



Phone Numbers

EMERGENCY SERVICES 999/112

DOCTOR

HOSPITAL

DENTIST

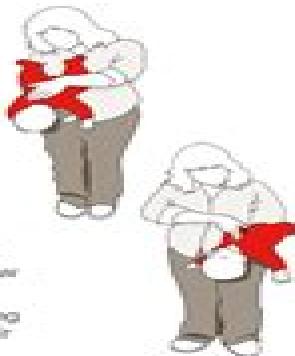
OTHER

FIRST AID GUIDE

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.



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, repeat the pressure for up to two further periods of ten minutes.

- If bleeding continues seek medical advice.



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?

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.



RECOVERY POSITION (Infant)

If an infant aged less than one year is unconscious, but breathing, lay them on their side, 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 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 the knowledge and inspires innovative crisis resolution. **FROM REVIEWS OF THE FIRST EDITION** Dr Iserson has given us a most

remarkable book Many readers may be familiar with David Werner's lay healthworker book *Where There Is No Doctor* this new volume could be titled *Where There Is a Doctor But No Stuff* Drawing from his experience providing care in international wilderness and disaster settings he has compiled an impressive collection of bare bones equipment and work around strategies to provide the best possible care in resource poor settings While presenting many creative examples the purpose of the book is not to offer an exhaustive list of solutions to missing resource challenges but to inspire creativity in readers who may find themselves needing to improvise Family Medicine There is a lot of material here and if nothing else it may motivate more people to practice low tech medicine and be willing to go where health care is dependent more on caring than on cost I recommend this book to anyone who must practice in austere environments and it will be in my rucksack when I respond to the next disaster The Journal of Emergency Medicine FEATURES Simple to follow directions diagrams and illustrations describing practical techniques and improvised equipment necessary to provide quality care during crises Contains improvisations in anesthesia and airway management dentistry gynecology obstetrics infectious disease laboratory diagnosis internal medicine otolaryngology pediatrics and malnutrition orthopedics psychiatry and surgery Covers situational analysis and basic needs in a crisis specific triage diagnosis and stabilization efforts medical interventions for surgical and non surgical problems and debunks some commonly reported improvised techniques Features public health measures basic disaster communication techniques post disaster forensics a model hospital disaster plan and innovative patient transport methods New to the second edition More concisely written more extensively illustrated and updated improvisations and references LEARN HOW TO Make an endotracheal tube in seconds Perform digital oral and blind nasotracheal intubations Make plaster bandages for splints casts Give open drop ether ketamine drips and halothane Use subcutaneous intraperitoneal rehydration transfusion Make ORS and standard nutrition formulas Clean disinfect and sterilize equipment for reuse Warm blood units in seconds inexpensively Take view stereoscopic x rays with standard equipment Quickly and easily stop postpartum hemorrhage Fashion surgical equipment from common items Build an evaporative refrigerator Make esophageal and precordial stethoscopes Quickly improvise a saline lock Make ECG electrode defibrillator pads and ultrasound gel Evacuate patients easily from high rise hospitals

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