

National Asthma Week 1 – 7 September

HELP take control of asthma in 2013

Know the **4 SIMPLE STEPS** for Asthma First Aid

Download an Asthma Poster

<http://www.safetyfirst.com.au/wp-content/uploads/2011/12/A4-AA-First-Aid-Poster-FINAL.pdf>



8 PEOPLE A WEEK **DIE FROM ASTHMA** IN AUSTRALIA

Be prepared for what happens during an asthma attack
Watch what happened to Chris at

<http://www.safetyfirst.com.au/resources/>
(scroll down and press play)

For more information about
Asthma visit:

Asthma Foundation Victoria:
<http://www.asthma.org.au/>

Asthma Australia:
<http://www.asthmaaustralia.org.au/default.aspx>

KMR Safety First:
<http://www.safetyfirst.com.au>

Asthma First Aid

- 1 Sit the person upright**
— Be calm and reassuring
— Do not leave them alone
- 2 Give 4 puffs of blue reliever puffer medication**
— Use a spacer if there is one
— Shake puffer
— Put 1 puff into spacer
— Take 4 breaths from spacer
Repeat until 4 puffs have been taken
Remember: Shake, 1 puff, 4 breaths
- 3 Wait 4 minutes**
— If there is no improvement, give 4 more puffs as above
- 4 If there is still no improvement call emergency assistance (DIAL 000)***
— Say 'ambulance' and that someone is having an asthma attack
— Keep giving 4 puffs every 4 minutes until emergency assistance arrives
*If calling Triple Zero (000) does not work on your mobile phone, try 112

Call emergency assistance immediately (DIAL 000)
— if the person is not breathing
— if the person's asthma suddenly becomes worse, or is not improving
— if the person is having an asthma attack and a puffer is not available
— if you are not sure if it's asthma
Blue reliever medication is unlikely to harm, even if the person does not have asthma

Asthma Australia
To find out more contact your local Asthma Foundation
1800 645 130 | asthmaaustralia.org.au
© 2011 Asthma Australia. All rights reserved. Translating and Interpreting Service 131 450

Book Your Course in Emergency Asthma and know what to do

<http://www.safetyfirst.com.au/emergency-asthma-management/>

TRAINING YOU TO MAKE A DIFFERENCE

P\F. 03 9718 1733 | safetyfirst@safetyfirst.com.au | www.safetyfirst.com.au | PO BOX 111 Hurstbridge VIC 3099