



ALPHA
First Aid Supplies
First Aid Training

Common Injuries Guide

NOSE WOUNDS/BLEEDS

MANAGEMENT

- Apply direct pressure. Pinch the soft part of the nose firmly, just below the bone, for at least 10 minutes.
- Sit the casualty up with the head slightly forwards.
- An ice pack over the bridge of the nose and back of the neck may be useful also.



Once bleeding has been controlled, gently wipe the face clean of blood. **DO NOT ALLOW THE CASUALTY TO BLOW THEIR NOSE.**

TEETH/MOUTH INJURIES

MANAGEMENT



- Apply direct pressure by placing a pad inside the mouth or socket where the tooth was dislodged.
- Have the casualty leaning forwards slightly so excess blood can drain from the mouth.

If a tooth has been knocked out by the roots, it may be re-attached if you can get the casualty to a dentist quickly.

- Place the tooth in a container of the casualty's own saliva, enough to cover the roots of the tooth.
- OR, place the tooth in a container of milk, enough to cover the roots of the tooth.

HEAD INJURIES

MANAGEMENT

- Ensure the casualty has a clear airway
- Monitor the casualty's Airway, Breathing and Circulation
- Support the head and neck (if a spinal injury is suspected)
- Comfort and reassure the casualty
- Keep the casualty rested in a comfortable position (if conscious)
- Control bleeding (light pressure)
- If bleeding from the ears, **DO NOT PLUG THE EAR**. Lie the casualty's injured side down with a clean pad under the ear, and allow the blood to escape from the ear.





- Contact emergency services
- Protect the casualty if they have seizures and maintain a clear Airway once the seizure has ceased
- If the casualty has a motorcycle helmet on, only remove if the casualty is unconscious or vomiting
- Manage for shock if present
- Manage other injuries that may be present, while waiting for emergency services to arrive

Any injury involving the head can cause a head injury. Jumping from a few feet, shaking babies, or stopping suddenly in a car accident can cause the brain to move around inside the skull, and cause a head injury.

EYE INJURIES

MANAGEMENT

- Cover the injured eye with a pad or donut bandage (for an embedded object).
- Minimise movement in the other eye, by asking the casualty to close or minimise movement to their good eye.



Small particles in the eye (ie, dust or sand), may be washed out using saline solution or water. **KEEP THE INJURED EYE DOWNWARDS.**

SPRAINS/STRAINS

R - REST
I - ICE
C - COMPRESSION
E - ELEVATION

All of the above are completed at the same time.

- Cover the injured area with a firm bandage
- Elevate and rest the injured area
- Place an ice pack (ice wrapped in cloth or material) over the bandaged area.
- Minimise movement
- If the management above does not relieve the signs and symptoms after 20 minutes, seek medical advice.




CONTACT EMERGENCY SERVICES 000 (OR 112 MOBILE)



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