



FIRST AID IN THE PACIFIC

In partnership with Sir Brian Bell Foundation

WHAT IS FIRST AID?

First aid is the help given to someone who is injured or ill to keep them safe and to cause no further harm. The role of a first aider is to give someone this help.

THE FIRST AIMS OF FIRST AID ARE:

- Preserve life
- Prevent illness or injury from becoming worse
- Relieve pain, if possible
- Promote recovery
- Protect the unconscious

All information provided is from St John Ambulance in partnership with Sir Brian Bell Foundation Papua New Guinea

CHOKING

SIGNS AND SYMPTOMS

- Coughing, wheezing, difficulty breathing
- Clutching the throat, bluish skin colour
- Loss of consciousness (if blockage not clear)

WHAT YOU SHOULD DO:

1. Instruct the patient to cough. If the object doesn't come out, start giving back blows.
2. Give up to 5 back blows between the shoulder blades.
3. Check in between each blow to see if the object has come out.
4. Continue to tell the patient to cough.

If back blows do not succeed

5. Place the patient against a hard surface.
6. Start with 1 chest thrust - hand in the middle of chest pushing with one strong thrust.
7. Checking between each thrust to see if the object has come out.
8. Repeat 5 times.
9. If patient becomes unconscious, begin CPR and confirm the ambulance is on its way.
10. Call 111 for St John Ambulance or get urgent medical help.

WHAT YOU SHOULD NOT DO:

- ❌ **Do not** shake a baby if they are choking.



Correct position for infant