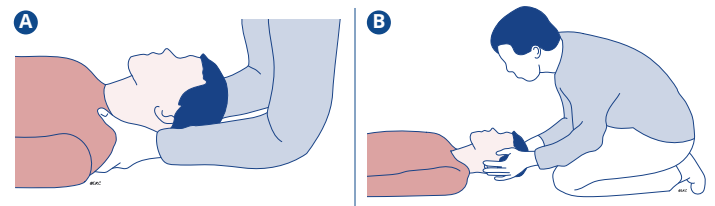


Treat choking



Minimise movement if you suspect cervical spine injury

Use the trapezius (A) or head squeeze (B) technique to minimise movement in an unconscious person.

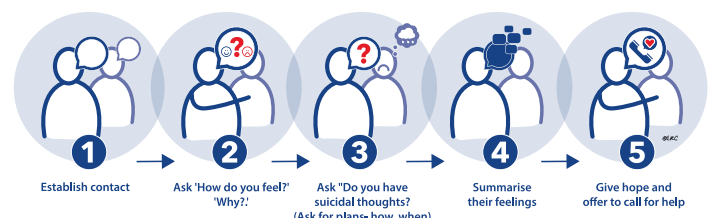


Act in case of drowning

- Call emergency medical services
- Do not enter the water if you are not trained
- Provide a flotation device



Offer help for suicidal thoughts





APPROACH TO A PERSON WITH IMPAIRED CONSCIOUSNESS AND POSITIONING THEIR BODY

