

# COMPANION

## ADVENTURE FIRST AID KIT

PART NO. COMP3834

### BASIC FIRST AID INSTRUCTIONS

#### PROCEDURE PACK

This first aid kit is intended to be used by a trained first aid responder or people familiar with rendering first aid. It is intended to be a convenient collection of equipment to assist with the provision of initial first aid treatment until medical help can be obtained.

#### WARNING


This kit should be stored in a cool dry place. Protect from Freezing. Store below 30°C. Do not use sterile items if individual packaging is opened or damaged. Do not use contents after their expiry date. Dispose of thoughtfully. Dispose of procedure pack if it becomes soiled or damaged by blood or other body fluids. Always seek professional medical help for anything more than superficial injury.

#### EMERGENCY CALL

Ambulance, Police or Fire **000**

National Poison Centre **131 126**

If calling from a mobile  
and 000 does not work call **112**

1 SCENE OF INCIDENT	2 D = DANGER	3 R = RESPONSE
<ul style="list-style-type: none"><li>Warn other travellers of the incident. If a vehicle or motorcycle is involved, turn off ignition, take key and ensure the brake is on. Look for other injured, start First Aid and call for help.</li><li>Do not move casualty unless you absolutely have to, such as in presence of danger. Unnecessary movement of the casualty can lead to further, serious injuries</li><li>Do not give anything by mouth except in the following cases:<ul style="list-style-type: none"><li>sweet drink to a diabetic with low blood sugar levels</li><li>water to the casualty suffering from heat exhaustion</li></ul></li><li>Do not leave the casualty unattended</li></ul>	<ul style="list-style-type: none"><li>Check for danger for yourself, others and the casualty such as fire, traffic, broken power lines or sharp objects</li><li>If first aid cannot be provided to the casualty because of danger, call for help</li><li>Remember: assistance cannot be given if the first aider is injured</li><li>If no danger, go to casualty and check response</li></ul>	<p>Check if casualty is conscious by assessing response.</p> <ul style="list-style-type: none"><li>Ask casualty their name</li><li>Ask casualty to open their eyes</li><li>Squeeze shoulders or ask casualty to squeeze both your hands</li></ul> <p>Casualty is conscious if there is a response</p> <p>If conscious, leave casualty in the position found and attend to injuries. Attend to life threatening injuries first, such as bleeding</p> <p><b>If unconscious</b>, phone 000 and check airway</p>
4 A = AIRWAYS	5 B = BREATHING	
<p>Open mouth and check for obstructions such as food, vomit, back of tongue or blood</p> <p>If no obstruction present, go to step <b>5</b></p> <p>If obstruction present:</p> <ul style="list-style-type: none"><li>Carefully place casualty on their side (recovery position-refer to illustration) away from you whilst supporting head and spine</li><li>Bend knee to prevent body from rolling onto stomach</li><li>Tilt head backwards</li><li>Turn mouth downwards so that foreign material can drain out</li><li>If necessary, use your fingers to help clear obstruction (do not push fingers towards back of throat)</li><li>Check for breathing, go to step <b>5</b></li></ul>	<p>Check for breathing (take up to 10 seconds to assess)</p> <ul style="list-style-type: none"><li>Look and feel for chest movement</li><li>Listen for air escaping from the mouth or nose</li></ul> <p>Look for signs of life. These are:</p> <ul style="list-style-type: none"><li>Movement</li><li>Breathing normally</li><li>Responses</li></ul> <p><b>If not breathing:</b></p> <ul style="list-style-type: none"><li>Make sure an ambulance has been called.</li><li>Give two initial rescue breaths</li><li>Check for signs of life</li><li>Commence compressions, go to step <b>6</b></li></ul>	<p><b>If breathing:</b></p> <ul style="list-style-type: none"><li>Place casualty in recovery position (refer to illustration)</li><li>Phone 000</li><li>Continue checking for signs of life until medical aid arrives</li><li>Attend to any injuries</li></ul>  <p><b>Recovery Position</b></p>

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<b>6 C = COMPRESSIONS</b>	<b>7 SECONDARY SURVEY</b>	<b>8 BLEEDING</b>
<p>This is known as CPR (cardiopulmonary resuscitation) and is done when there are no signs of life.</p> <ul style="list-style-type: none"> <li>Visualise the centre of the chest.</li> <li>Give 30 chest <b>compressions</b> (almost 2 compressions per second) followed by 2 breaths</li> <li>Continue CPR until medical aid arrives or signs of life return</li> </ul> <p>If signs of life return, place casualty carefully into recovery position and continue to monitor whilst attending to any injuries</p>	<p>ASK THE CASUALTY:</p> <ul style="list-style-type: none"> <li>What happened?</li> <li>Do they feel any pain?</li> <li>Do they have any allergies?</li> <li>Do they have any special medical requirements such as diabetes or asthma?</li> </ul> <p>PERFORM HEAD-TO-TOE EXAMINATION</p> <ul style="list-style-type: none"> <li>Look for anything abnormal</li> <li>Listen carefully to what the casualty is telling you</li> </ul>	<ul style="list-style-type: none"> <li><b>ALWAYS</b> use gloves</li> <li>Sit or lie casualty down</li> <li>Apply pressure immediately using casualty's hand or your gloved hand</li> <li>Elevate injured limb</li> <li>Apply pad and bandage</li> <li>If blood soaks through bandage, apply another pad and bandage and call 000</li> <li><b>DO NOT</b> break blisters</li> <li><b>DO NOT</b> over-cool the casualty</li> <li><b>DO NOT</b> use creams, ointments or lotions</li> </ul>
<b>9 SHOCK</b>	<b>10 POISONS</b>	<b>11 SEVERE ALLERGIES</b>
<p>When monitoring the casualty, be aware of signs and symptoms of shock and call 000 immediately</p> <p>These are:</p> <ul style="list-style-type: none"> <li>Feeling faint or dizzy</li> <li>Restlessness</li> <li>Pale, clammy skin</li> <li>Nausea and/or vomiting</li> <li>Rapid, shallow breathing</li> <li>Sweating</li> <li>Deteriorating levels of consciousness</li> </ul> <p>Follow the Dr ABC action plan (<b>D</b>anger, <b>R</b>esponse, <b>A</b>irways, <b>B</b>reathing, <b>C</b>ompressions sections) - Shock can kill!</p>	<p>Poisons can be swallowed, inhaled, absorbed or injected</p> <ul style="list-style-type: none"> <li>Always seek professional medical advice for poisoning</li> <li>Call 000 or the Poisons Information Centre on 13 11 26</li> <li>State the name and type of poison if possible</li> <li>Do not induce vomiting unless instructed to do so, severe complications may result</li> <li>Watch for signs of deteriorating consciousness and follow the Dr ABC action plan (<b>D</b>anger, <b>R</b>esponse, <b>A</b>irways, <b>B</b>reathing, <b>C</b>ompressions sections)</li> </ul>	<p>An allergic reaction to a substance can be fatal. Watch for signs and symptoms of:</p> <ul style="list-style-type: none"> <li>Swelling of lips, mouth, tongue or throat</li> <li>Itchiness and redness of skin</li> <li>Hives (itchy, raised rash on skin)</li> <li>Wheezing and coughing</li> <li>Signs and symptoms of shock</li> </ul> <p>Locate adrenalin pen if available and assist casualty to use</p> <ul style="list-style-type: none"> <li><b>Call 000 immediately</b></li> </ul>
<b>12 BURNS</b>	<b>PERSONAL INFORMATION</b>	
<ul style="list-style-type: none"> <li>If clothes are on fire, or soaked in a hot substance, quickly smother the flames and remove clothing (unless stuck to skin). Use scissors to cut clothing close to the affected area</li> <li>Cool the burned area using cool water for up to 20 minutes</li> <li>Cover the burn with sterile non-adherent dressing (non-stick)</li> <li>Quickly remove any jewellery before swelling occurs</li> <li>In case of infants, all burns require professional medical aid</li> <li><b>IN CASE OF ELECTRICAL BURNS, REMEMBER TO DISCONNECT ELECTRICITY BEFORE USING WATER</b></li> </ul> <ul style="list-style-type: none"> <li>For all but superficial burns and for all other casualties, seek professional medical assistance.</li> <li>For extensive and deep burns, or those showing signs and symptoms of shock, call 000</li> <li><b>DO NOT</b> break blisters</li> <li><b>DO NOT</b> over-cool the casualty</li> <li><b>DO NOT</b> use creams, ointments or lotions</li> <li><b>DO NOT</b> give alcohol</li> <li><b>DO NOT</b> remove clothing stuck to skin</li> <li><b>DO NOT</b> use towels, blankets or cotton wool on burned area</li> <li><b>DO NOT</b> apply ice</li> </ul>	<p>MY NAME IS: _____</p> <p>BLOOD GROUP: _____</p> <p>ALLERGIES: _____</p> <p>TELEPHONE: _____</p> <p>These "First Aid Instructions" have been provided by the manufacturer to assist a helper in the event of an emergency. They are intended as guidelines only and should not be taken as a substitute for medical or specialist advice in the circumstances of a particular event, injury or condition.</p>	

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