

***The aim of first aid is to reduce the effects of injury or illness and that the casualty receives immediate attention preventing minor injuries becoming major ones.***

You **MUST** ensure the following

- Carry a first aid kit in your vehicle.
- Every team member knows where it is kept.
- Everyone knows what to do in an emergency?
- You have a means to call for help, usually a mobile phone.
- First aid kit is well stocked, in good condition and in date.



### IN THE EVENT OF AN ACCIDENT:

- Never put yourself in danger.
- Remove the hazard from the casualty if safe to do so.
- Call for help
- Send someone to phone for an ambulance if necessary.
- Do not move the casualty, unless in immediate danger.
- Remain with the casualty and give assurance.
- Make the casualty as comfortable as possible.
- Do not give drink or food to the casualty; moisten lips only.
- Do not allow casualty to smoke.



### TO PLACE IN THE RECOVERY POSITION

Raise the person's closest arm above his / her head. Grab the opposite shoulder with one hand and the opposite knee with the other.



Gently roll as a unit. Guard the head as you roll him / her.



Tilt head backward to maintain airway. Tuck nearest hand under cheek to help maintain head tilt. Adjust the bent leg to prevent the person from rolling back.

**IF YOU HAVE WITNESSED OR SUFFERED AN ACCIDENT OR INJURY, REPORT IT!**