

## St John First Aid Fact Sheets St John Ambulance Australia

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### First Aid Facts - St John Ambulance Australia

First aid is a simple skill, but it has an incredible impact. This first aid advice section from St John Ambulance examines a range of common conditions and explains how you can treat them using first aid.

### First aid advice | St John Ambulance

St John first aid protocols are for the Australian market only. All care has been taken in preparing the information but St John takes no responsibility for its use by other parties or individuals. St John encourages first aid training as these Fact Sheets are not a substitute for first aid training.

### First aid fact sheets | St John SA

We are St John Ambulance, the charity for health and first aid in your community. COVID-19: We're training safely Our training is running across England. Learn more about our latest safeguards that will protect your people and ours.

### First Aid Courses, Advice & Volunteering | St John Ambulance

2 Follow RICE: • Rest – rest the patient and the injured part. • Ice – apply an ice pack or cold pack for 15 minutes every 2 hours for 24 hours, then for 15 minutes every 4 hours for 24 hours. • Compression – apply a compression bandage firmly to extend well beyond the injury. • Elevation – elevate the injured part.

### First aid fact sheet Sprain and strain - St John Ambulance ...

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### First aid fact sheet Choking adult or child (over 1 year)

1 Control any bleeding with direct pressure at the point of bleeding. If you suspect the skull is fractured, use gentle pressure around the wound. 2 If blood or fluid comes from the ear, secure a sterile dressing lightly over the ear. Lie the patient on their injured side, if possible, to allow the fluid to drain.

### First aid fact sheet Concussion - St John Ambulance Australia

Hot water. 1 Check the water to ensure it is as hot as you can comfortably tolerate before treating the patient. 2 Place the stung area in hot water for 20 minutes—help patient under a hot shower, place a stung hand or foot in hot water, or pour hot water over the stung area. Do not burn the patient.

### First aid fact sheet Bites and stings quick guide

## Get Free St John First Aid Fact Sheets St John Ambulance Australia

St John Ambulance is the nation's leading first aid training provider. We deliver first aid, health & safety and mental health first aid training to hundreds of thousands of companies, local authorities, and members of the public every year.

### First Aid Training Courses | St John Ambulance

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### First aid fact sheet Heat-induced illnesses

People trained in first aid. 90,992. Children who participated in the ASB St John in Schools programme. 148,126. Caring Caller volunteers. 805. Community Care in Hospitals volunteers. 854. Health Shuttle client trips. 81,415. Area Committee volunteers. 1,078. Total volunteers. 8,632. Paid staff (including casuals) 3,444. Youth members (Penguins and Cadets) 6,118. Total members

### Facts and figures about St John

Thousands of people are dying each year in situations where first aid could have made the difference; this includes nearly 900 people who choke to death, 2 ' 500 who asphyxiate from a blocked airway and 29 ' 000 who die from heart attacks. A recent statistic, released by St John's Ambulance, has revealed that 140 ' 000 people die each year in the UK from incidents where first aid could of possibly saved their lives.

### First Aid Facts | Important Information about First Aid

First aid kits are an important item for any workplace, home, or vehicle. All our workplace first aid kits conform with British Standard BS 8599-1:2019, and our motor vehicle first aid kits conform with BS 8599-2:2014. Browse our range of workplace, burns, car, sports and home first aid kits in small, medium and large sizes.

### First Aid Kits - Workplace, Travel & More | St John Ambulance

First aid saves lives, and knowing what to do in an emergency can make all the difference. Our advice will help you deal with a range of common accidents and conditions, but in an emergency, always dial 999. Select first aid advice topic

### Get Advice | St John Ambulance

First Aid. First aid is at the heart of St John. In addition to our ambulance services, we provide training courses, kits and supplies, AEDs and smartphone applications. When you choose a St John First Aid product or service you support your local community. Proceeds help the St John Ambulance service and other services in the community.

### St John for first aid training, equipment and information

First Aid in Schools St John (Tas) delivers nationally recognised training in partnership with St John Ambulance Australia Inc. (RTO 88041) SHOP. Workplace First Aid Kits First Aid Supplies and Refills Defibrillators (AED) Home/Outdoor/Sport First Aid Kits First Aid Room Equipment. LIKE US ON FACEBOOK.

### First Aid Fact Sheets | St John Ambulance Tasmania

If unsuccessful, pad eye and seek medical aid. Major injury 1. DO NOT remove any embedded object. 2. Lay casualty flat on their back and reassure. 3. If a penetrating eye injury – carefully place pads around the object and bandage gently in place. DO NOT place pressure on the eye. 4. Pad the head on each side with blankets/towels

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