

Phone Numbers

EMERGENCY SERVICES 999/112

DOCTOR

HOSPITAL

DENTIST

OTHER

FIRST AID GUIDE

How to deal with accidents and emergencies

- Keep calm and look for any dangers to yourself or to the injured person.
- Find out what happened and how.
- How many casualties are there?
- Is there anyone around who can help you?
- Do you need an ambulance?

CHOKING (Infant)

Age less than one year

- If an infant is unable to breathe, cough or cry, and you suspect they have a severe obstruction in their throat: Give up to five back blows between the shoulder blades with the heel of your hand.
- If the obstruction is still present give up to five chest thrusts, with two fingers in the middle of the chest.
- Continue this cycle of five back blows and five chest thrusts until help arrives.
- If the person goes unconscious dial 999 (or 112) for an ambulance and then follow CPR protocols.
- Anyone who has been treated for choking in this way should be advised to see their doctor after the incident.



BURNS & SCALDS

Burns and scalds are among the most common injuries requiring emergency treatment.

- Cool the burn as quickly as possible by placing the affected area under cold running water for at least ten minutes.
- Raise the limb to reduce swelling.
- Cover the injury using a clean pad or cling film, and seek medical advice.
- Dial 999 (or 112) in severe cases.



NOSE BLEED

- Ensure the person is sitting down.
- Advise them to tilt their head forwards to allow the blood to drain from the nostrils.
- Ask the person to pinch the end of their nose.
- After ten minutes, release the pressure.

If the bleeding has not stopped reapply the pressure for up to two further periods of ten minutes.

- If bleeding continues seek medical advice.



RECOVERY POSITION (Infant)

If an infant aged less than one year is unconscious, but breathing, hold them on their side, head tilted – as if you were giving them a cuddle – with their head lower than their tummy.



2013 First Aid Guide

Richard Isralowitz, Patricia A. Findley



2013 First Aid Guide:

Handbook of Australian School Psychology Monica Thielking, Mark D. Terjesen, 2017-01-26 This handbook addresses the current state and practice of school psychology with a focus on standards unique to Australia including historical legal ethical practical and training factors It provides a compilation of the most current research based practices as well as guidelines for evidence based assessment and intervention for common conditions e g autism depression learning disabilities and for delivering appropriate services to targeted student populations e g LGBT gifted medical issues Chapters discuss the application of national and international school psychology practices within the Australian educational and psychological structure The handbook also examines the lack of formal resources specific to Australia s culture and psychology systems with its unique mix of metropolitan cities and the vast geographic landscape that spans regional and remote areas It offers numerous case studies and innovative school mental health programs as well as recommendations for professional development and advocacy that are unique to Australian school psychology Topics featured in this Handbook include Evidence based assessment and intervention for dyscalculia and mathematical disabilities Identification and management of adolescent risk taking behaviors and addictions Understanding and responding to crisis and trauma in the school setting Prevention and intervention for bullying in schools Class and school wide approaches to addressing behavioral and academic needs The role of school psychologists in the digital age Practical advice for school psychologists facing complex ethical dilemmas The Handbook of Australian School Psychology is a must have resource for researchers scientist practitioners and graduate students in child and school psychology social work and related fields that address mental health services for children and adolescents

Basic Guide to Medical Emergencies in the Dental Practice Philip Jevon, 2014-03-07 The Basic Guide to Medical Emergencies in the Dental Practice is a must have book for all dental care professionals and general dentists Written in a clear and accessible style this second edition has been fully revised and updated in line with the latest guidelines Chapters cover such key topics as the ABCDE approach to patient assessment resuscitation equipment respiratory and cardiac disorders paediatric emergencies and legal and ethical issues Readers will also find two brand new chapters on the principles of first aid and drugs for medical emergencies Follows Resuscitation Council UK Guidelines Companion website with self assessment exercises serving as revision as well as non verifiable CPD credit Over 50% new images Student friendly colourful layout with learning outcomes

Vicarious Trauma and Disaster Mental Health Gertie Quitangon, Mark R. Evces, 2015-02-11 *Vicarious Trauma and Disaster Mental Health* focuses on the clinician and the impact of working with disaster survivors Floods hurricanes tornadoes mass shootings terrorism and other large scale catastrophic events have increased in the last decade and disaster resilience has become a national imperative This book explores vicarious traumatization in mental health providers who respond to massive disasters by choice or by circumstance What happens when clinicians share the trauma and vulnerability from the toll taken by a disaster with the victims they care for How can

clinicians increase resilience from disaster exposure and provide mental health services effectively Vicarious Trauma and Disaster Mental Health offers insight and analysis of the research and theory behind vicarious trauma and compares and contrasts with other work impact concepts such as burnout compassion fatigue and secondary traumatic stress It proposes practical evidence informed personal strategies and organizational approaches that address five cognitive schemas safety esteem trust control and intimacy disrupted in vicarious trauma With an emphasis on the psychological health and safety of mental health providers in the post disaster workplace this book represents a shift in perspective and provides a framework for the promotion of worker resilience in the standard of practice in disaster management **Mental Health and**

Addiction Care in the Middle East Richard Isralowitz, Patricia A. Findley, 2016-11-21 This ambitious resource describes innovative intervention programs for treating substance abuse and other mental health problems in the Middle East in the context of larger issues in the region Deftly combining clinical acumen with in depth knowledge of sociopolitical currents contributors present data and analysis on similarities and differences within the region addiction issues in special populations youth mothers immigrants and the efficacy of local and international initiatives New trends in evidence based responses including mental health services in war and disaster are related to the larger goals of promoting peace To that end the editors go beyond the concept of shared problems to discuss strategies toward shared solutions most notably psychological first aid as a healing approach to mediation Among the topics covered Drug abuse in the Middle East promoting mutual interests through resistance and resilience Toward uniform data collection and monitoring of Israeli and Palestinian adolescent drug use Substance abusing mothers toward an understanding of parenting and risk behavior Immigration acculturation and drug use Psychological first aid a tool for mitigating conflict in the Middle East Collaborative approaches to addressing mental health and addiction For health psychologists psychiatrists clinical social workers and addiction counselors Mental Health and Addiction Care in the Middle East demonstrates the deep potential for mental health and social issues to be addressed to benefit all communities involved "Code of Massachusetts regulations, 2013" ,2013

Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **Publications, Programs & Services** American Petroleum Institute, 1999 **Safety and Health at**

Work ,1997 *Disaster Risk Reduction and Management Handbook for Academic Institutions* Ferdinand C. Llanes, 2018

The Baker & Taylor Secondary School Selection Guide ,1975 **Surf Education Instructor's Guide** ,1995 **EBOOK**
Murtagh's General Practice John Murtagh, Jill Rosenblatt, Clare Murtagh, Justin Coleman, 2018-10-06 John Murtagh's General Practice is the gold standard reference for established doctors and new graduates and students in the fields of general practice and primary health care This new edition is completely revised and expanded including New diagnostic strategies for common presenting problems Significant updates on sexual health and cervical cancer screening Updated information on mental health diagnosis and treatment This seventh edition builds on its influential legacy and has been

thoroughly updated by the experienced author team including new authors who bring a new generation of knowledge and diagnostic expertise to this authoritative title *Handbook of Filipino psychology* Rogelia Pe- Pua, 2018 Filipino psychology is the psychology born out of the experience, thought and orientation of Filipinos. It is based on Filipino culture, language, perspective, society and history. It is systematic and scientific in gathering information through the use of indigenous methods that are appropriate to the Filipino experience. It has wide application in different aspects of Philippine life. Filipino psychology is a good example of an indigenous psychology in the world. In fact, it is one of the indigenous psychologies with a long history and significant achievements. This collection of articles aims to be an important reference material to further develop the scholarship and teaching in psychology. [www.lazada.com](http://www.lazada.com.ph/products/Health-Science-Books-1876-1982-1982-EBOOK-The-Early-Childhood-Educator-for-Certificate-III-Revised-Lorraine-Walker-2018-03-27-The-Early-Childhood-Educator-for-Certificate-III-eBook-is-delivered-on-the-Vitalsource-platform-in-the-latest-version-of-the-ePUB-standard-ePUB3-The-Early-Childhood-Educator-for-Certificate-III-aligns-with-the-CHC30113-Certificate-III-in-Early-Childhood-Education-and-Care-from-the-CHC-Community-Services-Training-Package-This-qualification-applies-to-all-early-childhood-educators-who-work-within-the-requirements-of-Education-and-Care-Services-National-Regulations-and-the-National-Quality-Standard-NQS-A-Certificate-III-trained-early-childhood-educator-s-role-supports-children-s-wellbeing-learning-and-development-and-the-implementation-of-an-approved-learning-framework-either-under-direct-supervision-or-autonomously-This-resource-has-been-designed-to-support-students-learning-with-content-and-activities-at-the-appropriate-Certificate-III-level-of-difficulty-as-well-as-a-Registered-Training-Organisation-s-delivery-of-this-valuable-qualification-Scope-The-Early-Childhood-Educator-for-Certificate-III-provides-complete-coverage-of-all-fifteen-of-the-required-core-units-of-competency-of-the-CHC30113-Certificate-III-in-Early-Childhood-Education-and-Care-It-also-includes-three-elective-units-carefully-selected-to-enable-an-overall-effective-introduction-to-the-essential-skills-and-knowledge-needed-to-be-an-effective-Certificate-III-qualified-early-years-practitioner-Improvised-Medicine-Providing-Care-in-Extreme-Environments-2nd-edition-Kenneth-V-Iserson-2016-01-07-Deliver-quality-healthcare-in-the-most-challenging-field-conditions-Comprehensive-yet-compact-practical-and-enduring-Improvised-Medicine-Providing-Care-in-Extreme-Environments-Second-Edition-is-the-one-book-to-toss-into-your-bag-when-going-to-practice-medicine-in-global-disaster-or-other-resource-poor-settings-including-theaters-of-war-regions-of-civil-unrest-and-economically-deprived-areas-Full-of-practical-clinical-pearls-and-field-tested-strategies-this-indispensable-guide-provides-detailed-instructions-on-how-to-work-successfully-outside-of-your-comfort-zone-It-demonstrates-how-to-devise-effective-treatment-solutions-when-the-traditional-tools-medications-equipment-and-staff-are-unavailable-or-when-providing-care-outside-your-primary-area-of-expertise-In-any-crisis-from-power-failures-and-computer-crashes-to-floods-tsunamis-and-earthquakes-knowing-how-to-deal-with-the-unique-challenges-encountered-saves-lives-and-communities-This-reference-gives-you-that-knowledge-and-inspires-innovative-crisis-resolution-FROM-REVIEWS-OF-THE-FIRST-EDITION-Dr-Iserson-has-given-us-a-most) Health Science Books, 1876-1982, 1982 **EBOOK The Early Childhood Educator for Certificate III, Revised** Lorraine Walker, 2018-03-27 The Early Childhood Educator for Certificate III eBook is delivered on the VitalSource platform in the latest version of the ePUB standard ePUB3. The Early Childhood Educator for Certificate III aligns with the CHC30113 Certificate III in Early Childhood Education and Care from the CHC Community Services Training Package. This qualification applies to all early childhood educators who work within the requirements of Education and Care Services National Regulations and the National Quality Standard NQS. A Certificate III trained early childhood educator's role supports children's wellbeing, learning and development and the implementation of an approved learning framework either under direct supervision or autonomously. This resource has been designed to support students learning with content and activities at the appropriate Certificate III level of difficulty as well as a Registered Training Organisation's delivery of this valuable qualification. Scope: The Early Childhood Educator for Certificate III provides complete coverage of all fifteen of the required core units of competency of the CHC30113 Certificate III in Early Childhood Education and Care. It also includes three elective units carefully selected to enable an overall effective introduction to the essential skills and knowledge needed to be an effective Certificate III qualified early years practitioner **Improvised Medicine: Providing Care in Extreme Environments, 2nd edition** Kenneth V. Iserson, 2016-01-07 Deliver quality healthcare in the most challenging field conditions. Comprehensive yet compact, practical and enduring. *Improvised Medicine: Providing Care in Extreme Environments* Second Edition is the one book to toss into your bag when going to practice medicine in global disaster or other resource poor settings including theaters of war, regions of civil unrest and economically deprived areas. 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Table of Contents 2013 First Aid Guide

1. Understanding the eBook 2013 First Aid Guide
 - The Rise of Digital Reading 2013 First Aid Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying 2013 First Aid Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an 2013 First Aid Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from 2013 First Aid Guide

- Personalized Recommendations
- 2013 First Aid Guide User Reviews and Ratings
- 2013 First Aid Guide and Bestseller Lists
- 5. Accessing 2013 First Aid Guide Free and Paid eBooks
 - 2013 First Aid Guide Public Domain eBooks
 - 2013 First Aid Guide eBook Subscription Services
 - 2013 First Aid Guide Budget-Friendly Options
- 6. Navigating 2013 First Aid Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - 2013 First Aid Guide Compatibility with Devices
 - 2013 First Aid Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of 2013 First Aid Guide
 - Highlighting and Note-Taking 2013 First Aid Guide
 - Interactive Elements 2013 First Aid Guide
- 8. Staying Engaged with 2013 First Aid Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers 2013 First Aid Guide
- 9. Balancing eBooks and Physical Books 2013 First Aid Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection 2013 First Aid Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine 2013 First Aid Guide
 - Setting Reading Goals 2013 First Aid Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of 2013 First Aid Guide

- Fact-Checking eBook Content of 2013 First Aid Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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