

# KMR SAFETY FIRST

FIRST AID TRAINING KITS SUPPLIES

Keeping up to date | November 2013



## BOOK YOUR 2014 COURSE

**ARE YOUR QUALIFICATIONS UP TO DATE ?**  
Get in early and book your 2014 training today

p/f 97181733 | Email [safetyfirst@safetyfirst.com.au](mailto:safetyfirst@safetyfirst.com.au) | book online [www.safetyfirst.com.au](http://www.safetyfirst.com.au)

## Travel safe this holiday period and remember your First aid Kits

### Handy kit \$33.00

Fully stocked kit ideal for small incidents, fits easily within luggage, sports bags, nappy bags and school bags

<http://www.safetyfirst.com.au/product/first-aid-kit-handy/>

### Small kit \$88.00

A fully stocked fit for small workplaces or personal use

<http://www.safetyfirst.com.au/product/first-aid-kit-small-black/>



### Large kit \$132.00

Suitable for hiker, camper, home, car, truck, boat, 4WD, plant machinery operator, construction sites, work place and office

<http://www.safetyfirst.com.au/product/first-aid-kit-large-red/>



**GREAT CHRISTMAS GIFT IDEA**  
**KMR SAFETY FIRST GIFT VOUCHERS ALSO AVAILABLE**



For more information on courses, first aid tips and discussions, find us on Facebook and Twitter

KMR SAFETY FIRST



## TRAINING YOU TO MAKE A DIFFERENCE

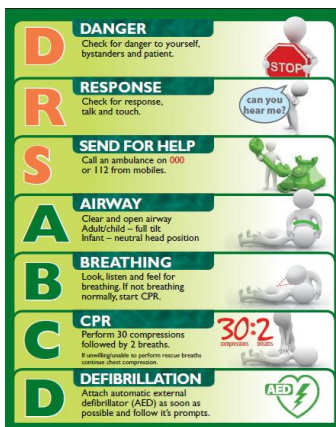
P\F.03 9718 1733 | [safetyfirst@safetyfirst.com.au](mailto:safetyfirst@safetyfirst.com.au) | [www.safetyfirst.com.au](http://www.safetyfirst.com.au) | PO BOX 111 Hurstbridge VIC 3099

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## How well do you know your first aid kit?

Do you know how and why to use the items stocked in your first aid kit? Check out our link below for a full overview of items we stock, important things to remember about these items, their purpose in your first aid kit and how they can help you as a first aider.

<http://www.safetyfirst.com.au/wp-content/uploads/2013/09/Handy-Hints-KMR.pdf>



## 20% OFF

## DRSABCD Outdoor Signs

A great item to have on display for outdoor entertaining during summer. Be quick to get yours today. Only while stocks last.

Offer ends December 20<sup>th</sup> 2013

## WATER SAFETY WEEK

Sunday December 1<sup>st</sup> – Friday December 6<sup>th</sup>

Download a copy of the Victorian Water Safety Guide Summer 2011-13 from the link below or download the iPhone app and play it safe by the water this summer.

[http://www.watersafety.vic.gov.au/resources/5de5a17f-c48b-4526-8c13-2ac321eecb3a/vic\\_water\\_safety\\_guide\\_summer2012-13.pdf](http://www.watersafety.vic.gov.au/resources/5de5a17f-c48b-4526-8c13-2ac321eecb3a/vic_water_safety_guide_summer2012-13.pdf)



Victorian Water Safety Guide



Available on the Google play and App Store

[www.watersafety.vic.gov.au](http://www.watersafety.vic.gov.au)

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## FIRST AID FOR THE WARMER MONTHS

As we come into our warmer months, we are faced with a range of new health risks associated with the heat

### VENOMOUS BITES & STINGS

#### Signs & Symptoms

- Puncture marks at the bite site – may appear as small scratch marks
- Pale, cool skin, progressive onset of sweating
- Tingling or numbness
- Copious amounts of saliva
- Rapid weak pulse
- Breathing difficulty
- Nausea/vomiting
- Blurred vision
- Chest and abdominal pain and discomfort
- Anxiety
- Blurred vision
- Collapse
- Headache
- Confusion
- Coma

#### First Aid Guidelines (Pressure immobilisation)

- Primary & secondary assessment
- Call 000
- Rest and calm casualty
- Apply pressure immobilisation bandage. Pressure to be very firm without cutting off circulation, similar to the pressure used for a sprain
- Immobilise the limb with a splint
- Monitor the casualty's breathing and pulse.
- Commence CPR if breathing stops or becomes ineffective
- Send any evidence of the offending animal to hospital if it is safe to do so.

### BURNS

#### Signs & Symptoms

- Superficial (first degree)** – Most commonly caused by over exposure to the sun. The skin is red, dry, painful to touch and there may be some swelling at the burn site
- Partial thickness (second degree)** – Most easily identified by blisters (containing plasma) that may be weeping. The burn site will be red, moist, swollen and painful.
- Full thickness (third degree)** – These burns have a charred appearance, black, brown, white or waxy. This injury can be painless or painful depending on whether the nerve ending have been cauterised

#### First Aid Guidelines

- Primary & Secondary Assessment
- Call 000 if severe
- Cool burns under cool running water for at least 20 minutes depending on the severity of the burn
- Apply sterile, non-stick burns dressing. Cover with bandage of cling food wrap
- Keep the rest of the casualty warm
- Elevate burnt limbs
- If possible remove any rings and jewellery from the affected area
- Treat for shock

### DEHYDRATION

#### Signs & Symptoms

- Dry mouth
- Sunken eyes
- Confusion
- Lethargic
- Dizziness
- Not producing tear
- Low/no urine output
- Dark yellow urine
- Low blood pressure
- Not producing tear

#### First Aid Guidelines

#### **Heat/cold exposure dehydration**

- Drink fluids regularly especially during heavy work or exercise
- Replace lost electrolytes

#### **Dehydration**

- Frequent small amounts of electrolyte solutions until the body weight and water losses are restored
- Rest in cool place
- If condition does not improve, seek medical attention

### HEAT EXHAUSTION

#### Signs & Symptoms

- Muscle cramps
- Profuse sweating
- Hot, red skin
- Headache
- Dizzy
- Nausea
- Lethargic
- Rapid, noisy breathing

#### **HEAT CRAMPS**

#### Signs & Symptoms

- Sweating
- Cramping in the limbs and abdomen
- Uncontrolled spasms of limbs

#### First Aid Guidelines

- Primary & Secondary Assessment
- Move casualty out of sun or away from heat source
- If condition is serious (casualty suffering altered conscious state actively vomiting) call 000
- Replace lost fluids
- Loosen restrictive clothing
- Gently stretch cramping muscles

### HEAT STROKE

#### Signs & Symptoms

- Vomiting
- Hot, flushed, dry skin
- Rapid, weak pulse
- Coma – death
- Altered state of consciousness
- Irrational behavior
- Reduced coordination

#### First Aid Guidelines

- Primary & secondary assessment
- Call 000
- Move casualty out of sun or away from heat source
- Cool casualty with wet towels while fanning the casualty
- Apply icepacks, if available, to armpits and groin
- Give small sips of water while waiting for ambulance
- Monitor level of consciousness, breathing and circulation
- Commence CPR if breathing stops or becomes ineffective