



# CPL Theory Human Factors (CHUF)

## CHUF 10 – First Aid & Survival



## 1. Document Identification

Document Identification	
Document Category	Training Material
Document Revision Number	1.0 (uncontrolled when printed)
Document Issue Date	28/02/2019
Document Status	Active
Document Title	CHUF 10 – First Aid & Survival
Document Identification	MBWTRG-TRM-1440

## 2. Amendment Record

Amendments made to this document since the previous version are listed below. All amendments to this document have been made in accordance with CAE OAA document management procedures.

Original Author		Date of Publication (DD/MM/YY)	
Slide	Changes	Editor	Date (DD/MM/YY)

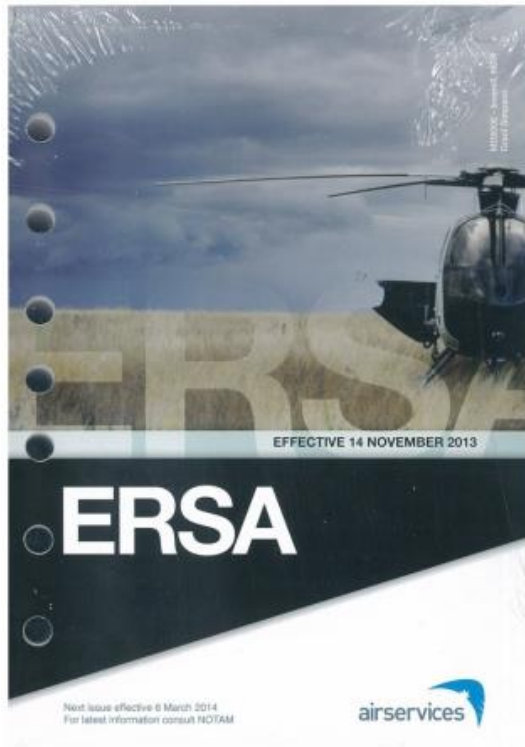
## 3. Disclaimer

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# FIRST AID & SURVIVAL

## First Aid & Survival

- Information relating to First Aid & Survival can be located in the ERSA
- This is particularly useful because we carry the ERSA in aircraft on navigation flights
- First Aid & Survival information is located in ERSA EMERG-17



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# PRIORITIES OF SURVIVAL



## Priorities of Survival

- In a survival situation, you must act as soon as possible to beat the situation
- Determination and the will to survive are a person's strongest weapons



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## Priorities of Survival

➤ Your priorities, in order, should be:

### 1. Protection

- First Aid – breathing must be restarted within **3 minutes**
- Clothing – appropriate to the environment
- Shelter – in harsh weather will be required in less than **3 hours**; and
- Fire – for warmth and protection from wildlife

### 2. Location

- Most survivors are located within **3 days**

### 3. Water

- In Australia's arid centre, water must be found within **3 days**

### 4. Food

- Survival without food for at least **30 days** is possible
- Therefore, **food is the lowest priority**

# PRINCIPLES OF FIRST AID



## Principles of First Aid

➤ First Aid is the assistance first given to a person with sickness or injury

➤ It aims to:

**1. Preserve life**

**2. Prevent further sickness/injury**

**3. Promote recovery**

➤ First Aid Kits contain materials and tools used to help the First Aider achieve the above

➤ Items recommended for an aircraft basic First Aid Kit are listed in ERSA EMERG-18



## Principles of First Aid

➤ Aside from the actual treatment process, First Aiders must also remember to:

1. Reassure the casualty
2. Always monitor breathing/consciousness in every case
3. Give oxygen



## CHAIN OF SURVIVAL

## Chain of Survival

- The First Aid Chain of Survival should be followed to give casualties the best possible chance of survival

**Early access to emergency services**



**Early CPR to buy time for defibrillation**



**Early defibrillation to revert heart back to a normal rhythm**



**Early advanced life support for drug administration and advanced airway management**

## **DRS ABCD**

## DRS ABCD

- The First Aid treatment process follows the mnemonic DRS ABCD

**D**anger

Check for danger to:

- 1) Yourself first
- 2) Others nearby
- 3) The casualty last

**R**esponse

**S**end for help

Call:

- 000
- Poison Hotline – 13 11 26

**A**irways

Compressions:

- Ratio of 30 compressions to 2 breaths
- Rate of compression – 100 per minute

**B**reathing

**C**ompressions (CPR)

**D**efibrillation