

Outback Survival Guide >



Royal Flying Doctor Service
SOUTH AUSTRALIA & NORTHERN TERRITORY

Outback First Aid >

Pressure-immobilisation is recommended for:

- > Bites from all Australian snakes, including sea snakes
- > Funnel web spider bites
- > Blue-ringed octopus stings
- > Cone shell stings.

Do NOT use pressure-immobilisation first aid for:

- > Spider bites (other than a funnel web spider)
- > Jellyfish stings
- > Stonefish and other fish stings
- > Bee, wasp and ant stings
- > Stings from scorpions, centipedes, beetles.

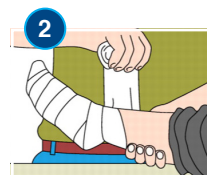
How to apply a pressure-immobilisation bandage:

- > Call 000
- > Keep the person who has been bitten as still as possible. If possible, lie the patient down to prevent walking or moving around
- > Apply a firm bandage over the bitten area (preferably use a wide Elasticised bandage if available). Then bandage the entire limb (fingers to shoulder or toes to the hip) - the bandage should be as tight as for a sprained ankle
- > Apply a rigid splint to the limb (piece of wood, branch, or rolled up paper)
- > Keep still and await the arrival of the ambulance for transport to the emergency department of the nearest hospital.

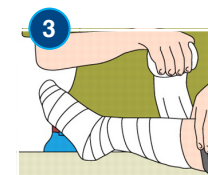


Fang marks

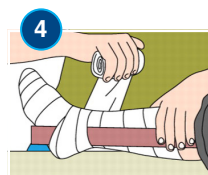
Apply a broad pressure bandage from below upwards and over the bite site as soon as possible. Do not remove trousers, as the movement of doing so will assist venom to enter the blood stream. Keep the bitten leg still.



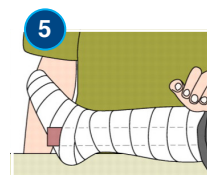
The bandage should be as tight as you would apply to a sprained ankle. The patient should avoid any unnecessary movements.



Extend the bandages as high as possible.



Apply a splint to the leg, immobilising joints either side of the bite.



Bind it firmly to as much of the leg as possible. Walking should be restricted.



Bites on the hand and forearm: **a** bind to elbow, **b** use splint to elbow, and **c** use sling.

Outback First Aid Kit >

A well-stocked outback First Aid Kit should contain:

- > Gloves
- > CPR Mask/Shield
- > Band-aids
- > Gauze
- > Tape/Hyperfix
- > Non-stick dressing/pads
- > Bandage
- > Triangular bandage
- > Compression bandage
- > Ice pack
- > Scissors
- > Tweezers
- > Saline
- > Survival blanket
- > Plastic bags (sandwich/ziplock bags)
- > A notepad and pen
- > Container



Automated External Defibrillator Locations >

When holidaying in remote or rural South Australia, remember help is never far away, by air, or even on the ground.

We have over 100 AEDs at select locations around the state to serve the local, and travelling public.

We also have Medical Chests stocked with life-saving medications throughout remote SA.

Remember too, that in the case of emergency, call 1800 RFDS SA (1800 733 772)



The C.C.C Basics >

We hope you're never in a situation where you need to use this guide – but remember, knowing even basic first aid can help you save a loved one's life. This booklet shows you how to respond in six of the most common first aid situations. Keep it somewhere handy – a pocket, your wallet, your handbag or in your car – and memorise the contents of it in as much detail as you can.

It is also important to keep a well-stocked first aid kit in your home and car, with any medical supplies you may need in an emergency.

The Three C's >

These three simple steps provide a basic structure for how you should respond when a loved one is in an emergency first aid situation.



Check

Before calling for help, first check the scene. Is it safe for you to approach? It is important not to put yourself in danger, as you'll be unable to help the patient.



Call

If you think that the patient needs further medical assistance, then you should immediately call 000 to send for emergency help.



Care

Now it's time to move on to treating the patient. There are different ways to respond depending on the emergency. This guide will show you how.

DRSABCD Action Plan >

This Action Plan can help you to assess whether the patient has any life-threatening conditions, and if any immediate first aid is necessary. Remember, it is always important to call triple zero (000) for emergency services as soon as possible.

Danger >

- > Check for hazards/risks and remove possible dangers
- > Ensure the area is safe for others, the patient and yourself.



Response >

- > Check for response:
"Can you hear me? Open your eyes.
What is your name? Squeeze my hand"
- > No response - Send for help
- > Response - make comfortable and monitor response.



Send for help >

- > Call for emergency services by dialing 000.



Airway >

- > Open the patient's mouth.
If foreign material is present:
- > Place in recovery position (body facing downwards and slightly to the side, supported by bent limbs)
- > Clear airway with fingers.



Breathing >

- > Look, listen, and feel for breathing
- > **Not normal breathing**
Start CPR
- > **Normal breathing**
Place in recovery position
- > Monitor breathing.



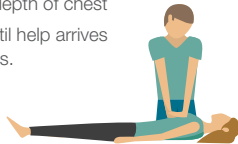
CPR - Help someone start breathing again >

CPR involves applying chest compressions to keep heart and circulation going. You should achieve 2 compressions every second.

Adult/child (over 1 year)

Give 30 compressions to 2 breaths

- > Tilt head
- > Place heel of hand on lower half of breastbone in centre of chest with other hand on top
- > Press down 1/3 depth of chest
- > Continue CPR until help arrives or patient recovers.



Infant/child (under 1 year)

Give 30 compressions to 2 breaths

- > Keep head in neutral position
- > Place index and middle fingers over lower half of breastbone
- > Press down 1/3 depth of chest
- > Continue CPR until help arrives or patient recovers.



Defibrillation >

- > If available, apply defibrillator as soon as possible and follow voice prompts.



Emergency First Aid >

Heart Attack >

Symptoms

Pain, pressure, heaviness, tightness in one or more of the chest, jaw, neck, back, shoulders, arm(s). Other symptoms include shortness of breath, nausea or vomiting, feeling dizzy or light-headed, cold sweats.

What to do

If symptoms are severe, get worse, or have lasted for 10 minutes call 000 immediately.

- > Tell patient to stop what they are doing
- > Loosen any tight clothing and rest patient in comfortable position
- > Seek medical aid
- > If it's available and the patient is not allergic, give the patient 300mg of aspirin and tell them to chew it slowly
- > Monitor and reassure them until help arrives.



Severe Bleeding >

Symptoms

Blood coming from an open wound, dizziness or loss of consciousness. Patient may be in shock (symptoms include pale clammy skin, weakness and a lack of alertness).

What to do

- > Remove or cut patient's clothing to expose wound
- > Apply direct, sustained pressure over wound using sterile pad. If there's an embedded object, use indirect pressure and don't remove the object. Where possible, elevate injured part above heart
- > Bandage dressing and pad firmly in place
- > If bleeding continues, apply another pad and bandage
- > If bleeding persists seek medical aid.



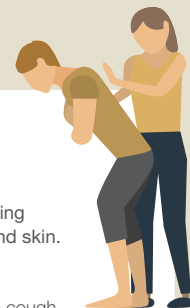
Choking >

Symptoms

Struggling to breathe, gasping and coughing, bluish lips and skin.

What to do

- > Encourage the patient to cough
- > Call 000 if coughing does not remove the blockage
- > Support their upper body with one hand and help them to lean forward. Give up to five sharp back blows between their shoulder blades with the heel of your hand
- > If the obstruction has not cleared, apply abdominal thrusts:
 - > Stand behind them and put both arms around the upper part of the abdomen
 - > Clench your fist and place it between the navel and the bottom of their breastbone
 - > Grasp your fist firmly with your other hand
 - > Pull sharply inwards and upwards up to five times
- > If this doesn't clear the obstruction, repeat backslaps and abdominal thrusts three times. If it still hasn't cleared, continue until help arrives.



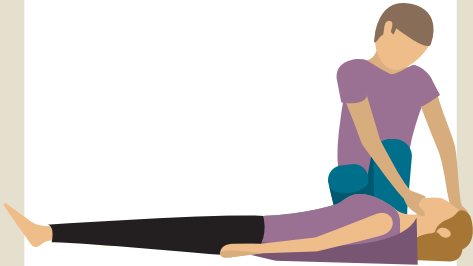
Unconscious >

Symptoms

Appears to be asleep, doesn't respond to your voice or shaking, faint pulse.

What to do

- > If patient is unconscious, check their airway is open and clear
- > Tilt their head and lift their chin to open the airway
- > Look along their chest, and listen and feel for breath
- > If spinal injury is not suspected, put them in the recovery position
- > Seek medical aid.



Burns >

Symptoms

Pain, peeling, red and/or blistered skin, swelling. If burn is serious, shock (see severe bleeding).

What to do

- > Remove patient to a safe environment. If clothing on fire:
 - > Smother flames with a non-flammable blanket
 - > Roll patient along ground until flames extinguish
 - > Assess airway and breathing
- > Cool the burnt area:
 - > Hold burnt area under cool running water for 20 minutes
 - > Remove clothing and jewellery from burnt area unless sticking to burn
 - > Place sterile, lint-free dressing over burn e.g. plastic cling film
 - > Where possible, elevate burnt limbs to minimise swelling
- > Seek medical aid.

Snake Bites >

Symptoms

Two puncture wounds, swelling and redness around the wounds, pain at the bite site, difficulty breathing, vomiting and nausea, blurred vision, sweating and salivating, numbness.

What to do

- > Rest, reassure, and observe the patient. Do NOT wash the area of the bite
- > Commence CPR if necessary
- > Apply pressure immobilisation technique:
 - > Apply a broad pressure bandage over the bite, firm and tight
 - > Starting at the fingers or toes of the bitten limb, apply another pressure bandage and extend upwards to cover as much of the limb as possible.



Your generous donation will
help keep the Flying Doctor flying.

[Click here to donate](#)

Royal Flying Doctor Service SA/NT

1 Tower Road, Adelaide Airport SA 5950

t 08 8238 3333 **f** 08 8238 3395

e enquiries@flyingflyingdoctor.net

w flyingdoctor.org.au/sant



Royal Flying Doctor Service

SOUTH AUSTRALIA & NORTHERN TERRITORY